

Sohrab's Channeling

14th June 2018

DEATH AND SUICIDE IN THE CONTEXT OF 2018/19

NEW AND UNUSUAL EXITS

SPIRIT SOCIAL WORKERS

PARTIAL WALK-INS

THE SHADOW OBSERVER

PRAYERS FOR THE DEAD

CELEBRITY SUICIDE

(Note: Prior to the meeting, a group member had asked why there was a sudden spate of celebrity suicides. She wanted to know if this was tied into the current energies.)

Greetings!

Yes, today we will speak of both ***death and suicide, as it pertains to 2018 and 2019.*** We are being very specific here.

All of you are undergoing a process of death and re-birth, moment-to-moment. This you already know; it has been spoken of extensively in the past. But this process has now intensified.

'Situations' will now arise on a daily basis, some minor and others major, some pleasant and others unpleasant; ones which will force you to continually re-evaluate how you think, feel and act. You will find yourselves repeatedly questioning your perceptions, behavioural patterns, attitudes, belief systems and so on. These 'situations' will continually urge you to change and upgrade the self. Some of these

changes may require minor tweaks; others may necessitate complete turn-arounds.

This vigorous process of death and re-birth is only going to intensify over the course of this two-year period. Don't resist this process; welcome it instead.

Let us give you an example. Let us say that you have an altercation with your maid. Your instinctive reaction is going to lead you to deal with her in the way you always have in the past. That's probably not going to work.

This will urge you to reevaluate your relationship with her, your tone of voice and your actions. You will feel urged to try and reach out to her in a modified way. If that doesn't work, you will have to repeat this process a third, fourth and possibly a fifth time. But each of these are opportunities for you to repeatedly reevaluate the self, how you perceive your maid, how you interact with her, your behavioural patterns and so on.

Are you being too harsh with her, or too lenient? Are you playing the victim to her, or the tyrant? Are you bothering to listen to her? Are you owning your Mastery or giving away your power? The quicker you learn and grow 'on the job', the quicker the situation will resolve itself. This is death and rebirth, over the course of a few minutes.

The cells in your bodies are also accelerating their processes of death and re-birth. It is a medical fact that the cells of the lungs, for example, die and re-create themselves every 4-5 days. This pace has now increased. Portions of the lungs may do so in a day and other portions of the lungs may do so in two.

This example applies to every other part of the body as well: organs, tissues, bones and so on. As the cells in various parts 'die', the emotional issues trapped in them are being forced outward for you to examine.

You all know that diabetes is generally created by a person who feels an extreme lack of love in her life. The body responds by saying, “So you are experiencing a lack of sweetness in your life? Let me compensate by giving you a high dose of sugar.”

In the current era (2018/19), a person with this issue will manifest diabetes very quickly, and her sugar levels will be quite high, right from the start. She is being urged to look at her feelings of lack of love. These may not be apparent on the surface.

She may have to delve into her childhood and her past. She will have to probe the psyche and be really honest with the self. Has she rejected love in the past? Has she, herself, been unloving? Does she love the self? But till she hits the core issue and faces it, the diabetes is likely to intensify.

If, however, she chooses not to resist this process, and instead faces it joyously, enjoying the self-search, her diabetes will instantly start reversing itself. This is an example of death and rebirth in the physical, mental and emotional bodies.

Physical death is now taking on a few different perspectives this year. All of you are familiar with the normal process of death: shedding the body, entering the tunnel of light, meeting Masters and loved ones, being placed in the healing sleep, awakening and re-educating the self in the spirit realm and so on.

This process will still be ‘the norm’, but some will choose to preempt their exits and use magnificent energetic vortexes that currently surround Planet Earth; ones that offer them the opportunity to accelerate their evolutionary processes.

Many, who play the abject victim, will also choose to exit this year because they are unable to touch their power and own their Mastery. Their own higher souls will urge them to retract and start afresh, as there is no point in remaining on Planet Earth beyond 2018 if they are unable to claim at least a portion of their power.

Now let us speak of some **new and unusual exit-choices that people can make during this two-year period.**

Many souls who are highly-evolved will also choose to pass over during 2018/19. They will have accomplished that which they needed to, for the self, on Earth, and now desire to do ‘spirit social work’. They ***will shed the body but not really ‘die’.***

Instead of returning to the spirit realm, they will enter the tunnel of light, transform themselves into a different kind of energetic ‘earth beings’ and come straight back to Planet Earth to serve as an advanced earth being of light.

These beings will not have physical bodies. They will, instead, vibrate at a very high frequency, very much like your forest spirits or water spirits. They will form a new group called ***Spirit Social Workers.***

They will emanate a blaze of pure golden light and will serve individuals and groups of people. They will be able to move freely around and within the planet, working to bring about peace and harmony by offering you joy, comfort, love and solace.

This is a new process. Yes, in the past there have been many spirit beings who have worked with those on Planet Earth. But this is a new: exchanging a third-dimensional physical body for another earthly, yet energetic, one.

Please take a moment here and truly bless these souls. As they are now in pure energetic form, the ‘call’ of spirit is going to be very strong. They could, in an instant, succumb to this call and return home. But they are going to choose to resist this temptation and continue to serve on Earth, silently and with no acknowledgment or gratitude. A beautiful and commendable new choice.

Let us now have your questions.

Is Princess Diana one of these beings?

In her case, she did first return to spirit and form an energetic collective of social service. She then came back in this energetic form, and continues to serve on Earth this way.

Are these light-beings counterparts of earthbound souls?

Yes, you could term them counterparts. They are here by joyous choice; earthbound souls remain here because they are unwilling to let go of painful emotions and intent. And these souls will be able to reach out to earthbound souls better than you can, urging them forward and inspiring them to make the transition.

Could we connect with these beings?

Indeed you could, and should, attempt to connect with them, along with all other earth inhabitants in higher-vibrational form: plant spirits, mountain spirits, water spirits, forest spirits and so on. When you are, for example, walking in nature, do make the effort to reach out and connect with the resident spirits. They will joyously unite with you and enhance your experience.

A second form of exit (now possible in this time period) is to shed the body and return as a partial walk-in. This will only be possible if the person is relatively energetically evolved.

A person's body may be physically collapsing, but she might still have a little work she would like to complete before she merges with spirit. ***She could exit the physical body, enter the tunnel of light and proceed to the spirit realm, leaving behind a portion of her energies to return to earth.***

This 'portion' would then contact a person on earth who is working on a similar issue, and ask permission to temporarily merge with him. If this permission is granted, this portion will walk-in, and the two of them will work on the unresolved issue together.

This would cause a *slight* personality change in the host; nothing major. There would be *slight* differences in personality traits,

attitudes, belief systems, food preferences and so on. However, this portion is not allowed to disturb the host's overall processes, relationships or life-plan.

The moment the task is accomplished, the walk-in portion exits the host body and merges with its spirit body.

There are tremendous benefits to this new process. When two people work on a project in harmony, they save time, divide up the work, support one another, learn from each other, encourage each other and get the job done twice as fast.

Let us speak of just one more new procedure today. In the past, those who were not so energetically evolved and realized (at a higher-conscious level) that they were not accomplishing that which they desired in this lifetime and were unlikely to change, would then just exit, return to spirit, and start afresh.

This kind of person now has another choice; one being offered starting this year. ***He may now choose to leave the physical body, not exit planet earth, but instead become a shadow or follower of another person working on similar issues. Here, there is no merger with a host. It is not even a partial walk-in process. It is like being an observer, learning silently from another's experience.***

In this case, no energetic permission is sought from the person on earth, nor is this necessary: there is absolutely no interference with his life or his processes. The observer soul may even choose to shadow several different people, one after another, to learn different techniques. When he has learned all that he needs, he then enters the tunnel of light and returns to the spirit realm.

You mean we can now choose to hang around as long as we like?

Yes, you now can. But please be aware there is a difference between a tormented earthbound spirit 'hanging around' and a spirit choosing

to 'hang around' for a specific, productive growth purpose. There is no down-side to this 'hanging around'.

So these souls cannot affect the energies of those whom they choose to shadow?

No, they cannot and do not. Let us give you an earthly parallel. Many hospital operating theatres have viewing galleries. Aspiring student-surgeons often sit here and observe a master-surgeon performing an intricate operation. They learn from observation without, in any way, affecting the performance of the surgeon in the theatre.

Can the person who is being shadowed have an inkling of this process?

Yes, that is possible if the person is energetically sensitive. But even so, it will only feel loving and supportive; never invasive or threatening. This is because the shadow is always in full gratitude to the person he is following.

Do prayers for the dead really have an effect on the soul?

Indeed they do. Are they necessary? No. Are they beneficial? Yes.

Many people who pass over initially refuse to believe that this has actually happened. They think they are dreaming. They often attend their own funerals. They observe their own body lying there and say, "But that's not me! I'm right here!" They then try to talk to loved ones, but no one responds. This can confuse them, if they are not spiritually aware.

Masters, guides and spirit loved ones are always at hand to urge them forward, but many stubbornly refuse to accept the reality of their transition.

Prayers for the dead, which are offered by every community worldwide, help massage and lubricate the soul, offering it clarity and a smooth passageway into the light. But free-will reigns

supreme; it's upto the soul to accept or reject these nurturing energies. You cannot 'force' prayers on anyone; you are simply offering them the opportunity to use them to their benefit.

So many people die on the battlefield or in other solitary spaces, where there is no one to pray for them. They are never forsaken. When anyone passes over without some form of earthly prayer, there are spirit teams of 'emergency prayer givers' who arrive on the spot and offer the necessary prayers as a gift to the soul. No one is every left prayer-less. No one. And to answer an unasked question, even animals have spirit prayer-givers.

Many cultures have a 'wake' after a funeral, where food and happy memories of the diseased person are shared. Does this also serve as a form of prayer?

Indeed it does. It's all about your energetic intent. So even if you are officially praying for a deceased person but only thinking harsh thoughts about him, he will shun those energies. Celebrating a person past existence by eating, drinking and sharing happy memories is most certainly a prayer, and will only benefit him energetically.

A general rule of thumb: do what the person would have liked to receive, not what you want to give them. If the person lived a traditional life and would have liked the full month's prayers, please offer these to him, even if you are a radical modernist. And if the person didn't believe in prayers and rituals, don't waste your time. Have a party in his honour instead.

Let us end by briefly answering your initial question about suicide, as we cannot go into details today. Many celebrity suicides, as well as those committed by 'ordinary' people which get widespread attention, have a dual purpose.

We remind you that all 'famous people' come to earth with dual missions. They come to work out issues for themselves, as well

as to serve as teachers to the masses. This also applies to their choice of exits.

We will not speak of the personal implications of a celebrity's suicide today; let us focus on this act's public effect. In general, this is ***to awaken the masses and urge them to question and re-evaluate themselves and their lives.***

Don't you all begin by asking yourselves, "Why would they want to do this? They seem to have everything in life: fame, fortune, acclaim, appreciation and the love of the general public! What makes them feel so empty and useless?"

This leads each individual to reassess what is really important in life, such as meaningful personal interactions, love, humanity, self-worth, nurture and so on. It helps you understand that 'the grass is not always greener on the other side'. It urges you towards an attitude of gratitude.

So when you next hear of celebrity suicides, give thanks to them. Their personal trauma has served to teach you, and the world, so much.

If they, through this act, actually succeed in awakening a large group of people, it mitigates the energetic damage they personally experience. It doesn't take it away; it reduces it.

Many of you may recall a video-clip that recently did the rounds; one of a teenager in this city who checked himself into a nearby hotel and filmed his last moments before committing suicide. This clip went viral.

In this singular case (and this is an exception), he suffered no energetic repercussions from the act of suicide. It was a specifically chosen mode of exit; one he gifted to the world. It served to awaken so many youngsters to the stark horror of what can happen. It provoked many unstable teens to touch their power and decide

firmly, “I don’t want to be like this. There has to be an alternative solution.”

This video-clip was his parting gift to the world. Honour him for his choice.

(Smiling broadly) How do our energies make you feel today?

(Various group members answer)

Uplifted.

Good.

Peaceful.

Joyous.

Alive.

Happy.

BLESSINGS FROM THE ENERGIES OF THE GURU GOBIND SINGH.
