

14th April, 2011
THE UNIFIED ENERGIES OF:
THE CHRIST OFFICE,
THE ANGELIC REALM
THE GURU GOBIND SINGH
Channeled by Sohrab

New Energies Infused in Food, Water & Air

Trance Channeling begins..

(The Meeting began with energy work being done, by the group, for Meheru Gandhi. A private message about her situation was given to the group. This was followed by an exercise)

Take a moment and visualize your friend floating above this room. Simply embrace her in the golden light of clarity. Today she needs clarity, not healing...now embrace any persons or situations in this same light....now bathe yourselves in the light of clarity....and so it is. In gratitude.

What happens when you offer self, or another, clarity? Energetically, you are simply creating a bridge between to aspects that hold differing vibrations.

Imagine, in a musical composition, if all the notes were the same. How boring it would be. Yet, when they are different, and yet combine harmoniously, they form a lyrical sonata. But if discordant notes are played in sequence, or all at the same time, you only hear a jarring noise.

When you are confused or conflicted from within, your 'personal atonal music' adversely affects your energies, your body, your mind, and your thoughts.

New harmonies, on the other hand, take you to new heights of energetic expansion, self-awareness and evolution. To achieve this, you have to have clarity. ***A great composer is one who not only has an ear for music, but one who also has great energetic clarity.***

Clarity is not just 'seeing things for what they are'. Clarity is seeing things for what *they could be*, and contributing your energies to them to take them to that new level of expansion.

Generally, when you say, "I see this person very clearly. I know exactly who he or she is", you are actually coming from a space of *complete lack of clarity*, because you are

judging that person based on the current energetic merger between that person's energies, and yours.

But a teacher, who views a certain willful child whom all others have written off, and has the foresight to know that, if he offers him responsibility and the appropriate challenges, that the child will blossom; then he is coming from clarity.

This teacher is simply offering the child an energetic thread of opportunity, with which to embroider the tapestry of his new future.

This year, dear friends, you will be repeatedly called upon to look for the clarity in all people, situations, and events. You may need to observe an earthquake, and view it from the point of what it will give rise to, rather than just an act of painful destruction.

You may need to review a personal situation in which you are enmeshed, and fully understand not only why you have created it, but also what your probable benefits could be from it. Now, with your own personal power, you can take all situations in whatever direction you choose.

We repeat what has been said before: the energies of 4-4-4 (2011) offer you the opportunity to take a blank page and pen, and re-script your current future, in any way you so choose. So why not start to re-write that bad marriage in which you have been trapped for so many years?

Infuse all your current 'murky situations' with your new understanding of clarity. Shift them. Change them around.

Now today, let us describe to you, in very practical terms, the way the new energies flooding earth are going to affect your daily lives. Let us begin with something very dear to your heart: **Food!**

Food is being infused with the new energies, both from planet Earth herself, and from the Universe. All food groups are upgrading and mutating at an extremely rapid rate. Your technical and medicinal knowledge of grains, meats, proteins, carbohydrates, fats and so on, is now very basic. You need to start understanding your food at its new, higher frequency. This understanding can only come when connect with it, and examine it from the perspective of its current combination with your body, which is upgrading as well.

Now, hypothetically, let us say a certain person's stomach is evolving at a faster pace than before; this stomach will then need an intake of slightly different foods than before. You may suddenly find the inner urge to shift your dietary intake around, re-adjusting your combination of food groups, and also the quantities you consume.

Now, if you continue to ignore the current 'call' of the body, as most of you will, out of sheer habit or because you are stuck on old dietary patterns, you will find an energetic mismatch being created.

This may manifest in mild ways, such as sluggishness, discomfort and lethargy; or it may manifest in more violent ways, such as nausea, allergies and aches. Please be alert to the call of the body. Do not deny the body what it needs, even if the oil or sugar suddenly seems excessive to you. Do not either deny, or over-indulge, the body: listen very carefully and you will be perfectly instructed by self.

Now let us speak of the **water** you ingest, bathe in and breathe in. Water is currently upgrading at a very rapid rate; it is absorbing the new energies perhaps a hundred times faster than food. So imagine the potency of a single glass of water.

Now here is the interesting part: with these new and extremely high frequency vibrations in the water, when you ingest it in balance, drinking as much as you need, you only enhance the body's energetic expansion.

In practical terms, if you need (and ingest) 3 glasses at a moment in time, it is instantly distributed to all parts of the physical and energetic body that need it, allowing your personal growth to take place at a smooth, yet rapid rate. However, if you either over-drink or under-drink, you may over-amplify or under-use the energies being worked with, causing the system to short-circuit. A general 'rule of thumb' is to carry water with you, and to continually sip it, in small quantities, throughout the day.

This highly energized water contains new strains of viruses as well: do not panic, these are necessary for the evolution of the physical body. They will begin to consume debris within the physical body, and produce energies (in the form of excreta) which will enhance your cellular structure. You could liken these to internal 'leeches', which purify and re-energize the blood and cells.

(To Jenny) Go ahead! Share with the group why you are laughing out aloud!

Group Member: *Just last evening, I took my husband to the doctor, as he has psoriasis. The doctor advised leech treatment, to remove the toxins from the blood! I recoiled from this concept, as I am an ICU nurse, and found this practice archaic. But perhaps this is a sign!*

Remember, the air you breathe in also contains water. This upgraded water enters the nasal passages, and is working very specifically with the brain, the inner eyes, inner nose, inner ears, inner mouth, pituitary and pineal glands, and of course the crown and third-eye chakras.

Every single inhalation is influencing humanity's thought patterns, and helping in the rise of consciousness.

It is magnifying your path, so if you are on a journey of self-search and assimilation, that will be magnified. But if you are still in denial of self, and choose to see self as small and unworthy, then that will be magnified. It must, so that those people 'crack' that issue.

A very common statement of self-deprecation, for example, is "I am so ugly". For those who persist in this, they will have several people coming up to them each day and reinforcing this. They will find themselves glancing at the mirror and seeing only ugliness. This has to become so overwhelming that they 'crash', and are then forced to shift this view. Planet Earth, with her current stream of 'tough love', is now urging all her inhabitants to work through all their issues at an accelerated pace.

Remember, water exists in every single thing on planet Earth.

Group Member: *We are 80% water.*

You are much more than 80% water.

Group Member: *So when we bathe or swim, are we automatically taking in the new energies?*

To a certain degree. If you resist them, you take in less. The choice really is yours. And the resistance of even one person on planet Earth retards the overall rise of consciousness.

Conversely, if even one person chooses to move forward at a rapid pace, this affects the collective consciousness, urging it forward. Just as one tiny pebble, dropped into a still lake, causes a series of ripples.

Group Member: *Why am I having re-occurring stomach problems?*

Dear friend, you are being urged to identify and assimilate emotional aspects from your past, which you have never been able to 'digest'. You also continue to reject aspects of your femininity and your intelligence. Please, also, drink much more water!

Group Member: *I, too, seem to have both stomach and throat problems. I went 'off' wheat for a while, now I seem to crave it again.*

Listen to the call of the body, in reference to food. You are also unable to speak out at this moment in time. Learn to speak your truth.

Group Member: *Why do I feel thirsty only at night? I wake up feeling parched.*

In your case, dear friend, this is because you are doing an inordinate amount of work at night, in the astral state. The water is a form of fuel, of a lubricant, for you. Please keep waking up and drinking it!

Group Member: *During the last 6 to 8 months, ever since I have gone into mediumistic work, and have been doing hypnotherapy for others, I have found my weight increasing. What should I do about this?*

This is a very common problem faced by those who work with high level energies. But is physical weight a 'requirement' of mediumship? Not at all!

In general, these kind of energy workers channel and use high level energies, and they also grow personally at a rapid rate. Their personal energies expand outward. The body tends to reflect this.

Very often the human being tends to resist his energetic expansion, and is fearful of the rapid growth taking place within self. He may then attempt to 'contain' it, but he really cannot. This self-sabotage is often unconscious, and it translates into the swelling of the body. He has to learn to accept the speed and magnificence of the energies.

Group Member: *You have been talking about ingesting the new-vibrational water: is it affected when we mix it with a concentrate or a sherbet?*

Not at all: you can boil it, freeze it or mix it; and you will still receive the same dose of energies. But you still have to check with self the quantity of water you need at any moment in time.

Group Member: *How do we know the 'right amount'?*

Take a moment, right now, and close your eyes. How many of you are thirsty and would like a drink of water? (Many hands went up). It is that easy. Now when you help yourself to a drink, after this meeting, just use your intuition. The body itself will tell you when you have had enough. You will just know!

Group Member: *You spoke of the water affecting the brain: is this why so many people are complaining of memory lapses, and of 'just going blank' at times? Many also seem to be having problems remembering names.*

There are several reasons for this, dear friend. Yes, the new water energies are affecting the brain. When a rapid rise in consciousness takes place, space has to be created in the brain for this. Old pathways have to be altered or re-created. You have to shed old concepts, belief systems, and patterns. The 'brain-computer' has to be de-fragmented.

Your synapses and neurons are also changing in vibration and frequency. The familiar pathways are shifting course and direction.

Along with these 'memory lapses', you may also find new and unusual ideas and thoughts arising. You may find yourself awakening to knowledge you never knew you had. You may find sudden interests arising in areas you had previously avoided or even found distasteful.

You are also currently doing another thing with the brain: you are creating an energetic outline of the 'who you would like to be' in the future: This immediate future, on earth, in this very incarnation. All of you are energetically sculpting a structure which you will soon inhabit. For example, one such structure, for a person, may be "I now wish to work with great expansion and tolerance. I wish to now create a harmonious relationship with my husband. I choose to re-draw self as a person who is appreciative of her intelligence" and so on.

Group Member: *I'd like to share something: a few of us have been working together, and some of us are trance channels. Recently, we seem to have moved from addressing past issues, to addressing aspects of parallel realities and of the future. Everything that has just been said makes so much sense. We are really re-writing our future. Through this process, aspects of the past seem to be getting addressed and healed simultaneously.*

Thank you for that! Let us clarify for all that when she speaks of aspects of self getting 'healed', she does not mean 'erased', but assimilated, and embraced as part of self.

Group Member: *I find that I now need less water than I did before: I used to drink upto 4 liters of water a day; now I do not even need 2.*

You are indeed listening to self; but let us assure you that most in this room do not drink as much as they need.

Now let us speak of the **air** you breathe: this time we do not refer to its water content, but to the oxygen and other nutrients you inhale.

The easiest way to physically distribute energies throughout the body, is through the breath. Breath instantly transmits itself to every single part of the physical body. Remember, you breathe through the nose and through the skin as well.

We urge all of you who follow any breathing practice, such as pranayam, to make sure you now listen to self, and adapt it according to your current needs. What you have been taught need not necessarily be 'wrong', but may simply need modification. If, for example, you have been following a particular count for years, this may need a little fine-tuning.

Your breath is currently helping you align with the energies of several celestial bodies around Planet Earth, which are directly influencing your personal growth and the expansion of your consciousness.

All the planets in the solar system are evolving energetically and you are working with many, many more than you know. In general, most of you are working energetically with at least 144 planets and other such celestial bodies.

You ingest their energies, and combine their energies with yours, in a manner most appropriate for your personal growth. You access these energies through the air you breathe in, as well as through the skin.

Here is an interesting fact: you are all sitting here today, in the same room, at the same time, yet none of you are breathing in the same combination and composition of the air around you.

Each person has energetic filters that block out certain energies in the air that you don't need, and filters in those that you do.

Group Member: *What about the pollution in the air, in general?*

This combination is not affected by that at all. However, air pollution has its own effects on you.

Group Member: *When you say planets, do you also mean fixed stars?*

Indeed we do. We refer to all celestial bodies: planets, stars, asteroids, meteors, and the like; even general tracts of deep space.

Group Member: *When we deep-breathe, as we do after exercising, do we take in more of the energies?*

Not at all. You take in exactly what you need, nothing more or less. We are sharing this information with you for your knowledge: there is nothing you really need to do with it consciously.

Group Member: *Does planet Earth also breathe?*

Indeed she does! And this occurs with the expansion and contraction of her minerals and her lava flow; with the waxing and the waning of her tides; with the evaporation of water followed by rain, and so on. This is the first way, and could be considered her 'physical breath'.

Her second manner of breathing is the collective breath taken by all in her various kingdoms: the breath of man, animals, plants, insects and so on.

The third manner of breathing is the breath of consciousness of self and of all her inhabitants.

BLESSINGS, JOY, LOVE AND LIGHT FROM THE UNIFIED ENERGIES OF
THE CHRIST OFFICE, THE ANGELIC REALM AND THE GURU GOBIND SINGH.
