

Sohrab's channeling

27<sup>th</sup> June 2019

SHAME

GUILT

HISTORICAL SHAME

FAMILIAL SHAME

COSMIC SHAME

*The pre-meeting discussion was about the concept of Shame. Sohrab stated that this had recently come up in a channeling he had done out of the city, and that the Masters had declared it to be a major area of cleansing and purging that was currently necessary.*

*Various aspects of shame were discussed. Sohrab explained how children are taught to feel ashamed of themselves from a very early age. Statements like "Boys don't cry!" and "Girls have to learn to cook and behave in a demure manner" create shame from a very early age. He further discussed Body shame and the shame many feel about not being rich enough, successful enough, intelligent enough and so on.*

*The Masters has also mentioned that everyone, men and women alike, carried in their cells the shame of being a woman. This was because all humans have incarnated as women in various lifetimes. Secondly, even though most women today are modern and consider themselves to be feminists, the shame is still coded into the cellular structure.*

*Sohrab pointed out the concept of the "Original Sin", in which Eve was the 'sinning woman' who tempted Adam with the apple and created the so-called downfall of humanity. He further stated that women, for generations, had been taught to be ashamed of their femininity, their menstrual periods, and their status*

*in society. They have often been viewed as second-class citizens, inferior to men.*

*Group members contributed to this conversation, pointing out that sexuality was a major point of shame in India. Many even felt ashamed of not being 'religious enough'.*

*Sohrab pointed out that a person can be ashamed of abundance, sometimes apologizing for being too rich, too beautiful or too successful. He further urged the group to examine these aspects in their own time, and stated that there were shades of shame, such as embarrassment, awkwardness, humiliation, regret, self-reproach, remorse, self-disgust and, of course, guilt.*

*The meeting then commenced.*

Greetings!

As you are aware, there are countless opportunities for incarnations in different societies around the Universe; Earth is but one such destination. There are, however, very few ones in which shame exists. Earth is a dividing line between a few baser, denser societies that experience a sense of shame; and higher vibrational societies in which shame does not exist.

If you vibrate at a very high frequency, how can you experience shame, guilt or fear? You just flow. You understand another as you understand the self. Therefore there is no comparison, judgment, self-deprecation or shame.

The reason this is so important right now is because Planet Earth is moving from the 3<sup>rd</sup> to the 5<sup>th</sup> dimension, and all of you desire to follow suit. You are currently in the 4<sup>th</sup> dimension; one which is a passageway between the 3<sup>rd</sup> and the 5<sup>th</sup> dimension. As you (figuratively) walk through this passageway, you need to shed debris that is not going to fit in 5D, such as shame, guilt and fear.

Many of you are confused about this shift. There is no 'definitive date' on which Earth is going to attain 5D status. As individuals grow and evolve sufficiently, they emerge into a 5D reality. Yet they will share this space with those who have not yet 'graduated', and are still in 3D.

The difference will be this: ***those who move into 5D will both perceive, and therefore create, a very different version of earth to those who still live in 3D.*** Yet it is concurrent: different dimensions existing in the same reality. And, as more and more people move into 5D, the overall vibration of Earth will certainly change, urging more and more people of a lesser vibration to follow suit.

Dear Friends: every single one of you still have aspects of shame that lie buried in you, some in the conscious mind, and others in the subconscious. This is the ideal time in which to start dredging these up and confronting them. Choose to move forward. Why would you want to keep carrying these unnecessary burdens?

Let us remind you of what has been said before. ***Guilt is not an emotion; it is an alarm clock, simply reminding you that you are crossing a boundary of your own making.*** You are simply being invited to examine whether or not you wish to stay within that boundary, or expand it. Unfortunately what most people do is repeatedly cross the boundary without examining it. This way, the alarm clock keeps ringing, and you get guilt-ridden.

Let us cite the example given by a group member in the discussion preceding this meeting: the shame and guilt associated with sexuality in this country. Many young girls are taught that ‘sex before marriage is a sin’. When they have their first romantic encounter, they start to get guilty about it.

This guilt is simply an alarm clock, urging them to ‘wake up’ to their pre-conceived notion and re-examine it for themselves. If they feel this is correct, then they should go no further. But if they feel this is a boundary imposed on them by their parents or society, one which does not fit with them, then they should simply change it and enjoy guilt-free sex.

The problem is that most people keep crossing boundaries without changing them, and then get wracked with guilt. ***Guilt is actually a good friend; one that alerts you to a boundary you have not previously noticed.***

In exactly the same way, ***shame is also an alert; one that urges you to look at a constricted area of your life so that you can re-examine it and then move into a 5D vibration.***

Shame also shows you your current coding of ‘right and wrong’. Please note that

we say ‘your coding’, and not ‘society’s coding’. It shows you that you have behaved in a manner, in the past, which now does not suit your current vibratory level. Simply use this shame as an impetus to help you choose to behave otherwise in the future.

Dear Friends, please be aware that ***many people also carry historical shame and familial shame***. An example of historical shame is that which many Germans carry today, even though they weren’t even born during the Nazi regime. Familial shame is that which you carry for possible misdeeds committed by your own ancestors.

Are you trapped by this? Not at all! You have to learn to identify it and move beyond it. At the same time, it is also meant to be used in a healthy manner. The shame of the Nazi era, for example, can be used productively to urge people the world over not to repeat it. It *should* urge you to re-examine your own areas of bigotry, intolerance and supremacy. ***Use shame as fuel; not as handcuffs.***

The human race also experiences ***Cosmic Shame***. This sounds like a paradox, as we have just said that very few Universal societies experience shame. But Cosmic Shame is a phenomenon shared by those particular societies, and it is ***the shame of being alive in an incarnation.***

Yes, this is a paradox. You have chosen the incarnation for growth and evolution and yet, there is a paradoxical feeling of shame that you have chosen a ‘lowly incarnation’ instead of remaining expanded in spirit. This is so hidden and subtle; yet it is cellularly shared by all those in 3D form or in lower frequencies.

***We urge you to acknowledge that this is deeply embedded in the subconscious, and start to change it by consciously congratulating the self for having had the courage to choose an Earthly incarnation.***

Yes; Earth is one of the *roughest incarnatory destinations* to choose, because it has so much free will. On Earth, you can make so many mistakes and go so woefully off-track. You also experience a heightened level of sensitivity.

***Earth is all about comparisons.*** You face these every day. You constantly compare yourselves to others who are more successful than you are, or are better looking, or have more money than you do, or are more educated, have better

opportunities that you do, and so on.

From an early age children are taught to compete with one another. Who is the topper in the exams, who is the second most intelligent, and who is the third? Most games are about learning to outshine the other competitors. Look at the levels of shame you are instilling in them! No child is, instead, taught to simply learn to do better than she did the day before.

This is a rough and painful way to learn to grow and evolve. And yet, you have had the courage to incarnate on Earth, work through these adverse circumstances and try to move beyond them.

Please examine your shame. You do not have to be bound by it. Move beyond it. ***Most of you are not going to choose Earth again. You are going to move into higher-vibrational societies. Make the most of your time here.***

Some of you will choose very Earth-like societies; yet ones in which there is inner peace, freedom, unity, brotherhood and harmony. Shame, guilt and disharmony cannot be carried forward into these kinds of societies.

BLESSINGS, LOVE AND LIGHT FROM THE ENERGIES OF ARCHANGLE  
MICHAEL.

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