

Sohrab's Channeling

11<sup>th</sup> October 2018

THE ENERGIES OF NAVARATRI (2018)

WHAT IT REALLY MEANS TO LOVE A MASTER

MECCA: ITS POWER AND POTENCY

Greetings!

What energies do you generally associate with the festival of Navaratri?

*(Group members answer) Durga. Kali. Self-empowerment. Lakshmi. Saraswati. Joy. Colour.*

The energetic period has begun. This year, it includes the energies of ALL goddesses, including numerous Universal Goddesses of whom you have never heard. This is a period of tremendous feminine empowerment: do not waste it. As always, it doesn't matter whether or not you officially celebrate the festival; simply access its energies.

This year, *do not* try to work with it by sitting down in meditation and drawing it in through the crown chakra. ***It needs to be 'breathed in' through the entire skin surface.*** So we suggest that you do this at various points throughout the day. Just visualize united Goddess energies entering the body through the skin; head to toe.

***This process is likely to make you perspire more than usual. It's a given: accept it.*** The absorption of these powerful energies will generate a lot of heat in the cells, and they have to cool themselves down with the release of perspiration.

***This process, if done repeatedly, will also make you feel very***

**vibrant.** Some will experience this physically: it will make the want to get up and do things. Others may feel mentally or emotionally vibrant. This will stimulate their thought-processes and their emotional quotient. Yet others may feel its effects in all three bodies; the physical, mental and emotional.

***This is a time-period in which both men and women are going to experience a strong flow of the divine feminine.*** It's therefore the perfect time to examine your emotional content, and to acknowledge how you feel about the self and those around you. It's also ***the perfect time to address and resolve issues with others.*** Here, you could facilitate it by having a face-to-face discussion, a telephone conversation or by sending an email.

Some of this communication with others may be confrontational, to clear up unresolved issues. But you may also feel urged to simply say something, share something or to ask something of another person. This is also the perfect time in which to genuinely compliment another and express your gratitude to them for all they have done for you.

***Those men, who perennially resist the flow of feminine empowerment, and are generally uncomfortable expressing themselves and their emotions, are going to feel very vulnerable during this time period.***

Most in this room have spouses and male family members who may experience this. This is a fertile period in which to reach out to them. ***Hear them out, really listen to them, gently guide them and also sort out unresolved issues with them.*** Their vulnerability is likely to make them 'more open' than they usually are.

We urge all of you, during this time period, to ***'speak from the heart'***. Urge your loved ones to do so as well. It's a beautiful, emotional period. The potency of the flow of feminine empowerment will facilitate all of this: your communication will be

fuller, more fruitful, more meaningful and much deeper than it has been in the past.

There are many people, men and women alike, who strongly repress their feelings and emotions. They will naturally fight these energies, and will then have a rough time. They may experience irrational emotional outbursts, in the form of anger or tears, which they cannot contain.

If you are faced with a person like this, either increase your flow of feminine empowerment, remain in balance and guide him... or simply move away. But do not allow it to affect the expansion of your heart, emotions and communication.

***This is also the perfect time in which to establish a new and deeper level of communication with your own body.***

Yes, the exercise described prior to the meeting will help you with this.

*(Note: prior to the meeting, Sohrab shared with the group an exercise which Meher Baba had given a certain client in a personal session. He had challenged her to write a list of 50 aspects of her body which genuinely pleased her. These had to be physical attributes; not mental or emotional ones.)*

Yes; play with it, struggle through it and have fun with it...but do it. It will reveal a lot to you, about you. Here's a hint. Also examine aspects of the body you dislike, and find a way of appreciating them.

Most of you, for example, loathe those rolls of fat around the midriff. But how about appreciating the fact that they have been your security blanket for years; cushioning you from the blows of life? All of you need a blanket on a cold winter's night; you cannot sleep without it. (Smiling) But the thickness of the blanket can be re-adjusted.

***This is also the perfect time period in which to establish a new, vibrant, loving and communicative relationship with any Master or Masters of your choice. We also urge you to choose to connect with Masters with whom you have never before interacted.***

Try this as an experiment. If you have the courage, attempt to connect with a Master whose energies may have been distasteful to you in the past. This could be because of a bias you have towards the community he represents on earth or because of the way he is portrayed in myth and legend. Try and discover his or her true energies; thereby overcoming your misconceptions.

People often have a mistaken notion about what it means to ***‘love a Master’***. You rarely love a Master the way you love a spouse or child; it’s a different form of love. Don’t even try to emulate your earthly way of love; you really can’t.

***The love of a Master is generated by a level of inner wisdom, knowledge, awareness and connection with the Master’s energies; one that thrills you and sets your cells dancing. It’s not an emotion; it’s an experience.*** Work towards that.

*I used to have this kind of relationship with a particular Master, but now I don’t. Why is this?*

You have fully assimilated his energies. You no longer need that experience. You are now ready to interact with other Master energies in the same way. You are neither being disloyal, nor are you ‘divorcing’ your previous Master.

*I want to ask about people who feel the need to go on a pilgrimage to Shirdi or Meherabad, for example. From what you say, the Master is ‘within us’. Can’t we fully experience the Master energies at home instead? Do we really need to go to an official ‘holy space’?*

You are quite correct; but ‘one size does not fit all’. The choice to go, or not go, is very individual. Physical spaces certainly do have

energy. Some people are of a vibratory frequency which allows them to generate that energy for themselves, by themselves. These people do not need to physically go anywhere, because their church/temple/pilgrimage site is within them.

Others may need the energetic boost that a physical space offers them, or simply want to 'feel good'.

However, when people undertake a pilgrimage 'for show', or because they have been coerced into going there against their will, or because it is the 'done thing', there is absolutely no energetic connection, boost, or benefit to them. They are simply wasting their time.

Some go to a high-vibrational space out of curiosity or even by accident, and actually discover that boost. Others may create the same energetic boost by walking on the beach, feeling the sand in their toes and the wind in their hair, and experiencing peace and oneness. And yet others may do the same at home.

To each, his own. Just be clear why you are choosing to go to a church, temple or on a pilgrimage. Only do so because you desire it, and not because you 'should' or 'must'.

Let us now deliberately cite a particular energetic hub: **Mecca**. The energies there are extremely powerful, as it is a major energetic vortex on planet earth.

***Those who make the Haj trip genuinely, because they feel they have received a call, benefit tremendously. They receive its energies tenfold. But those who go because 'they must' or 'they should' or because they will be 'struck down if they don't', and so on, unknowingly inflict upon themselves great energetic damage. The energies there are so powerful that, if your intent is not pure, they turn against you.***

We use this as an example, but it also applies to other such energetic spaces of great potency. The reason we cited Mecca is because it

contains vortexes that create sacred geometry. Yes, it spews out like a fountain and intermingles with your energies.

If you go there with a pure heart and sincerity, this will multiply and fountain outward. But if you go there for the wrong reasons, you will simply create a downward spiral of trauma, pain, fragmentation and separation.

*So many of us are literally forced to go to church, because our families insist upon it. Sometimes this is unavoidable.*

If this occurs, you have two choices: choose to go willingly or defy the family and don't go. Going unwillingly, out of coercion, will further the opposite energies of the Christ. Instead of gaining love, compassion, understanding and nurture, you will instead experience the lack of love, compassion and understanding. Is that what you want?

*What of children who are pressurized by their parents to either fast, or follow a ritual or religious practice that they don't really want to?*

Children are completely spared from the negative aspects of the process till they have reached adulthood. Here, adulthood does not mean '18'. It refers to an inner space of maturity and decision-making; one that differs from person to person.

Children are not only protected from the ill-effects of the negativity but are also energetically supported so that they can find out *what is right for the self* when they reach adulthood.

*At an earlier session, you had spoken of abstract Master energies that children now respond to, like the Master energies of Music or Technology. How can we then keep children away from the computer or the phone? So many kids today are getting obsessed with technology.*

Your job, as a parent, is to help them maintain a balance. The pure energies of Technology are magnificent, but humans have not been

responsible with the way they have interpreted it, manufactured it and marketed it. Harmful radiation from your phones is not what the Master energies of Technology either offer you or endorse. That is your creation.

So, thought you have the right to limit a child's use of the computer, phone and television, you cannot keep him away from it. It's now a part of his inherent consciousness and make-up. Simply urge him to use it as productively as possible.

*Thank you for what you have said today. I am a Muslim, and have repeatedly been urged by my family to make the trip to Mecca. I have resisted this, as I don't feel the call. If I ever do, I will certainly go. As of now, I simply feel like connecting with the Masters from the privacy of my home. And I also feel that I shouldn't just go, as I would then deprive another, who really wants to, of a space there.*

You are very correct. By going now, you would certainly deprive another of the opportunity, and you would also do the self great disservice. We honour you for your clarity.

Let us leave you to bathe in this beautiful Goddess energy. It is feminine empowerment. It is delightful and creative. It will help you better communicate with the self and with others around you. It will help you be full. Use it.

The flow of this energy is gentle, benign and benevolent. It's like a rippling stream. Draw it in through the skin surface repeatedly. Enjoy it.

Open up now. Visualize every pore of the skin breathing in these energies, and then breathing them out. In and out, in and out.  
(Pause)

Let the skin surface gently pulsate. (Pause)

These are multi-coloured, iridescent, beautiful energies; enjoy them.

Live as Goddesses.

THE GODDESS COLLECTIVE OF THE ASHTAAR COMMAND BLESSES  
YOU TODAY.

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