

Sohrab's Channeling

27th July 2017

THE CURRENT UPGRADE OF THE THROAT CHAKRA

A QUESTION AND ANSWER SESSION (Part 3)

Greetings!

Before we open to further questions, let us share some information relevant to the current time period.

New energies are, right now, specifically targeting the throat area and the vocal chords. This 'blast' of energies has only just begun, and is likely to continue for the next three to four weeks. Please pay particular attention to this area: ***be responsible with your words, tone of voice and phraseology.***

Make the attempt, during the next month, to ***speak your truth*** with conviction and strength; tempered with love, caring and compassion.

Be watchful of the ***tone of your voice***: your words may appear to be innocuous, but they are often laced with anger, derision or irritability.

Also be responsible with your phraseology: ***choose your words carefully.*** Don't just blurt out what first comes to mind. Think before you speak.

All of this is going to directly affect the current upgrade of this area. If, for example, you allow repeated harsh, cruel words to be your current way of speaking, then you will then find it very difficult to break that pattern in the extended future. It will energetically 'set' for a while.

Yes, many of you are thinking, "*Surely all of this is governed by the brain; not the throat?*" The two are so energetically inter-linked that, right now, both areas are being affected by the new energies: the throat primarily, and the brain secondarily.

So we suggest that you ***choose your words carefully, think before you speak,***

and then speak from a space of fullness, courage, confidence, openness and love. And whenever possible...sing out aloud. (Smiling) Even if you cannot carry a tune: sing out aloud, sing to yourself, hum a tune...but sing. If chanting pleases you more; go ahead. All of this will open up this area and give you a beautiful new future of clear, precise and loving thought and speech.

As most people will not hear this information during this short 'window of opportunity', we urge you to share it with others.

Now you may ask your questions.

Earth is known to have a 'dark side' and a 'light side'. We all know of 'black magic'; and 'white magic', which we practice. Yet so many people have to constantly battle negativity that comes their way. Why is it always such a struggle? Can you please speak of these polarities?

The two must co-exist; they create your third-dimensional existence. They are two sides of the same coin. Universally, you have matter and anti-matter; each is necessary for the other to exist.

Different Universal societies work with differing levels of the 'dark' and the 'light'. Yes, many evolved ones work predominantly with the 'light'. But we remind you, Earth is a vigorous training ground for spiritual growth and evolution. By choosing to incarnate here, you have opted for a 'boot camp' experience, instead of a 5-star holiday.

Many find that by working towards overcoming the 'dark', they strengthen their energetic muscles. You can all choose to focus on the 'light'; but while on earth, you cannot fully escape the experience of the 'dark'.

We suggest you don't work externally. Instead, work at accepting and embracing those 'dark' aspects of the self that you repeatedly reject; ones you deem repulsive and disgusting. It is only after you have fully embraced them and made friends with them, that you can choose to exercise them or not. Till then, they control you. But if you embrace them, you are 'in charge'

of them.

So if you want to heal another person who has a violent temper, keep them in mind but work on your own violence. You may not have a violent temper; but if you dig deep, you will surely discover some aspect of violence within the self. Acknowledge it, embrace it and heal it; and the other person will noticeably change.

Why have most of the Prophets on earth always incarnated in the male form? Even Christ always referred to "My heavenly Father". Why?

(Smiling) They may have chosen the male form, but most of them had a predominance of feminine energy. Of course, a truly balanced Master has a 50/50 merger of male and female energies; but *none of them*, in their earthly incarnations, were 'perfectly balanced'. They, too, had issues to work out for the self; alongside their world missions.

They *used* a masculine form, as it was more acceptable in that era. Because of Earth's conditioning, a Man's words were more acceptable than those of a Woman. Their perspective was simply, "Let's get the message across. Let's give it to them in the way they can best hear it."

But it may interest you to know that, while on Earth, most of the prophets had about 70% feminine energies, as compared to 30% masculine ones. Their creative forces were therefore much more powerful than their initiative ones.

Eventually, it is the woman who bears the child!

Yes, the woman is the embodiment of the creative force. We remind of what we have discussed in the past: you say 'masculine and feminine'; 'Shiv-Shakti'. The correct terminology would be 'feminine and masculine' or 'Shakti-Shiv'. The feminine energy always comes first; and it is always the stronger of the two.

The feminine energy is the creative force that urges you to exercise your masculine energy and put your creative urge into action. Without the

creative urge, you would never initiate anything.

It was the feminine, creative urge of the Godhead that wanted to experience itself that pushed outward (masculine energy) to give rise to the Big Bang.

Without this feminine, creative urge, the Big Bang would never have happened, and you would not be sitting here.

How can we best use this month to keep our throat charkas in balance?

Other than what we have already described, you would benefit by focusing on this area on a daily basis. Bless it, embrace it, place your hands on it and energize it, nurture it, and thank it for all the speech and communication it has facilitated for you, over the years.

Also choose to use it to your benefit, and to the benefit of others. Why not find one person a day, and tell them you love them? Or tell them what you appreciate about them? Or how they have influenced your lives? Why not talk to the self and do the same?

Yes; actually verbalize what you truly feel about the self and others. Find ways to thank them and compliment them. Find ways to encourage others, so that they open up and grow. Naturally, speak the truth. But all of this will enhance your throat and facilitate the upgrade.

Will there ever be peace on Earth?

That truly depends on you. The human race is conditioned to believe that growth only comes through pain, suffering and strife. Till such times as this belief is rampant, there will be war and conflict. But if the human race reaches critical mass, and 51% of the population truly desires to grow through joy and love, then things will instantly change and peace will set in. Right now, only 18% of the human race truly desires this.

But we are confident that there will be a time, in the distant future, when the human race attains critical mass; and then peace will reign on Earth.

Last week you spoke of Walk-ins. Can a contract be broken when a soul has agreed to house a walk-in?

Yes, this contract can be broken to the very last minute. Even if the person is on his proverbial death-bed, and then decides to extend his earthly life, the potential walk-in has to find another person to 'house' him.

However, when the silver cord is snapped and the primary soul begins to exit, there is no going back on the contract.

As you already know, to facilitate the walk-in process, the body generally needs a vigorous shake-up. This helps the primary cord to snap, and also helps the incoming soul attach a new energetic cord to the body. For that micro-second, the body is truly an empty shell. And the moment the switch is made, the body cells have to be trained to accept the new energies of the walk-in soul.

Sometimes the person flat-lines before reviving. At that time, the cells are acclimatizing to the new energies. And sometimes, the cells reject the new energies; just as a body may reject a transplanted organ. If this happens, the body does 'die', and the walk-in has to retract and begin looking elsewhere for another body-donor.

Is this because of strongly-imprinted cell memory?

Yes, indeed. Just as, if you were able to wipe clean your computer memory and re-fill it with an overload of new information, all in a nano-second, it could collapse or burn out.

Can a walk-in situation be created with a very strong emotional jolt, instead of a physical one?

Most definitely. But the emotional jolt would also have to lead to a physical jolt, to facilitate the process. A person, for example, may use emotional despair to lead him to the act of suicide, which 'doesn't quite succeed' and he then recovers. This could facilitate a walk-in situation. Or a person could be so emotionally distraught that she has a physical collapse, during

which the switch is affected.

How do you identify a 'negative energy'?

Very simplistically, it just 'won't feel good' to you. It just won't feel right. However, we urge you to go beyond the concept of 'negative' energies, and simply understand that many energies may 'not be right' for you at that moment in time. Why distinguish between an 'evil' force and an 'inappropriate' one? Both should be kept at bay. And you do this by simply raising your own vibrations.

How does one 'embrace one's dark side'?

Let us assume that a person truly dislikes his own vicious, violent temper. So he will, in all likelihood, try to 'cut it out' of his structure by saying, "Tomorrow I won't lose my temper." But, the next day, he loses it even more than usual.

In this case, he has tried to sever an energetic part of the self. A futile attempt: energies cannot be severed; they simply flow. So his temper continues to control him.

He now has to learn to first befriend and embrace this aspect of his 'dark side'; his violent temper. How? By asking himself how a violent temper serves him. Yes, actually serves him.

If he truly introspects, he may come up with answers like, "My temper raises my vibrations", "My temper helps me speak my truth; which I might otherwise suppress", "It shakes up people around me", "It helps others stand up to me, thereby giving them the opportunity to touch their power" and so on.

As he internalizes these genuine truths, he starts to accept and embrace his temper. This, then, offers him the opportunity of choosing when to exercise his temper, and when to rein it in. He is then 'in charge' of his temper;

rather than the temper controlling him.

What if it is the opposite of this? What if a person dislikes his meekness and mildness?

The process is exactly the same. Assuming the person (in his own perception) sees this as his 'dark side', he must walk himself through the same procedure. He must first befriend his submissiveness and learn to appreciate the benefits of non-reactiveness, quietude, and containment; after which he will learn to be able to stand his ground and speak up and speak out, as and when he chooses.

Can a walk-in situation happen in childhood?

It can; but it rarely does. All souls choose this to complete a mission; and this generally requires a level of both physical and mental maturity. But sometimes there may be a mission that a child needs to carry out, in which case it will happen.

Can soul-swaps happen in the womb?

You are now speaking of soul-swaps; not walk-ins. This is actually a common occurrence.

A soul contracts with two parents; and when a near-perfect 'fit' is found, the mother gets pregnant. Initially, the soul does not fully reside in the fetus; it pops in and out, at will. But as the due-date nears, it resides more and more of the time in the fetus.

Very often, after experiencing so much of the mother's earthly energies, the soul then realizes that it is not quite ready (for a variety of reasons) to handle an earthly incarnation. After discussing this with the parents at a higher-soul level, this is facilitated by an abortion or a miscarriage.

But, as there are so many souls lining up to come to earth right now, a soul-swap may instead take place, assuming another near-perfect match is found.

The second soul may also desire another sex. This is why, so often, a sonography indicates (quite definitely) a certain sex; and yet when the child emerges, it is of the opposite sex.

Does duality (dark and light) exist everywhere in the Universe, or is it only for Earth?

It exists everywhere; but not in the way it is perceived on Earth. Here, you see most things as 'black' or 'white': your experiences are both intensified and rather extreme. In higher, more refined Universal societies, there is still a level of duality; but it is far more fluid and therefore more acceptable to them. They do not 'battle' the dark side; they embrace it. And this robs it of its potency.

On Earth, you need extremes for your growth and evolution. It is only after you acknowledge and understand 'black', that you begin to acknowledge and appreciate 'white'; and vice-versa. But remember that we are urging you towards higher vibrations. Learn to be like higher-level Universal societies.

WE LEAVE YOU NOW IN LOVE AND JOY. THE ENERGIES THAT SPEAK TODAY ARE THOSE OF THE MOTHER MARY.
