

Sohrab's Channeling

27<sup>th</sup> December 2018

A MEDITATION TO ENLIGHTEN THE CELLS OF THE BODY

CELLULAR METAMORPHOSIS

A NEW, ENERGETIC UNIVERSAL GRID OF YOUR CREATION

A NEW SENSE OF EMPOWERMENT

Greetings!

As you may recall, the Christmas energies this year have a theme: Love thy Cells. Let us take you through a short, yet potent, exercise for your cellular structure.

Close your eyes and relax. Visualize a symbol of Christmas that pleases you. This could be a star, a Christmas tree, an Angel...anything that comes to mind. (Pause)

Now place this symbol in your third eye and allow the energies from that symbol to flow through the body, enlightening every one of your millions of cells. Visualize them lighting up, like the lights on a Christmas tree. (Pause)

Now visualize your extended energetic field (that exists all around you) also lighting up. Yes, there are energetic cells in this field. (Pause)

Now just enjoy your magnificence. (Pause)

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

You may joyously use this exercise at any time. You may even change the symbol from time to time. This exercise will help you heal, balance, align and expand your cellular structure. Have fun with it.

Dear friend: you already know that the New Year is all about Metamorphosis, which will be guided by your Higher Soul. However, we suggest that you make a hand-written list, preferably before the end of this year, detailing areas in which you consciously desire metamorphosis.

Be smart about it. Don't ask for 10 crores of rupees. That could bring you burdens you cannot imagine. But, if that is your desire, ask instead for financial, mental and emotional abundance. Always choose a positive energetic statement; one to which there is no down-side. Make the list, energize it and keep it safely. Then check it at the end of the year.

To answer an unasked question: *Can we do this on behalf of a loved one?*

You may ask for the 'awakening' of a loved one. That is energetically acceptable, even without their permission.

You are, however, given dispensation to make a similar list on behalf of two categories of people: children under the age of 5 and people (of any age) who are of unsound mind.

*What of pets?*

This can be done to a degree. In general, pets do know exactly what they need, and they will manifest it for themselves.

BLESSINGS FROM THE HANUMAN COLLECTIVE. Yes, the Hanuman speaks of the Christmas frequencies.

(Sohrab shifts energies)

Greetings!

Let us speak of metamorphosis in cellular terms. For this to take place the cellular structure has to change and the DNA has to be upgraded. The cells are now beginning to reach out and interact with the cells in other aspects of you; ones that exist in differing incarnations, time-lines, dimensions and realities. An 'exchange programme' is underway.

Let us say that a certain shy, timid person desires to transform the self into a courageous, forthright person. Let us also assume that this is in alignment with his higher soul.

He is now going to reach out to an aspect of the self in another incarnation; one that has these qualities in abundance.

A conduit will be opened between the two aspects of the self, and those energies will flow into the current 'you'. In exchange, you will offer that aspect of you something you have, which he/she needs. You need not be consciously concerned with this, as it will take place at a higher level.

This process of metamorphosis will now take place because you are actually forming ***a magnificent, unifying energetic grid between countless aspects of the self.*** This has taken place in the past to a degree, but the current free-flow has never, even happened before.

This is a truly Universal grid, governed by the higher soul. Only that which is appropriate will flow through. For example, an aspect of you in some reality may be a vicious murderer. Those energies would naturally be inappropriate for you to internalize in this lifetime, and therefore they will not be permitted to enter your current structure.

***This is a time period in which metamorphosis is the theme for hundreds of thousands of Universal societies as well.*** Countless

societies are speedily transforming the self to the degree appropriate for their evolutionary paths. For a moment, look at the bigger picture and envisage the magnificence of this Universal process.

Your new Universal grid of metamorphosis is truly mighty. First of all, you are now interconnected with most aspects of the self. And each of those aspects has its own, unique flow of Universal energies, Master energies and levels of consciousness. You will now have access to all of that as well. Yes, it's not just an upgrade of Earth; it's an upgrade of the Universe! How magnificent it is to be a part of this process.

*Is struggle necessary for this metamorphosis?*

Not at all! Welcome the metamorphosis, flow with it, and you will manifest a beautiful, smooth year for the self. It is, after all, a Universal process; and the Universe only functions with love.

The people of Earth are, unfortunately, conditioned to believe that growth only comes through pain and suffering. Very, very few Universal societies function this way.

BLESSINGS FROM THE ENERGIES OF THE UNIVERSAL MARY

(Sohrab shifts energies)

ARCHANGEL MICHAEL SPEAKS.

Dear friends: ***this year you are all going to experience a new sense of personal empowerment.*** This energy comes from the current year's theme of "Owning your Mastery", and it's going to continue to push you to evolve, grow, expand and excite the self with new opportunities in 2019.

You will experience firmness, a new sense of purpose and direction, a

new level of pro-activity, the desire to push your boundaries and move forward. Please don't resist this. It will come to you, individually, at a pace appropriate for the self.

If, for example, on a certain day you wake up feeling very energized and ready to accomplish a certain task...please do it. If you hold back and defer it, out of past conditioning and habit, you will then throw your energies into disarray. Be receptive to and responsible with the flow.

***This flow is not just going to urge you to 'do' things; it's going to urge you to think differently.*** You may even be urged to shift your thought processes in an instant. Then do so, and explore a new way of thinking.

***It's also going to bolster your emotional body.*** Many are still habituated to victimhood and trauma. This flow is going to shake you up. If you touch your power and overcome your victimhood, it will be smooth sailing. But if you resist this, it will take you into a vortex of self-destruction. Here, you will either crack and shift...or exit.

This flow has not been imposed on you; it has been invited by the collective consciousness and you, individually. Don't resist it; enjoy it. It is being directed by the Universal Mary, the Lord Jesus Christ and the Maha Avataar Babaji.

*Is the new flow always about action? Could it also direct us to rest?*

A good question! Yes, you could get a strong urge to ease up and rest. But the urge to do so will be a strong one.

Dear friends, ***you already know that this coming year is going to be 'your creation'.*** ***Be responsible with your energies.*** If you are in bad mood and allow the self to remain there for a lengthy period, you will manifest very destructive situations and circumstances in your life. This will happen almost immediately. But if you choose to

change your mood and raise your frequencies, you will then manifest the opposite.

So if you get into a low, depressive, self-destructive mood, first acknowledge exactly what you are feeling. Don't deny it. But then do something, anything, to help the self move 'onward and upward'. Get medical help, talk to a friend or counselor, do something that pleases you...but find a way to shift. Your manifestations are supreme.

BLESSINGS.

(Sohrab shifts energies)

On a joyous note, no matter what you are doing on December 31<sup>st</sup>, we strongly urge you to spend the entire day...loving the self. Just be loving to you. Love the self. Befriend the self. Acknowledge the self. Celebrate the self. That energy will set the tone for the upcoming year.

Do not allow the self to be depressed or worried about money and relationships. You will then perpetuate that energy throughout the coming year. Yes, even if fleeting thoughts like this do arise, shift them as soon as possible. Celebrate the self.

An extreme example: even if you have to go to hospital on the 31<sup>st</sup>, find ways of celebrating the self and being grateful for the medical treatment you are about to receive.

JOY, LOVE AND LIGHT: ARCHANGEL URIEL BLESSES YOU.

(Sohrab shifts energies)

THE MEHER (BABA) BLESSES YOU.

No message, no warnings...just blessings!!!! Have fun!

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