

Sohrab's Transcript

14th November 2019

*Prior to the meeting, Sohrab explained that the theme of 2019, METAMORPHOSIS, would continue into the next year and combine with the theme of 2020: **CREATE YOUR OWN MIRACLES.***

MIRRORS

INTERNAL SPRING-CLEANING TO PREPARE FOR 2020

THE COSMIC INNER CHILD

Greetings!

Today's session will be part information, part meditation.

Open to the beautiful white light of the Diwali frequencies. Experience them within and around you. Don't 'do' anything with this light; just enjoy it. (Pause)

Now visualize, inside this light, a mirror in front of you. Look into it, and see yourself as is revealed to you. This image may not be the physical form you currently inhabit. Just study what is revealed to you. (Pause)

If the image is unusual, ask yourself why you are being shown this. (Pause)

Now create another mirror to your left. Look into it. Once again study the shape or form being revealed to you, and ask yourself why. (Pause)

Now create a third mirror, to your right. Do the same again. (Pause)

Now come back to full consciousness.

Dear Friends, *the months of November and December are going to be a time-period of 'mirrors'; you will repeatedly find reflections of the self in people*

around you, in situations and in events. Be alert to them, as they need to be carefully examined.

If a person or a situation stirs you up or provokes you in any way, then you need to examine it closely. But don't necessarily expect it to be 'literal'. Let us give you an example.

Perhaps a person irritates you because he constantly 'plays the fool' and refuses to be serious about anything. Yes, the mirror-image *could* be telling you that you are often too frivolous and flippant with others.

But it *could also* be urging you to examine the archetype of The Fool, which is an extremely wise person who faces life's trials with light-heartedness. In this case, perhaps you are taking life too seriously and getting bogged down with trivialities and the mirror is simply urging you to lighten up and simultaneously trust your innate wisdom.

In the same way, perhaps there is a situation at work that bothers you. It may, indeed, have something to do with a particular person there; or it may be that you need to look at 'the business' of taking care of the body and the self.

Your psyche is deliberately using these mirrors to affect a thorough spring-clean of the physical, mental and emotional bodies before the onset of 2020.

You will have noticed that, virtually every year end, we say to you that your energetic work is accelerating. It always does. Don't you tend to study harder when an examination is approaching? No matter how prepared you are, you tend to accelerate this process as the final exams approach. All of you are working to clean out, expand and refresh your energies, so that you can be your own miracle-makers next year.

Now let us have your questions.

When we look at a mirror, we see the opposite image of who we are. Is this true for this process as well?

It could be; but not necessarily. However, let us illustrate your point with an example. If mirror images of 'losers' keep appearing before you, it certainly could be that you are being urged to acknowledge, appreciate and exercise your

magnificence.

THE GURU NANAK COLLECTIVE BLESS YOU.

(Sohrab shifts energies)

Greetings from the St. Germain!

Yes, as it is Children's Day, let us urge you to once again ***connect with your Cosmic Inner Child***. Though we have spoken of this in the past, let us refresh your memory.

You have, in spiritual sessions and in therapy, been repeatedly guided to explore, heal and embrace the various damaged inner children that you all have. This is necessary; please continue that work as needed.

The Cosmic Inner Child is, however, the most important one to work with. If you do so repeatedly, in a dedicated manner, all the other inner children come into balance. So why not go straight to the root?

The Cosmic Inner Child is an actual energy fragment of your own higher soul; one that permanently resides in the sacred space within your body, and in all the various parts of you that exist in simultaneous and concurrent timelines, dimensions and realities. It's your ENERGETIC HEART-BEAT.

Without it, you could not exist. ***It's a tiny little ball of golden-light energy; always joyous, always expanded, always magnificent. It's omnipotent, omnipresent and omniscient.*** It has no 'down-side'. Yes, it's magnificent; as YOU are magnificent.

Take a moment right now, eyes shut, and go into your sacred space, which generally resides somewhere between the heart and the hara chakras. This is a very, very private space that resides within the body. *This is so private that no being, no entity, no Master has the right to enter it without your express invitation.*

It's a space of complete calmness, tranquility and balance. Some may visualize it

as a comforting room from childhood. Others may see it as a halcyon meadow or a sacred temple. Yet others may be provoked to see it as deep Space. Use whatever image pleases you. But go into it now. (Pause)

Now interact with your golden cosmic inner child, who always resides here.
(Pause)

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

How better to celebrate Children's day? Each one of you...a Child of the Universe!

YOU ARE BLESSED BY THE COMBINED ENERGIES OF THE MAHA AVATAAR BABAJI AND ST. GERMAIN.
