

Sohrab's Channeling

21<sup>st</sup> November 2019

## ROOT ISSUES

### THE RE-ADJUSTMENT OF TIME ON EARTH

*Prior to the meeting, Sohrab spoke of Root Issues to the group; stressing on three: Don't Exist, Don't Belong and Don't Feel. These were discussed in detail. The meeting then commenced.*

Greetings!

Let us add something to the discussion that just took place. Yes; there are 12 major root issues, and these will continue to be valid ones. We do suggest that you examine them, see how they affect your lives, and work towards overcoming them.

However, with the evolution of the human race, many more are now emerging; ones which have not been *officially* deemed root issues by therapists and psychologists. These are equally valid, and also merit examination.

Here are a couple of examples: ***Don't Possess and Don't Speak***. A person who is a ***Don't Possess*** always feels that possessions are constantly being removed from his life or simply drain away. This would include material possessions, money, his time, his wisdom, and his talents and so on. His quest is to learn to own himself completely.

A person who has a ***Don't Speak*** issue is unable to speak his truth, express himself, declare what his needs are or exhibit his talents to the world. He has to learn to speak up and speak out; to the self and to the world.

Play with the concept of root issues and see if any non-traditional ones emerge for you. They may not be your personal root issues, yet they may be important ones for you to explore.

Now let us move further. The Diwali energies of 2019 are continually going to

reveal new facets of themselves to you. You already know that they have taken you, individually, into new dimensions; ones commensurate to all the self-work you have done over the years.

***Now, within the unique dimension that you inhabit, time is being re-adjusted.***

Let us remind you of an earlier session in which we had stated that the Human Race now existed in an 11-12 hour day, even though your clocks still show a 24-hour cycle.

Yes, time is now approximately twice as fast as it was for your great-grandparents. You work, eat, sleep and exist in half the time they did. Every second is actually ticking away twice as fast as it did a hundred years ago.

You think and absorb information twice as fast as they did. You speak twice as fast as they did. Your hair and nails grow twice as fast as theirs did. And so on.

The new frequencies are now re-adjusting time in your unique dimension, as will be perfect for your future growth. So some may now exist in a 9 or 10-hour day; others in 12- or 13-hour day. But while this adjustment is taking place, you will experience anomalies of time. Understand this and work with it. Expect it to take 3-6 more months.

***There are likely to be periods in the day in which you feel overwhelmed by the amount of work/chores you have to accomplish in what appears to be a very limited period of time. You may even feel that you can't cope. And conversely, there are likely to be other periods in the day in which you wonder why time appears to be dragging on.***

***This is not an illusion. It's actually happening, and will continue to do so till the frequencies of time levels out for you, within your unique dimension.***

We suggest you help yourselves by constantly re-aligning the self with your own, differing time frequencies. There are practical ways in which to do so.

***The first option:*** You can breathe and center the self, *slowing down and balancing your inner core*, so that external time follows suit, slows down and aligns with you; *or*

***The second option:*** You can *breathe rapidly and increase your own vibrations*, so

that they match the speed of external time.

Each person will find one of these two methods more comfortable. You will have to experiment with both and see what better suits you.

Let us illustrate this with an example. (S. points to a doctor in the room) Let us say that you are a doctor and have a flood of patients in your clinic. Let us assume that you are feeling overwhelmed.

You could choose to take a few minutes, breathe gently and center the self. Visualize your core energies creating a steady, even vibration within the self. Two to three minutes should be enough. ***In doing so, you will slow down external time; the minutes will actually stretch, and you will be able to smoothly handle all the patients, one by one.***

***The other option would be to breathe rapidly and raise your vibrations so that you feel energized, very active and ready to joyously work at breakneck speed.*** This way you are simply matching external time. You'll now be so charged up that you will enjoy the vigorous, rapid process, and you'll be able to accomplish much more that you usually do, in a limited period of time.

On one day, you may find that the first method better suits you; and on another day, the second method is more effective. So experiment with both, and choose either, at will.

Let us now have your questions.

*I find that, on occasion, you have to adjust your vibrations to suit others around you who may not be able or willing to work at your pace.*

Yes, you are correct. That would be your skill as a Lightworker. But please understand that this is not about raising or lowering your vibrations to suit others. It's about creating your own reality. Both techniques will serve others around you.

If you steady and calm the self down, they will follow suit. And if you raise your vibrations, they will also follow suit and speed up their processes. They may not exactly match your speed, but they will follow in the same direction.

However, if your intuition tells you that another person is working at a *much*

slower pace than you are, and will be reluctant to move quicker, then be smart and adjust your vibrations accordingly.

*I have recently found my heart-rate increasing and decreasing at times. Is this due to the time-adjustment?*

Yes, many will now experience this. Naturally, if this gets excessive, please consult a doctor; but, in general, this is a part of the process. We are going to continue this discussion over several sessions.

These shifts in time will affect all the organs of the body, the brain processes, your relationships, your home, your business, the way you function in life and so on. For now, this much information should suffice.

Start to play with time. Enjoy the process. We repeat: experiment with both options. You will need them both.

THE ARCTURIANS BLESS YOU.

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