

Sohrab's channeling

30th August 2018

MAGNA WAVES AND THEIR EFFECT ON HUMANITY

AN EXERCISE TO ALIGN WITH MAGNA WAVES

Greetings!

Planet Earth is currently being subjected to a series of energies which we will term ***Magna Waves***. These have already been identified by your scientists, but they are not yet able to understand or quantify them.

These have been created by energies that have been released by various planetary bodies around Planet Earth. These energies bounce back and forth between celestial bodies, and are thus affecting Earth.

Let us try and give you an earthly visual: imagine a billiards table with several balls in the center. Then imagine a singular ball being shot into the center with tremendous force. This would cause individual balls to ricochet off each other; at times hitting the edge of the table, and also changing direction when they collide with each other. This would create an energy field in a linear format. Now imagine this taking place in all directions, up and down, side to side, as well as inter-dimensionally. The zig-zag pattern of these energies is creating Magna Waves.

This was not an 'intended part' of the evolutionary plan of the Universe. It's a phenomenon that has unexpectedly taken place; one that is energetically affecting many planets and Universal societies. However, let us discuss their effect on Earth.

The waves being generated are of very high frequency. Those who are clairaudient may even hear them when they are in a meditative state. They may sound either like a high-pitched whine or a dull boom. Most of the human race will not be able to physically hear these frequencies, but the animal kingdom will.

These Magna waves are now beginning to affect the physical, mental, emotional and spiritual bodies. Let us help you understand how you can best align with these frequencies, as you cannot escape them.

They are affecting the **Mental Body** by occasionally causing dizziness and disorientation. You may find, over the next few months, irrational and fragmented thoughts occasionally arising. You will, of course, be able to function normally in life; but this could occur when the waves intensify, as they are flowing in crests and troughs.

This could cause moments of irrational behaviour as well. You might find yourselves, on certain days, hyper-irritated, hyper-annoyed or even very happy, for no apparent reason. Be aware that this could cause you to misread situations and over-react unnecessarily.

These waves are also going to provoke you to examine aspects of the self; ones that they are forcing out of your body for reviewal and assimilation. This is similar to inner-child work, but not quite the same.

On a certain day, you may find yourselves obsessively and repeatedly 'visiting' a moment in the past; one from childhood or the recent past. The Magna waves are provoking the mental body to 'separate' this aspect from you and project it outward, almost like a film, so that you can watch it and review it.

Don't block or dismiss these moments. Work with them. Examine the 'film'. What do you need to see in it? Do you need to embrace it? Empower it? Forgive it? Learn from it?

In some cases, you may find yourselves examining projections from

other lifetimes. Follow this through as well. Don't dismiss it as the wanderings of an idle mind. Play with it, work with it, examine it, and learn from it.

I have recently been having very vivid dreams. Is this a part of what you are describing?

Yes, indeed it is. Examine the dreams when you wake up, assuming you remember them. If you don't, simply tune into the emotion that it has left behind. Did it make you fearful? Apprehensive? Worried? Ecstatic? Then work with that energy.

I have been experiencing all of this so intensely that I even had a recent medical check-up. Nothing was found.

Yes: someone like you, who is both clairaudient and clairvoyant, is going to feel the effects of the Magna waves more intensely than the average person.

Would the visual images we get be progressive or regressive?

They could be either; pleasing or displeasing. You learn from both.

So, although there may be moments in which you feel confused, lose your train of thought and even forget where you are supposed to go or what you are supposed to do; ***the mental body will also be stimulated very positively when you use it with focus.***

If you truly focus on a subject you are studying or even cooking a meal, these waves will help you find new, exciting and expanded ways in which to work.

Now let us speak of the **Physical Body**. The Magna waves are indeed affecting your cellular structure. Remember, this was not a part of your 'plan' when you incarnated. It's a new and unexpected adventure in the course of your lives. We urge you to view it as an adventure, rather than an obstacle course. And indeed it will be an adventure, if you work with it.

Different organs in your bodies vibrate at differing rates. The frequency of the heart, for example, is not the same as that of your kidneys. Each area has its own, unique pace. These Magna waves will amplify what is already happening. They will speed up the vibrant organs, and slow down the sluggish ones. So you now have to be extra responsible with your body, to counteract this effect.

If your current digestive system is already sluggish, and you normally have a tendency to put on weight, then this will increase. However, if you are already fit, you will get even fitter.

However, you are not bound by these effects. We will teach you how to align with these waves, so this process is nullified and even reversed, if that is what you desire.

Your bodies are also going to start exuding a new vibration, a new energetic perfume. This is going to change your essence.

This new odor will be picked up by a few sensitive people. Animals, having a very keen sense of smell, will most certainly notice the difference. You may notice your pets actually sniffing you more than usual, and even responding to you slightly differently in the future.

This new perfume is going to *subtly change* your interaction with the people around you. They will subconsciously begin to view and interact with you differently, as you will with them.

Let's illustrate this with examples. A person who is generally very patient and tolerant may find herself being triggered by another to lose her patience and speak curtly to her. A hyper person may find herself getting very gentle, calm and understanding in the presence of a certain friend.

We are not speaking of an overall personality change. This will depend on the combination of your fragrance with the other person's.

Now extend this further. ***It's not just people who have energetic***

fragrances; physical spaces and situations do as well. And they are also rapidly changing.

So a person who has been battling a rough marriage or a tedious court-case may find herself interacting with it differently now, and even viewing it from a new perspective.

Here, you cannot fight it. Learn to accept that this is perfect for you. Your own energies may be provoking you to be more authoritative, commanding or positive in the given situation. Work with it.

These new waves are also going to give you certain bodily urges: the desire to alter your diet, explore new activities and hobbies, and challenge yourselves in new and exciting ways. Please tune in and listen to the self.

In the last few months, many people have had extreme health issues. Would this be a result of the Magna waves?

Dear friend, these waves do not ‘cause diseases’; they simply shake up people, urging them to address their issues. But if people resist this, they often self-manifest diseases to further jolt the self.

Now let us examine the **Emotional Body**. Here, you are being stirred-up; but in the best possible way. Let us examine two common ‘extremes’ on Earth.

The first: those who have erected impenetrable walls around the self, and stubbornly refuse to give or receive love.

The second: those who are excessively unstable, self-indulgent and over-sensitive, and allow themselves to get swept up in waves of uncontrollable passion and emotion.

These are extreme ‘book-ends’ of emotionality; most of you reside somewhere in between the two. But you do tend to go to extremes at times. If you are generally balanced, the Magna waves will support your emotional body in the best possible way; but if you go towards

either extreme, the waves will batter you till you crack open.

Can you see that they are really assisting you? If you are imbalanced and use them with focus, they will help you come back into balance very speedily. But if you resist them, they can even drive you to schizophrenia.

Friends, these energies do not have any particular ‘intent’. They are neither harmful nor helpful. They just exist. It’s rather like swimming in a strong current. Swim with the current and you will be thrust forward. Swim against it, and you will sink.

These energies only serve the **Spirit Body**. They are ‘a breath of fresh air’. They are cleaning, energizing and uplifting this expanded aspect of the self.

Now let us walk you through ***an exercise to help align you with the Magna waves.***

Take a moment and center the self. (Pause)

Go into your extended energetic field: the higher soul. Experience it. It may take on a Master persona, or it may just reveal itself to you in colour, light and vibrations. Enjoy it. It is perfect. (Pause)

Now sense the presence of the Magna waves in your Spirit body. Sense them, see them, and experience them. They are very beautiful and very powerful. Acknowledge the service they are giving the spirit bodies. (Pause)

Now draw these Magna waves down into the mental body. Even though the Mental body resides all around you, for convenience let us imagine that it resides in the brain, pituitary and pineal glands. So focus on this area when drawing in the energies. Draw these waves into this area, and visualize them aligning the brain, pituitary and pineal glands. (Pause)

Now draw the waves into your physical body, and bathe every cell

with them. (Pause)

Now, for convenience, let us assume that the emotional body resides in the heart. So focus here, draw the energies into the heart, and allow them to soothe, calm, balance, align and expand this chakra. (Pause)

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

Gently return to full consciousness.

Yes, the process is as simple as this. However, on a certain day, if any particular body is out of alignment, spend a few more moments working with that area.

What we have just shown you is a basic way to work with the Magna waves. But you also have to make adjustments in your actions, to achieve full alignment with them.

Let's take a common example. Many of you battle weight-gain. Remember that these frequencies will only magnify this process, unless you first align with the Magna waves and then *do something* about it. Do you need to modify your nutritional intake? Exercise? Address issues that are contributing to weight-gain?

Make your choice and make a firm intent that you are going to do what is necessary for the self. That way, ***the Magna Waves will shift focus and powerfully magnify this new action, helping you achieve your goal very speedily.*** Where you place your intent is very important.

This is but an example; but this process applies to every aspect of your lives. You can harness and re-direct the Magna Waves to help you improve your health, mental space, emotional quotient, relationships and so on. Work with them. Enjoy them. ***Focus on joy, and you will receive this in abundance. Focus on victimhood and depression, and you will plunge deep into the mire of pain and trauma. The choice is yours.***

So we can even use these waves when we are already 'extra-happy'?

Indeed you can, and should! Why not choose to live in joy? We suggest that you keep magnifying these moments; in doing so the other, less pleasant ones, will automatically reduce.

I am repeatedly finding old emotional patterns re-surfacing. Old issues with my family are also coming up very strongly right now. Is this a result of these waves?

Indeed it is. As earlier described, your mental body is pushing these aspects of the self outside you, so that you can examine and review them from your current level of energetic awareness.

BLESSINGS FROM THE ENERGIES OF ARCHANGEL MICHAEL.

(Sohrab shifts energies)

Dear friends, many in this room are healers, counselors and other forms of Lightworkers. Use these Magna waves to enhance your work. Connect with them, command them to do so, and it will be done. They work best in service.

SAI KA PRANAAM.
