

Sohrab's channeling

13th December 2018

THE PORTALS OF 12/12/18

THE ENERGIES OF CHRISTMAS 2018

CELL-SONG

Greetings!

Let us speak today of the energies of 12/12 and of those of Christmas 2018. The Christ office always offers, year by year, a variation of its primary energies: love. This year, the theme is **Love Thy Cells**. Not just love thy self; but love thy Cells.

New energetic portals opened up on 12/12; ones that are flooding Planet Earth with new frequencies. Different portals affect the different kingdoms of earth. Let us, today, speak of those that are influencing the human race.

The energies being released through these portals are indeed affecting the human cellular structure. ***They are working to rout out debris that is extremely deeply embedded. You are barely, if at all, conscious of this debris.***

Most of you have been facing issues that have plagued you in this lifetime. These issues are also being brought up for review and assimilation. But the primary target of these energies is that which is deeply buried in the cellular structure.

Many of you, for example, have experienced extreme violence, rape, torture, war and so in...in other lifetimes. You may not have had any similar experience in this lifetime, but that debris may still be lodged in the cells. If it is, it would have a subconscious effect on your

mental, physical and emotional make-up.

This is now being routed out by the new frequencies of 12/12. The process has just begun; you are only one day into it. If, during the next couple of months, you experience inexplicable mental, physical and/or emotional releases that appear to make no sense to you, understand what is actually happening.

These could be moments in which, for no apparent reason, you suddenly feel very vulnerable, very violated, very victimized; even raped. You will not be able to co-relate these feelings to any event in this lifetime. Acknowledge these feeling and emotions, experience them and then let them go.

Since these energies are now going to so deeply penetrate the cellular structure, some people may react to the process at a physical level. This need not happen. Don't resist the process. Embrace it, and the physical body will be fine.

You may actively participate in the process. We urge you to do so, on a daily basis. ***Take a few minutes, perhaps twice a day, and work at loving, honoring, blessing and appreciating the cells of the body.***

How you choose to do so is up to you. You could work on all the cells in the body simultaneously. You could focus on a particular area in the body that is in discomfort, and simply work on those cells, commanding that they set off a chain reaction of health and vitality in the body. You could even visualize a single cell floating in front of your third-eye and work on it, with the understanding that it is representative of every cell in the body. Work as you desire; but do so.

Please learn to move beyond the need to work energetically for long periods of time. With focus and intent, you just need a few minutes. If you *really* intensify your focus and intent, you may just need a few seconds. But most of you are not there yet.

So please do remember to consciously work with the cells of your body, even if you are completely healthy. Loving thy Cells is currently of prime importance. Now let us have your questions.

Does this work need to be relatively structured?

That depends entirely on you. Some people work best with guidelines and structure; others prefer the free-flow approach. Your intent is far more important than your methodology.

Is this theme only for the human race, or does it pertain to the other kingdoms of earth?

This one is particular to the human race. Other portals and vortexes are indeed working for the various kingdoms of earth in new and unique ways; we will speak of those at a later date.

Can we focus on curing an ailment we already have through this process? I have a major issue with bronchitis.

Indeed you may. You could, for example, focus on the cells of the lungs; but simultaneously make the intent that you are working on this area to benefit every cell in the body.

Is the theme Love Thy Selves or Love thy Cells? (General laughter)

A very good question! We ask you: Is there a difference? The two are inexorably intertwined.

Can we work on the subconscious?

If that pleases you, work on the subconscious to reach your cells. This is exactly what we mean: find what works for you individually. Create your own method. You could, for example, even choose to work on the energetic cells of the Collective Consciousness, with a command like “As I work there, I benefit my personal cellular structure”.

(Addressing Su.) Dear one, you will be fine! You have been

summoning teams of Spirit Healers to work on you; none of them *dare* refuse your commands! (Laughter)

Let us move on. ***Many will use the combined energies of 12/12 and Christmas to reshape the body or to cure it of physical ailments. But others may use them to make very necessary shifts in their personalities, thought-processes, belief systems and so on.***

Scientifically, your cells have both acidic and alkaline components. You are both 'acidic' and 'alkaline' in energetic terms as well. This balance will be reworked by you this year. Some will make drastic changes in their personalities; others will affect minor tweaks.

Could you give us an example of this?

A person who has been hyper-sensitive all her life may choose, this year, to re-adjust her energetic cellular acidic/alkaline balance, so that she discovers a new sense of balance, calmness and stability. A scattered person may do the same to achieve direction and focus.

These changes will not happen overnight. The time-spans could range from a few weeks to several months. But they will happen. So enjoy the metamorphosis that you are all creating for the self this year.

You will also use the 12/12 energies to create a new cell-song. A cell-song is a frequency, a vibration that is unique to you. It 'sings' of your personality traits, thought processes and behavioral patterns. It is a declaration of the 'Who am I'.

A very dynamic leader may have a very loud, powerful cell-song. A quiet, submissive person may have a more subtle, melodious cell-song. Some will change the cell-song to affect the desired changes in the personality.

(A note from Sohrab: As I was transcribing this channeling, I was given another example. When a woman walks into a room wearing a very distinctive perfume, it gives you both a conscious and an unconscious

assessment and indication of her personality. The cell-song does exactly the same, except that most of us do not acknowledge this consciously.)

A re-adjustment of the cell-song may also change your physical behavior. A very sluggish person may suddenly feel infused with strength and vigor, and a desire to be pro-active. A physically hyper person may feel urged to ‘take it easy’, rest and be much more laid-back.

Your cell-song defines who you really are. Tune into it for fun; listen to it with the inner-ear. See what it is at the moment. Does it sound very fast-paced and have a Disco beat? Does it sound like a gentle piece of classical music? Check it now; and then do so again after a week or two. You will notice changes in it.

You speak of these changes, but haven't we been changing since the day we were born? I'm certainly not who I was a few years ago.

Yes, you have always grown and evolved. As you well know, a Universal Law states that “Everything in the Universe wants to grow and expand. Nothing can regress.” But what we are currently describing is a growth-spurt: energetic puberty. This growth spurt facilitates metamorphosis; the theme of 2019. Expect the Unexpected.

So we are evolving and changing?

Yes. A planet rotates on its own axis, and simultaneously revolves around the sun. If we likened you to this planet, we would say that you are not only rotating at an increased pace, but are also changing your revolutionary path around the Sun. Metamorphosis.

JOY, BLESSINGS, LOVE AND LIGHT. YOU ARE IN THE ENERGETIC EMBRACE OF THE MAHA AVATAAR BABAJI.

(Sohrab shifts energies)

THE ASHTAAR COMMAND BLESS YOU.

If you tune in during the current time period, you will feel and sense our presence very strongly on Planet Earth. Our energies have been intensified at the request of Planet Earth herself. It is we, the Ashtaar Command, who are coordinating the portal energies of 12/12.

Planet Earth is currently a 'sound and light show'. Imagine a laser show, with multiple beams of coloured lights crisscrossing each other: that's what happening on Earth right now. Tune into this with the inner eye. You will experience unimaginable colours, frequencies, vibrations and music: enjoy the show! Planet Earth has also demanded metamorphosis.

These very powerful energetic rays will affect only those on earth who are of a commensurate frequency, and can interact with them. Most of you can tune into them: you are powerful Lightworkers.

Is this upgrade limited to the human race, or are you also upgrading?

Oh, we are certainly upgrading as well! And we do so at lightning speed.

BLESSINGS FROM AN ASHTAAR HIGH COMMANDER.
