

29th Oct 2009

THE ENERGIES OF THE ELEMENTS

Channeled by Sohrab

WHY WE CRAVE DIFFERENT TYPES OF FOOD AND OTHER STIMULANTS

[The Meeting commenced with the usual group chanting of the OM.]

Trance Channeling begins

The group made music together! Did you sense it? What did you do differently today?

Group Members: resonance...harmony....more in unison...synchronicity... we believed in the Om.

🌈 Resonance, harmony, synchronicity, you believed in the Om. Thank you.

Group Member: The collective

🌈 The collective...you were thinking not just of yourselves individually, but as the collective...congratulations. You felt it, you created it, and you lived it. Well done!

From now on you will not be permitted to chant unless it is in the OM, the collective, the Oneness. You will see to that, each time. That is your responsibility.

Today, let us speak of the significance of key elements in your physical life. Let us start with a very favourite subject of yours: FOOD!

We can see those salivary glands at work! The moment we said the word 'food', images were popping up in your minds: sweetmeats, luscious foods, mmm..... No one thought 'healthy'....haha....we joke!

Why do you have food preferences? Let us take you beyond scientific reasons for this, and beyond cultivated childhood tastes.

Your true food preferences are actually not of this lifetime. They come from a collected set of lifetimes that you have experienced, and the energy quotient you have carried forward through those lifetimes.

Let us say that you had spent many lifetimes **lacking love**. You would have, through that process, developed a craving for **sugar**, which would manifest in self from a very early age.

This craving would then be guided by your placement on planet earth: If you incarnated in India, you would, most likely, enjoy Indian sweetmeats. If you were born in the jungle, you might develop a craving for sugarcane, and in a western country, you might crave chocolates.

But the sugar rush that you require is a definite and deliberate example of the 'energy requirement' you have carried forward over lifetimes, coupled with the choice you have made in this current lifetime to work it out.

In other words, if you have experienced this 'lack of love' over many lifetimes, but have chosen NOT to work on this issue this time around, you would not manifest a sugar craving. But if you have one, it is a direct indicator to self that you HAVE chosen to do so.

Please understand, dear friends, that we are speaking of *inordinate cravings*, not just of likes or preferences.

A desire for **salt** comes forward through lifetimes when you are attempting to touch vibrant aspects of yourself that you have tended to suppress, time and again. For example, you may have constantly run away speaking your truth, from being assertive, from declaring to the world who you are, from standing up for your personal principles, and so on.

A craving for **bitter and sour** tends to come from aspects of Self that you have found unpalatable in the past, which you now wish to not only confront and acknowledge, but also to embrace. These people tend to have judged themselves very harshly in the past, and are now ready to shift this pattern.

Group Member: What about cravings for spices?

🌈 Let us hear what you think?

Group Member: Anger, suppressed anger....

🌈 Good! A craving for **spice** generally has two possible reasons: A desire to bring up one's own aspects of anger, irritability, annoyance, dogmatism, or bigotry for reviewal and assimilation, OR it can be an indicator that one has played the victim in many lifetimes, and one wants to raise one's inner power.

Group Member: How about liquids? Vegetables? Fruit?

🌈 Let us remind you that we are speaking in general. There are exceptions to these food cravings as well.

A desire for an excessive amount of **water** or liquid indicates your inability, in the past, to nurture and nourish Self. *Distaste for water is exactly the same.*

And inordinate craving for **dense foods** and **junk food** indicates that you have a history of living under restrictions, within boundaries and strong confines of your own making, which you now wish to shatter. These people should do everything they can to push their boundaries and re-invent self, in every way possible.

A desire for an excessive amount of **fruit** comes from a lingering past where you have rarely taken human form and are resisting the incarnated choice you have made. These people need to take stock of their lives, and begin living them fully!

An inordinate desire for **vegetables**, to the exclusion of all other foods, is similar to that of fruit. These people tend to disregard the vital aspects of third-dimensional life, and live in an 'ideal paradise' of their own making, which tends to be illusory. It is an attempt to run away from life. They need to learn grounding, and acceptance of their circumstances.

Those who insist on eating **bland food** exclusively (and by bland, we mean that it is bland even to themselves) have spent lifetimes running away from the colour and vibrancy in their own lives. They don't deem themselves worthy to be heard, seen or acknowledged; to shine, or even to exist.

Group Member: What if a person is hospitalized, or has an internal problem, and is forced to eat bland food against his will?

🌈 A good question! As you well know, you create everything, even if it appears to be 'against your will'.

If this occurs for a brief period of time, and one that does not bother him, then it has no significance in relation to what we are speaking of. However, if it extends over a period of time, and does begin to bother him, he must instantly examine where his life is colourless and lacking in vitality.

Similarly, if a 'spice craving' person is suddenly 'forced' to eat bland foods over a long period of time, he must examine BOTH aspects in relation to self.

Group Member: Compulsive eating?

🌈 Aaaaah! A good one! A **compulsive eater** is one who refuses to acknowledge or accept the concept of Universal Bounty. He cannot accept that abundance is the natural order of the Universe.

He constantly feels unnurtured, unloved, unacceptable, useless, stupid and so on. It is a compounded problem and a very, very serious one. His self-worth is so low, he often cannot even ask for help, as he does not deem himself worthy of it. He generally has so many inter-twined personal issues, that they must be addressed slowly, bit by bit. As he gains self-confidence and a small amount of self-worth, he can then step up the rate.

Group Member: What if you suddenly develop a craving, late in life, that you never had before?

🌈 You have suddenly come to an 'energetic realization' of the issue you are now ready to tackle, and are offering self the required 'jolt' to do so.

Group Member: What about tea and coffee?

Group Member: And alcohol, drugs, smoking, and nicotine?

🌈 (laughing) One at a time, dear friends!

Tea and coffee are mild stimulants. Those who crave these, desire to shake themselves up, because they are trapped in segmented areas of their energies.

A person, for example, may be a wonderful, loving family person (very balanced in that area); but may be unable to function in a business environment (imbalanced in that area). This area, then, needs to be 'awakened'.

Those who crave **alcohol** have the same issue, to a greater degree.

Drugs, including **nicotine**, are indicators that the person comes from a long history of lack of self-worth.

Group Member: A craving is indicative of something: when you say that 'we need to work though that', does that particular food assist in the process? Also, what about the opposite aspect to cravings, such as allergic reactions and aversions?

🌈 The food cravings 'assist' you by showing you the mirror into which you need to look! They act like a physician or a counselor, who examines you and then urges you to attend to an aspect of self.

Allergies are indicative to self of your *extreme resistance* to the aspects that you wish to examine in the current lifetime, and are yet running away from.

Group Member: What about those yogis who barely eat, if at all?

🌈 Dear friends, most (though not all) of these yogis are wonderful, highly-evolved beings, who are deliberately testing their bodies and their spirit, for very personal reasons. These descriptions do not apply to them.

Those who experience **anorexia and bulimia**, come from a history of total lack of self-sustenance. They feel totally deprived, undeserving and worthless.

In a few, rare cases, the person is going through a very, very severe inner cleanse or a shift of energies of his own choosing. But these are exceptions.

Group Member: What if there's **no appetite**, but you eat because you know you should?

🌈 You are then, most likely, in a state of deep depression. (to the group member) Please pass this information on to the appropriate people in your life. We have spoken about depression before, but we will touch upon it again today. Every human being goes through a series of 'energetic evolutions' and expansion of their own 'energetic bodies'.

Every time you go through such a phase (and you are constantly doing just this), you have to move through a layer of energetically dead space, which acts as a separator between your old energetic layer, and the new one into which you are growing. This can be likened to the cartilage that lies between each of your vertebrae, which separates them, and allows them to exist concurrently, without merging one into the other.

In normal cases, you simply move swiftly through this space of no vibration, into the new energetic area. However, if you get trapped in the dead space, you start experiencing depression.

Now, as you start to experience depression, if you energetically 'kick' yourself upwards, you move into the new space of expansion; but many start to get depleted and wallow in that space and as they remain in this tiny layer, they get more and more and more sedentary, depleted and energetically withdrawn.

At this point, the kick-start needed can sometimes come from medical help, counseling, drugs, or even an emotional jolt. But if a person falls below 70% of his own inherent energetic levels, he does not have the inner power to even be helped. More often than not, this person will fall into such deep depression that he either goes insane, or sheds his physical body. He may even go into a stupor or a coma, or commit suicide.

Group Member: Is this also called 'stagnancy'?

🌈 This word could loosely be used here, but stagnancy, in general, is applied to a person who is in an 'energetic sphere' already, and is ready for an evolutionary process but, for personal reasons, chooses to remain there and not take the leap.

Depression is when you are trapped in the layer that you are only meant to pass through. Normally, you have access to your own internal energies, and those flowing into you from external sources as well. However, when you get trapped in this energetic vacuum, nothing external can reach you. And slowly, your internal reserves run out. It is similar to starving to death.

There is still hope upto, approximately, the 70% mark. But then, when you only have less than 30% of your inner energies to rely upon, it is near impossible to jolt yourself out of that state. At this point, the person cannot be reached externally, no matter what you try. Neither counseling nor provocation will now work. The person has to reach deep inside self, and desire to shift.

(To the sitter who asked the question) Remember: you are NOT responsible for what they do, even if it is suicide. Do not take on this burden.

We must move further: We have spoken of food, now let us speak of AIR

You already know that air provides you with oxygen, and vibrates and energizes every aspect of earthly life. Let us examine it from a different perspective.

When we use the word 'air', we refer to all the various gases that surround your planet. Each one has a different vibrational frequency which, when appropriately combined, permits you to exist on planet Earth as thinking, breathing, emotional, spiritual and mental human being.

Similarly, every single planet, star and celestial body around your universe has its own component of gases, most of which your scientists are not even aware of.

Each 'society' around the universe needs some gaseous vibrational quotient for them to exist. Oxygen is, quite obviously, not necessary for all societies.

To give you a random example: a certain race of beings, in the far reaches of the galaxy, needs a combination of only three gases (unknown to you) to exist. These beings are not in physical form at all; they exist as 'energetic chains' of those three gases, in specific geometrical sequences. Their 'individuality' comes from their unique combinations of the three gases.

To use an earthly example, it would be like different combinations of the same beads on a necklace. Each one has a slightly different resonance, which could be likened to your

differing personalities. Each one has a slightly different vibrational frequency, which could be compared to the different jobs and professions you have. They can merge and re-combine with each other, giving rise to new, unique combinations of self; much like you give birth.

But coming back to earth: you have very little idea how much the gaseous content of your planet affects your brain patterns! Your physical brains are like sponges that constantly feed on the gases that flood planet earth, *and it is often through these gases that you receive energetic upgrades.* .

These gases, when greedily absorbed by the brain, instantly start shifting your brain patterns, and forge new pathways in the structure of the brain itself. You generally awaken to the effects much later, seemingly 'suddenly' discovering that you are behaving or thinking in a very different manner to what you did before.

These gases generally permeate the brain first, and then slowly move throughout the entire bodily structure, lubricating and re-structuring all your various organs, tissues and body parts, so that they begin now releasing a new 'energetic pulse'. This new pulse is your upgraded vibration, which facilitates a change in the way you think, feel, respond, love and so on. This contributes to what we have spoken of so many times in the past: the re-birthing of self.

You already know that the human body has a vast component of 'air' in it. You can now see just how vital it is, not only for the rejuvenation and regeneration of the body itself; but also for the realignment and recreation of self.

Through exercise and an appropriate diet, old 'air' is removed, allowing the body to constantly 'redecorate' itself. And this magnificent temple that you occupy must always be cleaned out and restructured. Moment to moment.

Group Member: Have there been a lot of new gases coming to planet earth recently?

🌈 Indeed there have. Most of you have been privileged to attend Rahu clearance sessions in a very practical and structured manner. But even for all the others, this has been taking place.

From the perspective of 'air' (of which we are now discoursing), you have been experiencing minor inner volcanic eruptions. The air content in the body has been rapidly shifting and upgrading, causing most of your organs to vibrate at new frequencies, sometimes even shifting in size and position, ever so slightly.

These gases push up old, trapped issues, creating a minor vacuum in the organs, which can then be filled with *what you choose* to place in them.

Some allow the old issues to return to the spaces created; others joyously fill them with new combinations, which facilitate growth and expansion of the mind, body and spirit.

Group Member: Now that we are 'playing around' with all the actual gases that surround us, by thoughtlessly polluting our planet in every possible way, are we causing 'air' damage to self as well?

🌈 **Humankind's willful and irresponsible pollution and destruction of planet earth is now beginning to backfire on you, causing utter and total chaos and confusion in the human mind and body. This must follow, as the delicate balance of the gases in your environment are changing rapidly, and are acquiring so much toxicity.**

You are not only harming yourselves, but also all harming and changing the animal, plant, and mineral kingdoms. All are interdependent. Environmentalists MUST NOW be heeded. Wake up!!!

This aspect is under debate in the spirit world right now: should intervention take place or should the free will of the collective be given free reign? A decision has not yet been taken.

Intervention requires the subjugation of the rights of the collective. Such a decision is not taken lightly.

We will take one last question.

Group Member: Talking about 'air', could you please explain 'asthma'?

🌈 Rejection of breathable air generally indicates a past history of refusing to acknowledge or accept any form of sustenance or nourishment, not only from Self, but also from external sources.

This reflects three key aspects: "I am not deserving of...", "I don't belong" and "I don't exist".

It may interest you to know that many who drown or suffocate have the same issue.

Those who feel secure with the 'in' breath, and are insecure with the 'out' breath; generally have a good sense of self, but are unwilling to accept the vastness of their expanded selves: they are not quite sure of their spirit essence.

Those, however, who are more comfortable with the 'out' breath and are not so comfortable with filling their lungs with oxygen, are those who have a relative acceptance of the Spirit realm but do not quite feel they deserve to be here, in this body, in this incarnation.

BLESSINGS, JOY, LOVE and LIGHT from the energies of THE ELEMENTS
