

Sohrab's channeling

12th March 2020

THE CORONA VIRUS

DISPELLING FEAR

Prior to the meeting, Sohrab shared with the group the way he had been guided to work with the Corona Virus. He explained that this was a 'young virus'; one that could be likened to a child who has been brought up by parents who have only taught the child to steal, cheat and lie. This kind of child knows no better, and would naturally feel unloved, angry and rebellious.

He suggested that the group members now visualize the virus this way (in any young form) and become 'foster parents'; ones who now slowly rehabilitate the child by giving it love and a new, positive direction in life. This 'new direction' could be teaching it to give the Human race immunity to other viruses, or activate human DNA, or raise human consciousness and awareness.

Sohrab offered this methodology to the group, and stated that they should follow it only if they felt this 'fit with them'. If it didn't, he suggested that they devise their own, unique way of working with the virus.

Greetings!

Yes, this virus has been genetically engineered. Yes, it is a manipulative tool; one which has been instituted, not just by governments, but by people in the shadows who control governments: the Illuminati. They have done so for devious, manipulative, power-hungry purposes; ones which you cannot even begin to imagine. But we are not asking you to concern yourselves with them.

Instead, ***we ask you to band together as Lightworkers and dispel one aspect: fear.*** The Illuminati feed on discord and fear.

You have already been asked to work with love, individually and collectively, on the virus itself. Please continue to do so. Now we ask you to work at a much higher level... to dispel fear.

Let us first speak of fear from an energetic perspective. ***Fear is an extremely disruptive energy; one that throws your cellular structure out of alignment.***

Imagine listening to a magnificent orchestra, and then suddenly discovering that one particular instrument is going completely out of tune. Your entire focus then goes to that one instrument. This not only ruins the symphony for you, but the energy of that one atonal instrument slowly begins to affect all the other musicians in the ensemble. They, in turn, will get thrown off-key one by one.

It is currently the intent of the Illuminati to spread fear throughout the human race, and they are succeeding rapidly. This gives them more power and potency, and allows them to manipulate you even further; diverting your attention from other nefarious activities that they are putting in place.

The disruptive energies of fear generally enter your bodies in two primary areas: the solar plexus and the heart. From these areas, fear then spreads rapidly throughout the body, affecting all your cells, organs, tissues, muscles and other body parts.

Think about this practically. When you get very scared, you start perspiring. The body shakes and goes into spasms. Muscles constrict; sometimes rooting you to the spot. The digestive tract goes awry. The brain goes into freeze-mode, and you can't think clearly. On occasion, the body curls up into the fetal position; an instinctive way of protecting the self.

These two nodal points (the solar plexus and the heart) magnify and distribute *any* energy that enters them. The same spread occurs when you experience a rush of love or joy: the whole body rapidly feels lighter and expanded.

When fear enters the body, it rapidly spread through all your cells. The organs then start to vibrate a-rhythmically. The heart pumps at an accelerated rate. Your digestive system goes into spasms, sometimes causing a burst of urine or uncontrollable diarrhea. Your muscles may cramp, and so on.

The more discordant the organs become, the quicker these energies shoot up the main chakric system and begin to adversely affect the brain, pituitary and pineal glands. This is the danger area.

The pituitary and pineal glands are your areas of ‘flow’; they connect you to your higher self and to the Universe. Fear paralyzes these two glands. You then go out of whack, as the energetic ‘blood flow’ from your higher soul gets stemmed. This is an ‘energetic arterial blockage’ of immense danger.

As you are now severed from your own being-ness, you start to feel horribly alone, separate, useless and worthless. Your brain is now thrown into chaos, confusion and a state of delusion. You can’t think straight, see straight or act in a rational manner.

Extreme fear can lead to schizophrenia, engender suicidal tendencies or even give rise to murderous impulses. Crimes of Passion often occur because of this. The brain goes into utter paralysis, and the person performs an act of murder; one which he or she would never do under normal circumstances. Fear is the true killer.

Now we ask for your help. You have studied, self-searched, grown and evolved. You had earlier been told that, this year, you would be called upon to serve humanity. ***You are now energetic doctors; it is your time to go onto the battlefield of life and serve the wounded.***

Seven waves of Lightworkers are being prepared for this. This process started almost a decade ago. ***You are part of the first wave.*** A second wave will follow, and a third, and a fourth... to serve the planet over the course of the next few years.

Why are you part of the first wave? Because you are superior? Not at all. It is simply that you are ready; the others are not. We are not referring solely to the group sitting here; we speak of all the Lightworkers worldwide who are now ready to serve in balance and harmony.

We have already offered you a method to work with the Corona virus. That, of course, is your choice. If the method outlined fits with you, please follow it. If it does not, find your own way to do so. Now we ask two more things of you.

The first: *It's the time to start facing your own, personal fears.* Yes, to actually bring them up. Sit in meditation, or with a pen and paper, and say, "What makes me scared in life?" List your fears.

Some may be practical ones, like a fear of heights or a fear of flying. Others may be emotional ones, like the fear of losing a loved one. Be courageous, and commit to facing them one by one.

Let us assume that you start with the 'the fear of losing a loved one'. Work on it at your pace, in any manner that suits your structure. One person may choose to do this gently and quietly through introspection. Another may choose to get professional help. A third may vocalize this fear to the loved one, thereby bringing it 'out in the open'. A fourth may actually walk herself through the event, visualizing it in great detail, and thereby dealing with it face to face. And so on.

You may, of course, work on more than one at a time, but don't overwhelm the self. Some fears may be dispelled overnight; others may take time. Nonetheless, dredge them up and commit to facing them this year.

When doing this work, be smart but not absurd. Two people may have a fear of heights. It may work for one person to face this head on (literally) and choose to bungee-jump. But for the second, this may be an actual act of suicide. Know yourself. Work with your structure; not against it. But don't run away from them.

Should we work on our fears on a daily basis?

Not necessarily. Work at your own pace. As the work gets more complex, it actually gets simpler and less regimented. Be responsible; but work at your own place.

Now let us speak of our **second request**. Here, we are asking you to work selflessly, as individual and as a group. (Smiling) His guardian at these meetings (Gool) has been repeatedly asking for the group's help to work on the Collective Consciousness of the human race. Today she is not present, but the work entails exactly that.

Let us give you a guideline of how to work on the collective consciousness, to specifically reduce fear. This is very high-level energetic work. At this level

there is no Corona virus or Donald Trump or imminent war. You are working at a frequency level far about Planet Earth.

We shall now walk you through this process. Please do this exercise as regularly as you feel motivated to do so. This is your service to Planet Earth. You are part of the First Wave; you are being called upon to serve Her.

Close your eyes. Breathe and relax. Be joyous with who you are: accept the self.
(Pause)

Visualize Planet Earth floating about 6 feet in front of your third eye; perhaps the size of a football. See her in her pristine form. Look at the 'auric rings of energy' that surround her. Your scientists call the first the troposphere. Go through that to the next ring or sheath: the stratosphere. Go beyond that to the Ionosphere. Now go to the fourth: the exosphere.

The exosphere is the equivalent of your higher brain; herein lies Planet Earth's higher consciousness.

Visualize yourself in the exosphere, far above Planet Earth. This layer is *not* concerned with the day-to-day activities and events taking place on the planet; it houses her pure consciousness and creativity.

If you look around with your inner eye, you will notice it is murky and rather disturbed right now. This is because of the fear generated by the human collective consciousness.

Now spread your light...*your* light...and begin to dispel the fear. *Believe* you are an enlightened being, with lots of light to share. Start to spread it. (Pause)

Now plunge deep into Planet Earth's core center, and spread your light there as well. (Pause)

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

Gently return to full consciousness.

We thank you. This is only the basic outline of an exercise we would ask you to do as frequently as possible. The process may change over time; allow this to happen.

You can change the collective consciousness over time. Yes, you can. Joyously serve Planet Earth and all her inhabitants. Work as powerhouses of the First Wave of Lightworkers.

THE ENERGIES OF LORD SHIVA BLESS YOU TODAY.
