

Sohrab's Channeling

27<sup>th</sup> April 2017

THE EFFECT OF THE NEW ENERGIES OF 2017 ON THE MENTAL AND  
EMOTIONAL BODIES

SPEAKING YOUR TRUTH

FACING YOUR FEARS

Greetings!

We have spoken, in great details, of the effects of the new energies of 2017 on the various parts of the body. Today, we will speak of how they are affecting the mental and emotional bodies; those which reside within and around you.

The **Mental Body** is upgrading very speedily. What you are doing is ***using it as a liaison between the conscious mind/brain and the higher soul***. It is now acting like a receptor, tuning into what the higher soul is urging you to do, and clearly interpreting it for the brain through thoughts, feelings and urges; those which you may not have been aware of in the past.

***It is also extending itself outward and accessing different parts of the selves in differing timelines, realities and dimension; all for your benefit.*** Let us understand this concept with an example.

Let us say that you have a court-case at hand. Naturally, not being legally trained, you may be apprehensive, nervous and confused. What the mental body will then do is, intuitively, reach out into different aspects of the self that may have legal expertise and open a channel between those aspects and the current self. This will give you the opportunity to temporarily access more legal knowledge and awareness than you had a few minutes earlier. Then this channel will automatically close when you leave the

courtroom.

Another example: a child who is about to sit for, say, a mathematics exam, will do the same with aspects of the self that are skilled in the subject. Once again, this will help him flow while writing the examination.

This is now happening all the time. When you step into the kitchen to prepare a meal for the family, you are opening to aspects of the self that are creative chefs. When you involve yourself in any activity, you are connecting with aspects of the self that are skilled in those areas.

We urge you to consciously open to this new connection: be aware of it now, and choose to connect with it. Upto now, for the most part, the information has been coming in but the brain has been blocking it, as the brain is not conditioned to accessing this flow on a regular basis.

This does not require deep meditation; it simply requires ***your conscious permission, openness and certainty that you can access a flow that has already been established***. You don't have to work at creating the flow; it's already there. Learn to open to the flow, and to trust it.

The Mental Body is also helping you find the right things to say at the right time, the right words to use and how much to share, what actions to take in any given moment, and so on. It's all there for your use. Welcome this flow of information and guidance; use it at all times...in your personal lives, your business and your creative moments.

So now, if you find yourselves mentally trapped, stuck or confused, acknowledge that you are resisting this natural flow and choose to open up to that which already exists.

The **Emotional Body** is doing something similar, but in a slightly different way. In contrast to the Mental Body, which is refreshing itself outside-in; the emotional body is cleansing itself inside-out. Many people will therefore experience emotional volatility over the next few months.

Some will experience strange and unfamiliar emotions; others may feel

excessively sensitive to the comments of others, and may also misinterpret others' words and actions. You may also experience inexplicable emotional 'highs and lows', for no apparent reason.

An intense cleanse is underway. Allow the releases to happen, as much as is possible. If you find yourselves very weepy; then cry. If you find emotional issues arising, then find a way to express them. Don't lash out at your loved ones; find ways to express your true feelings to a friend, therapist or a family member, in a balanced and productive manner. But do so.

This is also ***a very important time to speak your truth***. This is directly connected to the emotional body. Try this as a personal exercise: ***observe yourself over the period of a day and note how many times you have lied to yourself or to another; or suppressed the truth, which is another form of a lie***. Yes, this is a very personal exercise, and you require tremendous courage to attempt it. You will only answer to yourself, and no one else.

These lies could be 'little white lies', blatant untruths and those suppressed aspects that you are too afraid to face or acknowledge. It may interest you to know that, on an average, people (including Lightworkers) lie to themselves and others approximately 50 to 70 times a day.

Now, we are not asking you to be brash and rude, or to just blurt out 'whatever comes into your head'; but we do urge you to find a way to face the truth and speak your truth.

If someone says something that hurts you, find a productive way to stand up and speak out to that person. At the same time, have the courage to examine those words and decide for the self whether there is truth in it that you don't wish to face.

"To thine own self, be true." How many times have you said, "I eat so little, yet I put on weight!" (General laughter) Yes, it's amusing; and so are other, similar statements that all of you keep making. Yet they are lies that you eventually start to believe. They become your truth; but they are lies, nonetheless.



***While the emotional body is cleansing from inside-out, if you continue to lie and fool yourselves excessively, you are going to create energetic acids in the body which will cause physical damage to your structure.*** Why put yourselves through this?

So yes, during this time period you are likely to experience emotional volatility between the self and those who are nearest to you. It's temporary; weather the storm. Everyone wants this cleanse, so that they can move to a new and expanded space of emotionality. But for this to happen, the debris must first be cleared out; paving the way for a truthful, honest and an emotionally clean future.

***Another major obstacle to this process (other than lying to the self) is fear.***

This is a concept to courageously examine right now. What are your greatest fears? Are you terrified of losing a loved one? Of financial lack? Of growing old and helpless? Of the possible onset of World War 3? Of the instability in the political situation? And so on. Face your fears courageously. Acknowledge them, work with them, but don't continue to feed them.

Right now, there is an uncomfortable energetic tilt in the collective consciousness. It was earlier expanding, but collective worldwide fears of all kinds are taking it backwards, into a lower frequency. Don't contribute to this.

Face your fears, and work with the light. Be the light. ***In this current energetic period, you have Universal permission to work towards changing outcomes.*** This may not always happen, as it may not be 'for the best'; but you still have the divine right to exercise your power and say, "I don't choose this outcome; I instead choose a more peaceful and positive outcome."

Please know that you have the right to change outcomes for the self and for the collective; but you still do not have the right to change outcomes for another individual. So you cannot, for example, decide that a loved one must live, if he has chosen to pass over; but you can choose world peace and harmony, balance in the political arena, and, of course, any changes you

desire for the self. Such is now your power and potency.

We now ask for your help. As a powerful group, we ask you to send light to Mother Gaia, the collective consciousness and to all people worldwide.

Center yourselves. Join forces and become a unified group. Feel out everyone in this room: you are all friends with a common desire. Become a band of energetic friends and send out light as one unified force; light that embraces planet Earth and her collective consciousness. (Pause)

Become fearless in the moment. En-lighten her and her collective consciousness. Bring them both into peace, harmony, union, balance and oneness. (Long pause)

And now, visualize all the people of planet Earth, including the names submitted for healing, and enfold them in your collective light. Embrace all of them with peace, harmony, balance, unity and oneness. (Pause)

Now please bless the other kingdoms of planet Earth. Bless them all. (Pause)

Truly embrace and give thanks to Mother Gaia for being your GRAND mother for eons. (Pause)

Now bless yourselves. Bathe in the beautiful golden light in this room; energy that you have created. Draw it into your external and physical bodies. Absorb it. Fill...fill...fill with this light. (Pause)

And so it is. And so it is. And so it is.

BLESSINGS, JOY, LOVE AND LIGHT FROM THE ENERGIES OF ST. GERMAIN.

(Sohrab shifts energies)

Dear ones, a special message from the energies of the **Universal Mary**. She, today, addresses all the women in this room. She also addresses the feminine aspects of the men in this room. She would like you to know that she continues to instill feminine empowerment on planet Earth.

A tremendous shift is about to take place over the next few months. Be alert to this. You will see, read about and hear of women standing up for themselves, making sure their voices are heard, establishing their authority and touching their power.

At the same time, ***all of you will experience a sudden surge in your inner power.*** Do not suppress it. This will arise very strongly; at some time over the course of the next few months. It will happen at different times for different individuals.

You will all experience this sudden rise on a particular day; and that that moment you will suddenly feel tremendously empowered. We ask you to be alert to this, and to consciously open to it, when it happens. Welcome it, and make a commitment to the self at that moment that you, henceforth, choose to live in full power.

Do not revert to old patterns. Embrace your feminine empowerment.

THE UNIVERSAL MARY BLESSES YOU.

(Sohrab shifts energies)

SAI KA PRANAAM. A special blessing from the Sai. Many in this room have called for him. He is here. Blessings to all.

(Sohrab shifts energies)

Last, but not least...the MEHER BLESSES ALL OF YOU.

(Calling to Su.) Dear one, do not worry. Please come forward. New energies are to be instilled in your palms. Just receive them. (She does so)

All will be well. You have gone through 'trial by fire', but all will be well. Blessings.

The Meher has not forgotten the others! If you wish to receive his energies, just open your hearts. (Pause)

Blessings!

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