

Sohrab's channeling

23rd August 2018

THE CURRENT EID ENERGIES

ENERGETIC EXERCISES TO ASSIMILATE UNIVERSAL ENERGIES

Greetings!

We must speak of the energies of the current festival of Eid. They are still very present, and will continue to flow till the end of the year. Today we don't request you to connect with them; we *demand* this of you.

Remember, Universal energies do not know religion. They are a magnificent gift to you: why would you turn away such a gift? These energies have no bearing on what you might feel about the community, or whether you celebrate the festival. But to internalize these energies, you must choose to connect with them. And we demand that you do so.

We remind you that the theme of the Islamic energies is Universal Brotherhood. Knowing and experiencing Oneness.

And that is why, in this earthly community, you have two extremes of people.

The first: those who flow with unity and oneness, and attempt to share this with the world. Sufi saints, poets, musicians, artists, authors, scholars and even 'ordinary people' who live in friendship and harmony.

The second: the extremists, who only know separation, and have chosen to incarnate into this religion in an attempt to break their rigidity and tunnel-vision.

This year, the Universal Islamic energies offer each human the opportunity to embrace the self. It's all about YOU.

We demand that you sit and assimilate these energies from time to time. Do not use the visual of a saint, holy man or prophet. You are now advanced enough to bypass that and go straight to the abstract Universal flow of the Islamic energies. Just experience pure vibration and energy.

Today, we use the term “Islamic energies” purely for identification. These energies have *nothing to do* with Earth’s limited perception of religion; they are magnificent Universal vibrations. So sit and open to these.

This flow will help you embrace the self, understand the self, accept the self, be kind to the self, forgive yourself, encourage yourself, heal yourself, bless the self, and understand your magnificence. Don’t refuse this gift!

Open to these energies NOW. Open up all your chakras: wide open. Not just the main chakric system, but the hundreds of chakras that exist in your physical body. Command all of them to open wide...and just receive. (Long pause)

Some people in this room are still resisting these energies because of their concepts of religion. We repeat: these energies have nothing to do with religion. Open to them: they are Universal, they are magnificent! (Pause)

Now use these energies to bless all the names earlier listed for healing. (Pause)

Use these energies to bless your planet. Use these energies to bless the collective consciousness. VIBRATE PLANET EARTH WITH THESE ENERGIES NOW! (Long Pause)

Bless your families with these energies, your homes, your friends, your loved ones, your professions, your lives. (Pause)

And it is so, and it is so, and it is so.

BLESSINGS, CHILDREN OF LIGHT.

CONSCIOUSNESS SPEAKS TODAY.

(Sohrab shifts energies)

Dear friends, we have a few suggestions, in the form of energetic exercises, to help you assimilate and benefit from these Universal energies.

Exercise 1:

***We offer you an energetic challenge for the next 7 days:
Compliment yourselves repeatedly during the course of each day.***

And try and increase the number of times you do so, day by day.

If self-criticism arises, first acknowledge it and then compensate by complimenting the self twice in succession right after that.

Let's give you a practical example. If you find yourself annoyed about having put on weight, acknowledge the thought and instantly find two ways to compliment the body. You might, for example, discover that you truly appreciate your skin-tone and fine eyes.

Over time, observe the area or areas in which you repeatedly criticize the self. Some repeatedly berate the physical body and their appearance. Many condemn their mental faculties. Others repeatedly punish themselves emotionally. Identify this, and work at shifting it.

Have fun with this exercise. Make it a game you play with the self. It is a game; but one that has great energetic significance.

Exercise 2:

Every single day, for the rest of the year, forgive yourselves.
Forgive yourselves for something.

Exercise 3:

Every time you pass a mirror, or even see your reflection somewhere, give yourself a BIG SMILE. Even if you are feeling miserable at that moment, give yourself a big, *fake* smile. But do it.

Exercise 4:

Over the course of the next 7 days, give yourself at least one daily treat. This could be a gigantic slice of chocolate cake, a visit to the spa, a walk on the beach, wearing something new and exciting, standing up to someone and telling them off...any treat to the self.

Exercise 5:

Every night, before you go to sleep, take a few moments and give thanks to the self: the incarnated self, the higher self, and every aspect in-between. You are, in effect, praying to you.

You may start these exercises from today, or you may wait for this session to be transcribed and start it then. Give yourselves the opportunity to nurture and embrace the self.

Dear friends, nothing we share with you is random. This may sound like Childs- play to you, but it is not. As you grow and evolve, things actually get simpler and simpler.

Should you choose to commit to these energetic games, here's how they will benefit you:

They will flush out the cells, by creating an internal vibration. This could be called ***self-induced detoxification***. As the cells release stored-up patterns and memories of self-deprecation, self-flagellation, trauma and the like, they then make space for the new light being offered by the Universal Islamic energies.

These exercises will make you feel ***energized and revitalized***. Most of you are going through an energetic pummeling, due to so many Planets currently going retrograde. The human race is feeling shaken-up and depleted. These exercises will offer you the necessary ***energetic spa-treatment***.

This is a crucial time period in which the collective consciousness wants to upgrade itself. By doing this for the self, you energetically urge others to do the same as well. Together, you are ***purifying the collective***.

This is also a very ***important energetic period***; one in which you are being showered with blessings from Masters, Guides, loved ones in the spirit realm, past-life connections as well as those who know you and love you on Earth.

Yes, though this might not be verbalized, many people here on earth, who know you and love you, are thinking of you with love and gratitude. And in turn, you will find yourselves thinking of others whom you love and appreciate.

These little exercises will clean you out, stimulate you and help you embrace the self. You will then grow into true energetic leaders of the human race.

A footnote here; this is ***the perfect time in which to send blessings to anyone*** at all: an individual, a group, a continent, a situation and so on. Your newfound power will truly serve them. The process of blessing need only take a few seconds, as long as it is done with focus and intent.

JOY, LOVE, LIGHT AND THE EMBRACE OF THE MAHA AVATAAR
BABAJI.

A SPECIAL BLESSING FROM THE ENERGIES OF THE MEHER BABA.

THE EMBRACE OF THE LORD JESUS CHRIST.

A SPECIAL BLESSING FROM THE ENERGIES OF THE MASTER RIYAD.

(The last Master calls to group member N., and embraces her) I AM ALWAYS WITH YOU.

(As the session ends, Sohrab indicates to the group that the room is filled with visitors and loved ones, and urges the group members to connect with them and receive their blessings.)
