

Sohrab's Channeling

28th February 2019

THIS YEAR, "IT'S ALL ABOUT YOU"

AN ENERGETIC TEAM SERVING INDIA THROUGH HER PROCESSES OF METAMORPHOSIS

THREE MAJOR AREAS OF METAMORPHOSIS IN INDIA

(Prior to the meetings, Sohrab suggested that the group send light to calm down the current unrest between India and Pakistan. The channeling then began.)

Greetings!

Let us speak of this particular event, and other such events that are likely to arise in 2019, the year of metamorphosis. **Yes, *metamorphosis is the order of the day; but the outcome of this is not pre-destined.*** So whether it is personal shifts or world events, the outcomes are open-ended and could go in several different directions. These outcomes are dependent on your individual and collective energies.

Take the current event: possible war. If all of you consciously work with prayer, thought and intent, you *can* manifest a peaceful outcome. But if the collective only focuses on pain, trauma and vengeance, you will instead manifest a bloody war.

We have outlined just two possible outcomes. There are many others: there could be no official war, but unrest instead. There could be stability in one country, and turmoil in the other. And so on.

So, no matter the event, personal or public, it's now time that you touch your power and energize that which you desire to manifest. Working in a group is always effective; but even if you sit alone, please remember that you are, by default, energetically connecting with all the people worldwide who share your perspective.

So right now, unite as a magnificent group of Lightworkers and bathe the entire situation, the two countries, and all those involved, with just one energy...peace. (Long pause)

This year, it's all about the choices you make and the courses you take. Let's first look at this with a practical example: after you leave this meeting, you could take the most direct route home, or you could possibly take 20 alternative roads to get to the same destination. Each route would give you a different experience: one may be smooth and easy, another may be traffic-ridden and annoying, and so on.

This year it's all about the choices you make, and none of these are pre-destined, written in your chart or deliberately guided by your higher soul. These paths are being chosen in accordance with the vibrations you emit, moment to moment. Raise your vibrations... and you will walk a smoother, more refined path. Remain in your lower frequencies, and you will manifest an obstacle-ridden year.

We repeatedly say, ***"This year it's all about you."*** What does this really mean? Up to now, being on a free-will planet, you have repeatedly made choices at the earthly, conscious level. However, your higher soul has always stood by you and given you expert guidance and advice; some of which you took, and some you ignored.

This year, the higher soul is standing back and allowing you to make choices almost completely at the conscious level. Not *every* choice is being given at the conscious level; but most are. Choices such as when to exit, or one that will affect a large number of people worldwide cannot be exclusively governed by the earthly mind. But

most others are.

So internalize this and consciously make choices to change your state of health, to eradicate pain and trauma and work towards creating an abundant, joyous life. So choose a desired outcome, harness your power and work with full faith in the self, knowing that you can manifest it.

MAHA AVATAAR BABAJI BLESSES YOU.

(Sohrab shifts energies)

A very specific energetic team has been created to serve your country this year. This team comprises of many high-powered souls; ones who have incarnated repeatedly on earth in the past.

This is part of the criteria to join the team. In general, they have also held very influential positions on Earth; some in politics, some in business, others in education and so on. This is necessary as, though they are now very energetically expanded, they need to be ‘familiar’ with the workings of Earth.

This team is going to guide India through this stirring year. ***Yes; India does require tremendous metamorphosis.*** She is not being ‘singled-out’, as all countries will undergo this process; but she badly needs it. ***In this coming year, there will be three prime areas of metamorphosis in India.***

The first: inequality. Also known as separation. Individuals and institutions are going to be shaken-up, urging them to think as a collective. They need to go beyond the current policy of “Me for me alone”. Your country has such disparity in the areas of finance, education, health, well-being, position, and so on.

This is not going to be miraculously leveled in a single year, but these

areas are certainly going to be questioned and shaken-up. People will be forced to examine them. Start with your own lives. Do you consider others 'unequal' to you? Is there inequality or separation within the self? How can you best unite with the self and those around you?

The second: the political system. Expect shake-ups here. These are already happening, but most have been hidden from the public. They are likely to emerge over time. These are going to make you angry. ***We urge you to use this anger productively; don't suppress it. Let it fuel you into doing something.*** Make a change.

You could do so in so many ways. You could do energetic work, or start a net campaign or speak up publically or lead a protest march or enlighten others, to name but a few. But do something. ***Don't just sit back. This year it truly is your responsibility to be the change...not just as Indians, but as Lightworkers.*** Though you are citizens of the world, you have chosen to incarnate here, in this country, to serve.

The third: Inter-personal relationships. This includes family and friends, business colleagues, your staff, complete strangers and so on. The quality of 'humanity' has to be re-discovered here. The frequencies of India are becoming inhuman, uncaring and callous. This has to be addressed in this, the year of metamorphosis.

Inter-personal relationships start with the self. This is a year in which you must listen to the self, the body, and your needs. This is ***not*** a good year in which to sublimate your needs, to sacrifice the self on the altar of family or duty...it's all about taking care of the self.

You will notice that we have repeatedly stressed "It's all about you". Most of you still don't understand the importance of this statement. ***It's so much 'about you' that you are affecting your mental, physical and emotional health on a minute-to-minute basis.*** You ***have to*** work towards keeping your keeping your frequencies at an

average high. You now **have to** listen to the needs of the body are respect them. You **have to** learn to love, honour, obey and respect the self. It all begins and ends with you.

So much of your cellular coding and mental conditioning urges you to put others before yourself, retreat into the background, neglect your needs, underplay your strengths, suppress your voice and so on. These outmoded patterns have to be shifted this year.

Many of you are harming your bodies right now with your repeated negative thoughts about the self. Many feel small, insignificant, impotent and unable to move forward. Even such fleeting thoughts affect the body very strongly this year.

If you don't consciously work on this during the course of the year, the following areas of the body are likely to be damaged:

The digestive tract is very sensitive to your emotions. You could self-create acidity, indigestion, ulcers and other such complications. This is likely to be affected the first.

The heart will go into spasms if you don't learn to love the self.

Your shoulders and neck are likely to be instantly affected by self-created or self-perceived burdens; many of which you do not need to carry. Please examine how you can shift focus so that you can rid yourselves of the concept of burdens.

The brain, pituitary and pineal glands are also going to be very sensitive. Be responsible with your thoughts; particularly those which negate or invalidate the self. You are going to manifest what you think.

Other areas in the body will naturally be affected as well, but be particularly responsible with these four major areas, as they are going to be the most sensitive to any negative thoughts about the self.

THE COMMITTEE BLESSES YOU.

(Sohrab shifts energies)

Let us end with some good news. ***As long as you are a dedicated self-seeker and repeatedly explore the self, you will find you psychic abilities getting stronger and stronger this year.*** Yes; more and more of you will be able to ‘read between the lines’, download valid messages for the self and for others, connect with loved ones in spirit, and communicate directly with your Masters and so on.

The energies of the Mother Mary have created a new energetic grid that encircles the planet; one that is specifically designed to facilitate this process. Tap into it. Call upon the Mother Mary’s energies and surf the grid (as you would surf the net) and enjoy the high levels of connectivity that are now at your disposal.

Some will receive new and exciting downloads for the self and for family and friends. Others will feel urged to be Lightworkers in a new and expanded manner. Yet others will find their healing techniques growing and improving.

This grid is also going to boost every area of your lives: your thought processes, relationships, finances, and so on. Enjoy it.

THE MOTHER MARY BLESSES YOU.

SAI KA PRANAAM. A BLESSING FROM SAI BABA. The Sai also dedicates his energies to facilitate peace.

BLESSINGS FROM THE ENERGIES OF GURU GOBIND SINGH.
