

Sohrab's Channeling

21st March 2019

THE ENERGIES OF HOLI IN 2019

THE ENERGIES OF NAVROZE IN 2019

Greetings!

This room is filled with very light energies today. Were you to see them, they would appear virtually transparent. But do not mistake this lightness for lack of potency. Please open to the energies, and internalize them head to toe. They will calm you, soothe you, balance you, align you, expand you and nurture you. As you internalize them, you may simultaneously make the intent that they do the same for those whom you love. Do this in silence for a few moments. (Pause)

Many in this room are opening the upper chakras, but are forgetting the lower ones. Consciously relax and open up the lower chakras. Open up from the stomach, right down to your feet. (Pause)

Take a moment now and use these energies to bless your homes. (Pause)

Direct them to bless all the people in your homes, including visitors. (Pause)

Extend these energies to bless this city. (Pause)

Now spread them, so that they bless and embrace Planet Earth. (Pause)

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

These new frequencies are a celestial gift being offered to Planet

Earth and all her inhabitants by your Universal friends, the Arcturians. They are yours to work with, play with and enjoy. Have fun with them and use them when you are imbalanced or in turmoil: just open and receive.

We do suggest that you visualize them as transparent. Many will feel urged to imbue them with colours. Do not do so; consciously open to transparency. These frequencies are so high and refined that if you imbue them with earth colours, you are actually reducing their potency.

If a particular part of the body is in distress, you may consciously direct the energies there and visualize it opening out. You may simply have weak eyes or knees: do the same for these body parts and strengthen them. Even if you are perfectly healthy, you may use them for overall balance, alignment and expansion.

Dear friends, two sets of energies are flowing onto Planet Earth today; ones that will continue to flow till the same time next year. (*Note: Two festivals fell on this particular Thursday; Holi and Navroze.*)

Holi, as you well know, is always about some aspect of 'colour' in your lives. ***This year the energies of Holi give you the opportunity to explore energetic shades, hues and tints in your lives. You are being urged to add texture to your lives and activities.***

You will be urged to re-look at the way you function at work. Old routines and well-worn procedures must be re-examined and refined. Explore your work differently. Respond to people differently. A home-maker is urged to do much the same with household procedures and all those with whom she interacts at home: family, staff and visitors alike.

The most important is to ***re-explore the self***. Find new shades and textures within the self as well. Experiment with dressing a little differently, behaving and functioning differently and responding differently to external stimuli. Think out of the box. Surprise

yourself.

These energies, in short, will help you see yourself and the others around you in a new and expanded light.

The energies of Navroze, this year, will offer you the opportunity to enhance two beautiful aspects in your lives: New Beginnings and an inner space of Freedom. Yes, you will literally be pushed towards new beginnings that are appropriate for the self.

These will include upgrading your thought patterns, belief systems and inner processes. They could also be external: you could feel urged to take up a new hobby or course of study. The energies, in general, are very pro-active; they will urge you to 'do things'.

They are, of course, being offered to humanity in general and not to one community; but you do *have to choose* to interact with them. A one-time fervent invitation on your part is all that is necessary. You could do so with a simple statement like ***"I welcome the current Navroze energies of New Beginnings and Freedom into my physical, mental and emotional bodies."***

These new beginnings will shape you differently this year. You may get unusual urges to 'do things'. But then, if you resist these urges, you will start to feel uncomfortable. So do not invite these energies into your structure unless you are ready to move forward. This process will, of course, be guided by the higher soul and will therefore be what is perfect for the self.

Now let us speak of Freedom. Many of you have struggled with this for years: feeling bound, trapped and caged by family, personal circumstances, society and the like. ***This year the Navroze energies will help you discover a new sense of inner freedom.*** They may or may not affect your external circumstances, but they most certainly will change your inner space and your perception of life. They will help you breathe freely.

These energies will also help you shatter the walls and facades behind which you have hidden for years; walls you have built to defend the self from pain, trauma and attack. These walls will start to crumble, and you will discover a new and rejuvenating sense of inner freedom and joyous abandonment. You will begin to discover the Who-Am-I.

We urge you to open to both these frequencies: the Holi energies, and those of the Navroze. Welcome them into your lives; they are yours to command.

You often use the words ‘Yours to command’ when speaking of newer and newer energies. Why do you keep saying this? We know that they are ours to use, and yet, over several meetings, this same phrase is repeated.

Yes, we repeatedly use this phrase over time, to subtly influence you and teach those who still feel small and unworthy that *everyone* has the potency and strength to command that which they desire. With repetition, it enters the sub-conscious and eventually takes hold. (Smiling) This is not really applicable to you. (Laughter)

THE BEHRAM YEZAD BLESSES YOU.

(Sohrab shifts energies)

GREETINGS FROM ST. GERMAIN!

As this is a small meeting, we will offer each of you a short, individual message. This portion of the meeting is only to be circulated among those who are present here today.

(Sohrab’s Note: I have respected the Master’s instructions. Only this much is being uploaded onto the website).
