

Sohrab's channeling

21st February 2019

ANGER

RE-EXAMINING YOUR RELATIONSHIP WITH FAMILY AND FRIENDS

RE-EXAMINING YOUR RELATIONSHIP WITH BUSINESS

Prior to the meeting, Sohrab shared the gist of a channeling he had received from Ellaeenah/Jadefire. This stated that up to March 21st, many people would be experiencing anger issues. He explained that anger had a wide spectrum, ranging from sheer rage to annoyance, irritability, intolerance, short-temperedness and so on.

The channeling further stated that it was necessary to identify the underlying cause of the anger by digging deep. Sohrab illustrated this with a few personal examples.

The Master then urged people to work out the issue by doing the necessary internal work and, if necessary, seeking outside help like counseling, therapy, natural medication and other such means.

This was followed by a channeling.

Greetings!

Anger issues have just been discussed

Let us give you a hint to be able to better delve into your issues and find the root cause. ***All forms of anger stem from one basic, root cause: lack....lack of love, acknowledgment, appreciation, and nurture and so on.*** When examining your issues, see if you can dig

deep and discover the lack that the anger has brought up, and then address that lack.

Think about this. The opposite of lack is fullness, abundance. And when you are full, how can you be angry? You cannot.

Dear friends, there may be a small group assembled here today, but each and every one of you came here expressly to hear this. All of you have several aspects of anger that you now need to address. Most of you suppress and internalize your anger. This plays havoc with the physical structure. Be careful.

Why this warning? *This is because each and every one in the room today is going to be very sensitive to energies this year.* Even one moment of *excessive* anger, annoyance, frustration and irritability is going to cause a physical reaction in your bodies.

At times, you may notice it instantly, in the form of a palpitating heart, or dizziness, or breathlessness or simply an unpleasant vibration in the body. At other times it may initially pass you by; manifesting instead a few days later. This could suddenly hit you at a perfectly calm moment, and then you'll wonder why you are suddenly so acidic or uncomfortable.

We also urge all of you in this room to be alert to external energies; those that may have nothing to do with you, but ones that you may inadvertently internalize. Many of you are energetic sponges.

Let us say that you visit a physical space such as the home of a friend; one in which there is a lot of pain, trauma and discord. You might accidentally and unwittingly absorb these energies. We urge you to be aware of your propensity. The moment you find this happening, instantly raise your own vibrations.

Don't bother with old-fashioned notions of energetic shielding: that no longer works. Energy simply flows freely, and these shields are

also made of energy. You may, however, combat these uncomfortable energies by raising your own vibrations. Each person has their own method of doing this.

However, a simple way of doing so is by visualizing golden light emanating from your core center, somewhere between the heart and solar plexus. Visualize this spreading throughout your physical body, head to toe. When this is done, allow it to burst out of you in all directions, like a star-burst.

This simple exercise can be done anywhere, anytime...it doesn't require you to be in meditation. You can also do it silently while you are in conversation with a person whose energies appear to be disharmonious or distasteful to you.

In this expansion, you are actually taking yourself to such a space of magnificence and embrace that you are energetically acknowledging that the 'negativity' you perceive before you is already a part of you. Then how can it possibly affect you? Because how can you 'catch' something you already are?

Please also be cautious about keeping your moods at a relative even-keel or high frequency. If you allow the self to stay in depression or anger for extended periods of time, you will most certainly manifest that around you this year, due to your current energetic sensitivity.

We don't expect you to be 'on Cloud 9' at all times; that would be unrealistic. But we do expect you to take responsibility for your moods, and to work at uplifting your energies when you are in the doldrums. No Master is going to help you with this, unless you first help yourself. It's time to grow up and take responsibility for the self.

We would now like to draw to your attention two other issues, other than anger, that are likely to arise during this time period.

This is a time period in which you will be urged to re-examine your relationship with family and close friends. You may find upheavals in this area. Examine this in the same way you would examine anger: find out why you are feeling the way you are, and delve into its root cause.

You may find various emotions arising, such as jealousy, envy or *even excessive love*. Though this appears to be a ‘positive’ flow, you would still need to look at why it’s occurring.

The term ‘family’ also applies to those who are in spirit. Here, you are being urged to examine unresolved issues that still disturb your energy field.

Why is this happening? In this, the year of metamorphosis, everyone is working on redefining and upgrading their perspective of family. Debris first needs to be cleared so that *new* relationships can be forged with existing family members and close friends. And yes, *pets are also family members*, so learn to redefine your relationship with them as well.

The second area being examined right now is your perspective of business. Some of you have professional jobs and businesses. There are likely to be a few shake-ups in the company. Certain staff members may ‘act-up’. Alternatively, you may find yourselves on the receiving end of jealousy or unfair criticism.

You are simply being invited to re-evaluate your business practices, inter-personal skills, and ways of working and so on. This process is likely to extend far beyond the coming equinox; it may continue for the next three to six months.

We already hear some of you thinking: “No problem. I don’t have a business!” This extends far beyond corporate life. ***This would include the business of taking care of a family, The business of taking care of your body and health and The business of functioning at your highest potential***, to name but a few.

Once again, we specifically address the people in this room today, as well as a few others who read these words later. This is a very sensitive year for your physical bodies. ***Pay particular attention to your health, nutrition and your thought processes.*** Yes, your thought-processes are as vital to your well-being as are the other two.

We don't expect you to only have 'good thoughts'. That would be unrealistic. But we urge you to be very responsible with your thoughts. Excessively negative thoughts directed at another person will certainly affect them, but in turn they will loop back and do the same to you.

So if you find yourselves getting excessively angry or upset or jealous of another person, and if you allow this to go unchecked for long periods of time, they will adversely affect the both of you. Learn to work on them as soon as possible.

You have been taught in the past that energy never moves in a straight line; it moves in loops. So whether you curse someone or bless them, the energies circle back and affect you in exactly the same way. This year, the loop is intensifying ten-fold. That's why we are stressing this point. Be responsible.

Let us now have your questions.

I have recently filed a defamation case against someone in the building. I've never before had the courage to do this, but this year I felt it must. This will naturally bring up anger, frustration and other such emotions. Was I wrong to have done this?

Not at all!!! It's the perfect time to have done so. Part of your metamorphosis is to learn to stand up for the self. As long as you are working with integrity (which you are) and do not make false allegations, you are simply creating energetic loops of truth, justice, righteousness and integrity. Stay balanced and continue with the process. It needs to be done.

You spoke of a 'ten-fold increase'. Does this apply to the whole human race?

This level applies to those like you who are of high vibrations. An average person may experience a seven-fold or an eight-fold increase in the intensity of the loop. But it is still very high.

I have been trying to get a certain point across to my family for weeks, but no one would listen. Yesterday, I just shouted at them, and they actually heard me. Have I caused a negative loop for the self?

Were you in balance when you shouted at them?

I honestly don't think so.

(Smiling) We appreciate your honesty. In general, it would be ideal for a person to stand up and speak their truth with firmness, instead of anger. This could require you to raise your voice. Shouting rarely serves its purpose, and it does loop back to you. In your case, however, the 'shout' was necessary. So you actually functioned in balance, but were unaware of it.

So it's a very fine balance...

Yes, it is; and you are going to make mistakes. So what? Learn from your mistakes. Life is a playground. Go ahead and fall, over and over again. But keep picking yourselves up, dusting yourselves off and move forward.

Dear friends, a wonderful way to deal with anger issues, family issues and business issues is to laugh about them. Laugh at yourselves at times. See the absurdity in life's situations. Don't take yourselves so seriously.

SAI KA PRANAAM. BLESSINGS FROM SAI BABA.
