

Sohrab's channeling

27th September 2018

FORGIVENESS

A FORGIVENESS EXERCISE

CORE CELLULAR ENERGIES (PART 1)

Prior to the meeting, Sohrab spoke of Forgiveness. He cited an earlier channeling in which the Masters had explained that true forgiveness was only one thing: ***thankfulness to the person FOR GIVING you an experience that you needed.***

He explained that it could take years, with a lot of work, to reach this point; one in which you really understand and appreciate the growth and evolution that the person and the event has given you.

He urged the group not to fool themselves into speedily believing that they had 'forgiven' someone. A simple test, he explained, was to replay the incident in the mind and to see if it had left you with even a ripple of internal disturbance. If this still occurred, the process was incomplete.

The meeting then commenced.

Greetings!

Though love is the core, the building block, the DNA, of the Universe; the energy of forgiveness is the core building block of all life on Planet Earth. ***When you enter this world (no matter whether you are an animal, plant, mineral or a human) your cellular vibration, at inception, is filled with wonderment, awe and***

gratitude to the Universe FOR GIVING you the upcoming earthly experience.

Every one of you enters Earth with that frequency. Then come layers that cover, and often cloud, this frequency: past-life issues, childhood conditioning, and so on. But your core vibration is that of gratitude to the Universe for the multiple experiences you are about to have.

Now let's look at this frequency practically. Till you learn to forgive yourselves for what *you perceive to be* your transgressions (please listen to our words carefully: what *you perceive to be* your transgressions; not what they *really are*), how can you possibly forgive another, love another, be compassionate, be generous, be nurturing and so on?

Learning to forgive the self is now of prime importance. You are shortly going to be entering the new energetic phase of 2019; one that is going to be extremely refined. This will be like climbing up a mountain and suddenly breathing in the rarified atmosphere. If you continue to weigh yourselves down by not having forgiven the self for all that you perceive you 'did wrong', you will find it very difficult to live with the self.

So you have to work at forgiveness, both externally and internally. But start with the self. Let us give you a few simple guidelines, in the form of an exercise.

Sit down, not daily, but from time to time. Balance the self, and energetically return to your mother's womb. Connect with your moment of conception. Here, you were just a 'dot'. This 'dot' has no conditioning... yet. It has no past-life memory... yet. It has no inkling of its future evolution on Earth. This 'dot' only experiences gratitude, thankfulness, awe, wonderment, excitement and so on.

Touch that; even for a second. Then, perhaps using a pen and paper for notes, explore your life (in no particular sequence) and ask the question, "*Where have I not forgiven myself?*"

If a particular situation or event comes to mind, jot it down in the form of a bullet point, just so that you remember it later. Do this repeatedly. It doesn't matter if you jump backwards and forward in time; just let self reveal these moments to you.

The reason we are asking you to make notes is that your own psyche is likely to block this. If you just do this mentally, and start working on one, you may 'very conveniently' forget the others.

Once these points are jotted down, the rest is mental. You are all, quite naturally, going to have many situations that reveal themselves to you; ones in which you feel you have behaved badly, said or done the wrong thing, or even *not* done what you could or should have.

Replay the event in your mind. Then ask yourself the following questions:

Why did I say or do this?

What was my emotional content at that moment in time?

What provoked me to say or do what I did?

How do I feel about it now? (Obviously, you are not going to feel good about it. But find out what emotions are currently related to it, such as shame, embarrassment, anger, humiliation and so on.)

Now urge the self to embrace and nurture that aspect of the inner child that behaved in that manner, at that time. In doing this, you will begin to understand that the inner child was simply operating from his or her level of awareness at that moment in time. He/she couldn't have done any different.

Invite that inner child into your energetic arms and embrace it. Nurture it.

Now ask the self: *What have I learnt from that experience?*

Now be in gratitude for the experience. And naturally, if you choose

not to repeat it; then don't.

Friends: it's now time to put down the whip. ***Every single one of you wields this painful whip all the time; self-flagellating repeatedly. It's time to befriend the self; not torture it. Please work on this consciously. Don't let this be 'information from just another meeting'. This is really, really important.***

All of you, Lightworkers and self-seekers alike, want to enter 2019 with a clean slate and a high level of personal vibration. You need to start on this now. Yes, it may be a little painstaking to sit down and write notes to begin with; but the rest of it can be done mentally, anywhere and at any time. Gift this to yourselves. In doing so, you will feel elated and will discover your own, inherent sense of inner gratitude. Work on forgiving the self, and you will find yourselves able to forgive others very easily.

Forgiveness of the self is not always related to words you have spoken or actions you have taken; it may go deeper than that. You have to check your physical body and find out if you have, consciously or unconsciously, been punishing an organ or an area of the body due to an episode in the past. Let us give you an example of this.

A lady repeatedly experienced excruciatingly painful menstrual cramps. Medication did not help. She eventually discovered, with guidance, that she had been subconsciously punishing herself for her own existence.

Her mother had had an extremely difficult time giving birth to her. She had internalized this to such a degree that she later started punishing herself for the pain she had caused her mother. When she understood this, and began to forgive herself for this event, her cramps eased off.

So do scan your body, and if a certain organ or area is in trauma or disease, do connect with it and check if there is an aspect related to

the organ that requires acknowledgment, understanding and finally... forgiveness.

It's also important to check whether forgiveness is needed in areas where you have set high standards for the self, and feel that you have 'failed'. Do you feel, for example, that you are 'not good enough' or 'not intelligent enough' or 'not attractive enough'? Once again, ask why you are punishing the self in this area, and find ways to forgive the self.

THE ENERGIES OF THE BEHRAM YEZAD BLESS YOU TODAY. WE ARE ALSO KNOWN AS ARCHANGEL MICHAEL.

(Sohrab shifts energies)

Greetings!

So you have now understood that the first, core frequency that you experience on earth is that of thankfulness, gratitude. Now let us speak of the second.

This is ***wisdom and knowledge***. You surround the core of gratitude with a sheath of these energies, drawn from the Universe and combined perfectly by you, in the most magnificent manner. This will help you, in your upcoming lifetime, explore your chosen fields of study and garner the appropriate experiences.

A person who desires, for example, to be a doctor and healer in this lifetime will add Universal medical frequencies to this sheath. This could include technical know-how, medical consciousness, and even the inspirational frequencies of great Universal healers. This would give him the energetic 'manure' to help inspire and provoke him to follow his personal quest.

These frequencies are also given 'time-release'. One person may choose to experience these frequencies at a very early age; another may choose a much later date for their release. Why? Let's illustrate this with an example.

The latter may desire ‘the medical urge’ to only surface at the age of 18. He may do so because he wants to spend his earlier years focusing on another aspect, such as relationships. He could realize that, if he activates his medical urges too early, he will then completely ignore working on relationships.

(Smiling) Many of you in this room have repeatedly said, “Why did my spiritual awakening come so late in my life?” It didn’t start late; it started at the perfect time...for you. All the experiences you had, prior to your awakening, were exactly what you needed...to be awakened.

Please understand that, though you have created a core of gratitude and a surrounding sheath of wisdom and knowledge; you have free-will. And this free-will allows you to block the flow. This is where you prime yourself for perfection of growth, and then unfortunately become your own stumbling-block.

BLESSINGS FROM THE ENERGIES OF THE GAUTAMA BUDDHA.

(Sohrab shifts energies)

Greetings!

The third sheath contains the frequencies of ***endeavor and free-will***. Look around you. Humanity has a pioneering spirit. All of you want to grow and evolve. You love adventure and exploring the unknown. And you continually exercise your free-will; it’s one of the greatest learning tools on earth.

Life on Earth, without endeavor and free-will, would be insufferable. Without the desire to grow, evolve and explore, the rigors of earthly life would be too much to bear. Without these two qualities, most of humanity would be frozen with fear, and would retreat into hiding or

sink into depression.

Endeavor and free-will, grounded by gratitude and wisdom, give you the impetus to overcome adverse circumstances, learn from them, grow and evolve. And as you do this and yet continue to explore further, your energies keep increasing in vibrational intensity.

Free-will is a necessity; it gives you genuine choice. You must be able to choose.

We will continue this discussion at the next session. Please remember that this is incomplete information: we have, so far, only discussed three layers.

THE GLORIOUS AND VIBRANT SAI BABA BLESSES YOU TODAY.

A SPECIAL BLESSING FROM THE COSMIC MEHER (BABA).

JOY, LOVE AND LIGHT FROM ARCHANGEL URIEL.

BE IN THE EMBRACE OF THE GURU NANAK.

MULTIPLE BLESSINGS FROM THE UNITED ENERGIES OF THE KALI MA AND THE MAHA AVATAAR BABAJI.

THE ASHTAAR COMMAND BLESSES YOU.
