

Sohrab's channeling

11th May 2017

BIRTHDAY ENERGIES

THE CURRENT ENERGIES OF THE BUDDHA

MONTHLY ENERGETIC TIPS FOR 2017

(Sohrab speaks)

Since there are so many birthday celebrants in the group today, let me remind you of what the Masters have told us in the past. A flow of energy starts approximately 7-10 days before your birthday, and continues for another 7-10 days after. It's important to open to this flow.

When you are in the process of being born (whether it is a natural birth or a caesarian), you get 'programmed' with the single largest dose of energies that you will ever receive in this lifetime. But every time you approach a birthday, you receive another strong dose of energy; one that is necessary to take you through the upcoming year.

This yearly dosage could include certain energies necessary for physical growth and development, energetic attributes you may need to explore (such as focus, drive and self-empowerment), mental stimuli that you may need, and so on. This is why most people start to feel excited as they near their birthdays. They are subconsciously picking up the effects of this programming.

Many people, however, get depressed as a birthday approaches. The Masters warned us that this was unhealthy, as these people are simply resisting the energetic nutrition so essential for their growth and development during the upcoming year. And if the fuel tank is empty, how

are you going to drive your car?

Please understand that this does not mean you need to party and celebrate wildly. If you want to spend your birthday in peace and solitude, so be it. It's about your inner space. So find a way to generate inner excitement, and then do precisely what you want to do.

I have also heard that if you fall sick before your birthday, this is actually a good thing, as you get an energetic push through this process.

Yes, this is a very common phenomenon. It generally indicates a massive purge of unwanted debris; one which makes space for wonderful new energies.

I would like to add to what you have just said. This energetic period also offers us the opportunity to re-examine our blueprint, and make necessary changes in it. We sometimes even choose to re-write it completely. We also review all our 'lessons to be learned'; sometimes choosing to work with them more intensively, modify them or even abandon them completely.

Thank you for that.

So HAPPY BIRTHDAY, dear friends!

(The channeling begins)

THE BUDDHA GREETES YOU!

Yes, a very different energy to the one normally associated with the Buddha! ***The frequencies of the Buddha, this year, are ones of self-empowerment. They urge you to 'reach for the stars', push your boundaries, and do and say things that challenge the self and others around you. They will help you be your most magnificent self. These energies are pro-active, vibrant, effervescent and vigorous.***

You are so accustomed to attributing 'silent and centered contemplation' to the Buddh. It is this silence and centeredness that gives rise to so much vibrancy. The stiller you get, the more active you are. The more balanced you are, the more you expand. BE the Buddh.

Each one here today is being individually blessed by our frequencies. Please open your heart, solar-plexus and hara chakras; and receive his blessings. (Long pause)

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

BLESSINGS, DEAR CHILDREN.

(Sohrab shifts energies)

THE SHIV SPEAKS.

He comes today to offer you a gift. Take a moment and think of one area in your lives in which you feel stuck, blocked or trapped. Choose only one. This could be an event (such as a legal issue), an emotional blockage or a mental issue. Choose one in which you would like to experience release. (Pause)

Visualize it and now open to the blessings of the Shiv. We will help you. A shift will take place, sometime during the next 3 months. Open your crown chakras wide, and receive the Shiv light, joyously and fearlessly. (Pause)

Open even wider. If you really open up, you will start to feel light-headed and a little dizzy. Allow this to happen. Open and receive. (Pause)

And so it is, and so it is, and so it is. Be in the light. Blessings!

(Sohrab shifts energies)

Dear friends, welcome! We would like to offer all of you a few energetic guidelines, month by month, for the rest of this year. Bear these in mind each month, and you will find them very useful.

MAY: is all about **self-empowerment**. Do you fully inhabit your power? Do you give your power away repeatedly to others? Do you define yourselves by the opinions of others? Do you feel safe, secure and expanded in who you are? Do you repeatedly play the victim or the tyrant; or are you in balance?

The energies of May will offer you a magnificent boost, every time you choose to touch your power. Simultaneously, you will feel very small, insignificant and unworthy, every time you choose to give your power away to another.

You are likely to yo-yo this month. There will be times when you do feel very low and energetically depleted. Choose to change these lows; find a way to touch your power and experience your magnificence.

JUNE is a month in which you will feel urged to **examine your emotional relationships**. Issues may arise. You will need to examine your feelings for your spouse and children, loved ones, friends, your job, your home, your city, and so on.

The most important emotional relationship to examine is the one with the self. Do you love yourself? Do you like yourself? Do you accept and acknowledge who you are?

If you choose the flow of love, you will have a wonderful, exciting, vibrant June. Live in separation, and then live in misery. The choice is yours.

Please do not use any astrological configurations as a convenient excuse. No matter the position of the stars and planets in your charts, it is truly up to you to create this flow; or not. Yes, astrology will contribute to a certain flow; but your power now supersedes your chart.

JULY is a month of **pro-activity**. It is an excellent month in which to 'do things' and 'take action'. If you are planning a project, for example, do things to further it in July. Make the necessary phone calls. Talk to people about it. Initiate the project.

If you feel urged to communicate with someone, pick up the phone or write them an email. Don't put it off. This month will also boost your ability to work with the physical body in any way you desire.

AUGUST is month in which you will be urged to '**go within**'. You need to be honest and candid with the self. Give yourself a good, hard look. Ask questions like "Where am I off-track and on-track?" "What lessons have I learned, and which ones do I still need to learn?" "Where am I whole and complete, and where do I still need to grow?"

Please don't beat yourselves up: acknowledge your areas of success, and commit to those which are still 'work-in-progress'.

SEPTEMBER is a month in which to **offer service**. Serve the self and others, as much as you can. During this month, even if you find yourselves overtaxed, bear with it. You will be called upon to offer healing, guidance and advice, physical help and possibly even financial aid.

Open to the flow of service. Please offer your time, energy, physical help and financial support with love, openness and joy. Do this because you can serve.

Be alert to any expectations you may have of love, thanks and gratitude in exchange for the services you offer. This should not be your focus. Serve selflessly because you can, and because you are so full. If gratitude comes your way, welcome it as a bonus; but do not let it define or validate you.

OCTOBER we will call '**the forward leap**'. Wonderful opportunities will come your way, ushering you into a magnificent space of growth and expansion. Some of these opportunities will come through physical events and activities, whereas others may come as direct downloads. You may suddenly be flooded with exciting and innovative thoughts and ideas. Don't

resist the growth.

Once again, if you resist it, you will stunt your own growth. So choose to view everything that happens during that month, pleasant and unpleasant alike, as an opportunity to grow and evolve. (Smiling) We can sense your discomfort. No, every growth opportunity does not have to be painful. Choose consciously, from now, to grow and evolve through joy instead.

NOVEMBER is a month of ***spiritual evolution***. Lightworkers and self-searchers alike will get a sudden boost to their individual journeys. Something will happen: it will be a singular event for each person, unique to them. Your task is to stay alert and recognize the event for what it is, and what it offers you. Use it as a springboard from which to take off.

Let's give you a few examples, as we sense confusion here. It could be an exciting new job, or the opportunity to start a group or a new hobby, or to pursue a new course of study, or to simply do something out of your comfort zone. And so on.

DECEMBER is the ***energetic month of fireworks***. We use this term to describe joyous, brilliant, vibrant energetic explosions; ones that will happen within you and around you. Opportunity after opportunity will come your way, urging you to spread your wings and soar. Take risks. Do things differently. Speak, think and behave in a manner you have never done before. Bravely take up challenges. Be the radiant being that you are.

You are all going to create these multiple explosions so that you can enter 2018, soaring on wings of light.

Dear friends, though we have divided up the energies month by month, in actual fact they all flow together. You can access all of the individuated aspects at any time during the course of the year. It is simply that the thrust of each aspect will be the strongest during that particular month.

You can enjoy your fireworks this month, if you so desire. Or contemplate the self. Or be pro-active. They are all inter-connected.

Before we end, we urge you not to confuse what is happening at an earthly level with what is happening energetically. Yes, a lot of pain and trauma is being experienced at the surface level, due to war, terrorism and corruption. But paradoxically and simultaneously, the energies surrounding earth this year are magnificent.

Tune into them. Fly. Ride the higher frequencies at all times.

Will 2018 bring an end to all of these unpleasant events?

No; not all. But the frequencies will take these 'dire events' into new levels of energetic expansion. Next year, expect the unexpected.

I feel that there is something in January 2018 that also needs to be addressed today.

Would you like to do so?

It feels like a connection between 2017 and 2018. Somehow I feel that January will be the bridge between the two years, instead of December.

You are correct. We will speak of this in the future, in great detail. January 2018 will act as a bridge, a portal, a wormhole; leading you into the next year's energies. In many ways, it will be a non-month, a passageway. But we will speak of this at a later date.

Dear friends, before we end, we ask all of you to direct loving energies to two beautiful ladies in the room today (indicating Hilla and Silla.) Bless them both in silence. (Pause)

Now use the energies in this room to embrace yourselves and all the names mentioned at the start of the meeting. No specific healing: just blessings. (Pause)

Now take your palms and bless your own heart chakras. (Pause) These palms are fully energized today with the power of Archangel Michael. Use them to bless your loved ones, your homes and strangers alike. Do this; hands-on or long-distance. Your palms will continue to hold this intense

energy till 6am tomorrow morning.

BLESSINGS, LOVE, LIGHT AND THE EMBRACE OF ARCHANGEL MICHAEL.
