

Sohrab's channeling

5th April 2018

THE ENERGIES OF EASTER 2018

INNER TRANSPARENCY

RE-EVALUATING YOUR DEFINITION OF LOVE

A NEW AND EXPANDED RELATIONSHIP WITH 'ALL THAT IS'

(Prior to the meeting, Sohrab spoke of perceptions and learning how to 'clean one's lenses'. The electricity then failed. Due to the heat, the doors had to be opened up, and the meeting proceeded.)

Greetings!

Events like this are going to repeatedly occur, out of the blue, during the course of this year. The question is: are you going to be able to touch your Mastery and deal with them, making choices in the moment? Or are you going to crumble?

Many of you are wondering why we did not speak of the Easter energies during the last session, which was held just prior to the three-day period. There was a reason for this. We were waiting to see what the human race would choose to do with the customary flow of love which was introduced to planet earth, by the Christ Office, during that period.

A decision has now been made. The higher consciousness of human race has declared that, during 2018, it is going to direct this flow of love towards a few specific areas that need attention. By the way, each kingdom of earth is going to use these energies uniquely and

differently; today we choose to speak exclusively of the human race.

The first aspect that the human race wishes to work towards is **inner transparency**. This does *not* mean ‘baring your soul to the general public’. ***It simply means learning to be brutally honest with the self.*** It means giving yourself a good, hard look and saying, “Yes, this is who I am.” At other times, you will say, “This is really *not* who I am; I now choose to amend and upgrade this aspect of the self.”

Be cautioned: starting now, and for the rest of this year, you are going to have to repeatedly face the self. There will be occasions on which you will need to pat yourself on the back and say, “My lenses are clean here. I’ve really done well!” And yet, at other times, you will find yourself saying, “How could I have behaved like that? How could I have been so mean or intolerant?”

When these moments arise, we urge you ***not to give in to the inner critic***; that evil inner demon that chastises the self and says, “You’ve failed again! You are such a loser! You have no will-power!” No, no, no!

Silence that inner demon, saying to the self, “Yes, I acknowledge that this occurred. It hasn’t pleased me. I choose to think/speak/act differently from this moment onwards.” ***Then live your choice.***

No beating up the self. No self-flagellation. No self-punishment. No atonement. No confession. Just choose differently. Inner transparency.

You will find yourselves, at times, saying and doing things that astound you, upset you, scandalize you and even shock you. Embrace these moments. Then decide whether or not you desire to live by them in the future. ***Sometimes you have to explore the “who I am not” to find the “who am I”.***

An example: a meek and even-tempered person may find herself, at times, behaving in a short-tempered, curt, even aggressive manner.

She may discover that this makes her uncomfortable. But by exploring the “who I am not”, she will never, can never, go back to the old self.

She will, through this process, find a new and healthy balance between the two: perhaps retaining her even-temperedness; but now having the ability to stand up and speak out assertively when necessary. Sometimes the pendulum has to swing from one extreme to the other, before it finds a new level of balance. Inner transparency.

You will also find yourselves, quite frequently, reviewing events that have occurred in the past. The mind may appear to drift back to moments in childhood or in your teenage years: don't let these moments bypass you. Explore them. Your subconscious is urging you to review these events and process something that has previously escaped your attention.

So when this happens, ask the self, “Why am I being led here? What do I need to see or acknowledge?” Yes, this means that many of you will daydream a lot this year. Let it happen, and use it productively. Inner transparency.

This entire process is a beautiful form of spring-cleaning. If you embrace the process, it will *not* make you weak and vulnerable. Instead, it will fill you with courage and strength, and enable your inner light to shine brightly.

And we say to you, ***on rare occasions you will feel urged to share your innermost secrets with others: loved ones, friends or a mentor.*** Some of these aspects will be those you have kept hidden for years, because they horrify you, shame you, embarrass you or make you feel small and unworthy.

But through the process of baring your soul, you will get stronger and feel much more empowered. And through this process of sharing, you will be able to gain a new and much wider perspective of these

events.

All that we have mentioned is part of a vital process to help you learn to truly love yourselves. Inner transparency.

Beyond this, **you are going to use the Easter energies to re-evaluate your definition of love.** All of you have pre-conceived notions about what love really is, how you love others, how much you love, how you should or shouldn't love, what is lovable and what is not, and so on.

All of this is going to be shaken up this year; as it must. So that you can understand that love is not simply an emotion, it is a part of everything that comprises you and the Universe. It is mental, physical and emotional. It is the basis of your intellect, thought-processes, behavioural patterns, words, actions, body and DNA.

Do not assume that we are urging you to walk around like saints, arbitrarily loving everyone and everything. Not at all! On the contrary, you are going to be faced a gamut of experiences and interactions; some overwhelmingly loving and others virtually hateful.

If, for example, you interact with a person who suddenly plays the hateful tyrant, we don't expect you to 'play a spiritual game' and try and love him. Of course question why you have created this person in your life. ***But your 'quest of love', in this case, could be to love yourself enough to stand up and say, "I will not accept this behaviour." Or to distance yourself from him. Or to call him to book. Or to even throw him out of your life.*** All of this is love. ***Tough love.***

One last aspect that we will share today: **All of you are working on forging a new, improved and expanded relationship with All that Is.** You may call it The Masters, or God, or Creation, or the Universe. All that Is. The Force.

You will have to explore a new and expansive way of connecting with your Masters. Find ways to do so. Enjoy the process.

Let us now have your questions.

What of people who continue to live in self-delusion? So many people make themselves believe things that are just not true.

That is, indeed, not loving the self. Inner transparency will work its magic on them. Mirrors of the Self will keep appearing before them, urging them to face the bitter truth. They will then have the option of making a shift...or not.

What of soul contracts and karma with others? Perhaps some people are behaving unloving because of that?

This year, we suggest you forget about all of that. Just work towards loving the self. Yes: you may choose to continue to interact with them out of compassion, as long as you own your Mastery. And in some cases, you will feel urged to truly understand their perspective and open your heart to them. But in other cases, the self will urge you to love yourself so much that you ***touch your power and throw them out of your life.*** But you will have to make the distinction.

Isn't this year all about "Anything that happens to you is a reflection of the self"?

This year is all about reflections of the self, creations of the self and gifts to the self.

THE UNIVERSAL MARY BLESSES YOU TODAY.

Yes, the energies appeared to you to be masculine. She comes to you today in her Universal form: the epitome of FEMININE EMPOWERMENT.

BLESSINGS.
