

Sohrab's channeling

31st January 2019

THE UNBEARABLE LIGHTNESS OF BEING

KARMA REDEFINED

HOLIDAY TIME FOR THE SOUL

CELL SONG

“IT'S ALL ABOUT YOU”

Greetings!

We would suggest that you take a minute or two, every single morning, preferable when you just wake up, and simply experience ‘a new lightness of being’. Yes, some of you are currently experiencing physical and emotional trauma at the Earthly level; but simultaneously there is a new lightness of being that you are individually drawing to the self from the Universe.

These are frequencies so high, so powerful, so rarified and so light that they are difficult to sense. This is because your earthly senses are generally accustomed to a baser level of vibration. That's why we urge you do this in your waking moments, while you are still connected with the etheric. At this time you are the most likely to experience them. You may, of course, do so later in the day; but this is when you will be the most receptive.

You don't have to work at ‘drawing them in’; this is already happening. Simply experience and acknowledge what is already flowing in. The more relaxed and open you are, the more you will sense this lightness of being.

These are collective frequencies: they do not belong to one Master or another. They are an intricate tapestry of countless Master energies, skillfully woven together for your personal benefit by your own Higher Soul. This combination will be changed and upgraded on a daily basis, in a manner most suited to your growth and evolution.

These energies signify Oneness; Universality. You may, of course, summon your favourite Masters to aid you in this process; but you must simultaneously open to this combination of hundreds of thousands of Master frequencies, intricately woven together by you, for your own benefit.

Should you tune in, all that you will feel is lightness...a sense of floating. They will not give you thoughts or mental downloads. Just allow them to make you 'feel good'. As you internalize them over the course of the day, you will then be provoked to download the necessary information, look at situations from a wider perspective and so on. Don't contaminate your waking moments with thoughts: just receive the frequencies and feel good. The process will only take you a few seconds. Some may require a minute or two. So be it. Enjoy the process.

Many we follow this with our regular schedule of prayers?

Indeed you may; but we suggest that you first do this.

I have been experiencing periods of sleeplessness during the night. Is this anything to do with these energies?

In your case; it does. But not everyone who experiences sleeplessness is doing so because of this. These energies are best internalized in the space between the sleep and waking states. But if your mind is churning at that time, then you are not downloading the energies.

What are these energies going to do for us?

They are initially going to work on every organ in the body, routing out from the depths of your cells old issues and debris that is no

longer necessary for your growth.

This *may* cause a resurgence of old thoughts, memories and traumas. Some will be connected to your past; others may actually be related to prior lifetimes. Either way, understand what is happening, acknowledge what you are feeling and work to release it.

This is extremely important. Metamorphosis (which is the theme of this year) is being initiated from the deepest recesses of the cellular structure. ***A certain structure, one that has been in existence since the inception of mankind, is now being upgraded. This is the concept of Karma.***

Up to now you have carried forward unresolved issues over lifetimes, in an attempt to resolve them and complete the experience. You now know that time is not linear; it is simultaneous. As this awareness sinks in, you no longer can hold onto the structure of Karma as you have conceptualized it all this while.

Will everyone be successful at this? No. Will some? Yes. And they will lead the way for others to follow. The path-breakers will joyously break free of this concept. Others will not: they will continue to choose to revel in the shackles of Karma. But the opportunity is now being given to *every human in existence* to break the cycle of karma. Is this not momentous? And it all starts with your belief system. Start to believe that you can break this cycle and not create it in the future.

Let us answer an unspoken question: *If this is so, do we even need to take multiple (simultaneous and concurrent) births?*

You can, and probably will, choose to reincarnate out of the sheer joy of the experience; rather than because 'you have to'. It will be like choosing to visit a foreign country because you want to experience it on holiday, rather than having to go there on work. Both trips will bring you experiences for growth and

evolution. The former will help you grow through joy; the latter through hardship.

Just imagine how wonderful it will be when you choose to ‘travel’ to incarnatory destinations out of joy, rather than pain. It will bring about an entire shift in the human race and the collective consciousness. You are working towards ‘holiday time for the soul’.

These new frequencies which we term ‘the unbearable lightness of being’ will also elicit, from your cells, a new ‘song’. This song, or vibration, is the purest essence of your own higher soul. These are actually strands from your higher soul that are already a part of you, but ones which you hadn’t, so far, chosen to activate in this incarnation.

You know that at a higher soul level you may be a technical or scientific genius, but you haven’t chosen to activate this in the current incarnation, as it may not be appropriate for your desired growth curve. You may, in fact, consider the self to be technically or scientifically challenged. ***You now might choose to activate these aspects in your structure with the new energies, causing a change in your persona.*** You might suddenly find yourself very interested in technology and quite adept at it. Another person who has resisted music may feel urged to learn to play an instrument. And so on.

Most of you think of yourselves as you were in the past. ***In fact, most of you don’t even know, let alone acknowledge, who you really are today. And if you don’t know who you are, how can you see another person for who he is?*** Use these new frequencies to get to know and acknowledge who you and who they are. This is also going to keep changing; it’s not static.

This is going to help you make a host of ‘new’ friends amongst your old friends and family. View them with upgraded eyes. This is a vital part of this year’s theme: metamorphosis.

Many of you will create opportunities to do very different and uncharacteristic things this year. You will be urged to explore the unknown, take up unfamiliar activities, study something you never before dreamt you would be interested in, behave in an unusual manner and so on. Don't hold back. Don't hide in a shattered cocoon of dead energies: let the new 'you' triumphantly emerge. Be the butterfly that spreads its wings and soars.

You spoke of the choice to reincarnate or not: does this also apply to those who have already passed away?

Indeed it does. Most of them are working at breakneck speed to shift, grow and evolve. This not only benefits them, but it also energetically provokes those they love on earth to do the same.

Karma affects many people. If I erase my karma, does this automatically erase the karma of those which whom I am inter-connected?

It wipes out their karma with you, but not their karma with others.

So if I have been raped, and work this out emotionally and really let it go, I automatically erase the karma of the rapist?

Yes, when it comes to his karma with you. But if he has raped several others, that still continues, unless they too work it out. But do remember that if even one person shifts, a chain reaction takes place, provoking others to do so as well.

(A note from Sohrab: as I transcribe this section, I am being given the visual of two people playing tug-of-war with each other. If one person lets go of the rope, the other person has nothing to 'pull against'. The karmic game is then over.)

Dear friends, it's a period of Universal Metamorphosis. Even Creation, the Universe, the Godhead, does not know where this is going. It's a grand celestial experiment. It's one that cannot have a down-side.

What of those who remain 'stuck'? Those who stubbornly refuse to grow and evolve?

These people will experience tremendous shake-ups this year. This is not punishment. It's just that Mother Gaia is raising her vibrations very rapidly, and those who refuse to keep pace with her will energetically feel very uncomfortable.

This will, naturally, urge them to raise their vibrations to match hers. But if they stubbornly refuse to do so, they will then have to exit the planet. Again, this is not punishment. Their own higher souls will lovingly urge them to exit and will help them find a different way to approach their vibrational shift. They will be cared for with complete unconditional love.

Will anyone be so trapped that this is not possible, even when they exit?

This may occur in a few, rare cases. Here, a group of very high-level Masters may actually induce soul fragmentation. They will function like a group of surgeons working collectively to repair a highly-damaged structure. They may 'take the soul apart' and, with infinite care and unconditional love, help to reconstruct it.

I think that I have already been connecting with these energies when I first wake up. But to me, it's not an intoxicating 'high'. It's just a space of stability and calmness.

Yes, that is how you respond to them. Others may experience them differently. But, in general, the sensation will be delicious. And this word 'delicious' will depend on how you interpret it.

Is this shift only happening to us on earth, or is it happening in other Universal societies as well?

The entire Universe is going through metamorphosis. Each society is doing so in a manner appropriate to the self. An example: a certain planet, unknown to you, and outside the solar system, has a group of energetic beings; ones who have worked at the quest of knowledge.

They use knowledge as a means of barter as well as sustenance. Knowledge, to them, is food, water, air and money.

They are undergoing a metamorphosis in which they are learning the magnificence of love. Since the Universe itself is based on love, they already have a rudimentary understanding of this. But the levels to which they are now accessing this flow is beyond your comprehension. To them, this is an entirely new, exhilarating and 'delicious' experience.

Now, just as one person shifting her understanding of Karma changes others; so will their process. Their collective is now emitting such a strong vibration of love that they will influence other societies, including Earth, to do the same. A massive change reaction of metamorphosis is taking place Universe-wide.

How will our metamorphosis affect terrorism on earth?

This is the garbage being routed out of the cells of earth.

So will these kinds of people all exit?

Not necessarily. It also does not mean that terrorism will be eradicated. There will, in fact, be an increase in it, so that it comes more fully to the attention of the general public, urging them to change their views of what is acceptable and what is not.

THIS YEAR IT'S ALL ABOUT YOU. Don't even bother to send energies outwards; work within the self. ***If, for example, you feel urged to help out energetically with a war that is taking place somewhere in the world, make that intent but work to heal the war within the self. If you want to heal a friend who has cancer, make that intent but focus on discovering and healing the cancer within the self.*** This may not be physical cancer, but all of you have energetic cancer like anger issues, control issues, resentment, jealousy, excessive fears and so on.

This year is all about you. If you keep your frequencies high and

remain positive and pro-active, you will manifest a powerful, successful, loving year. If you allow the self to remain in depression you will manifest a painful, poverty-filled, unloving year.

This year you are not permitted to point fingers and blame the position of the stars and planets in your lives. Their effects exist; indeed they do. But you have to learn to override these effects and be the arbiter of your own energies.

THE COSMIC MEHER (BABA) BLESSES YOU.
