

Sohrab's Channeling

5th November 2015

JUDGMENT

YOU ARE WHAT YOU EAT

THE ENERGETIC QUALITIES OF DIFFERENT FOODS AND THEIR EFFECT
ON THE MENTAL, EMOTIONAL AND SPIRITUAL BODIES

(Prior to the meeting, a group member asked about the term 'judgment')

Greetings!

Let us begin by answering your question very briefly. ***Judgment has one root and one root alone: self-punishment.***

If you judge another to be ugly, you cannot abide your looks. If you judge another to be lazy, you cannot abide your slothfulness. If you judge another to be stupid, you are berating yourself for your perception of own stupidity.

When you find strong judgment coming up, instantly look inward and ask yourself "Where do I perceive myself to be lacking in this area?"

Don't be linear in your self-questioning. You may, for example, find another ugly; and yet may genuinely appreciate your own physical looks. But there has to be an aspect of the self that you find intensely ugly. This may be a personal characteristic, an attitude, a belief system or a mode of behaviour.

Today, we are going to have some fun. We are going to address the topic "***You are what you eat***", as so many in this room have been complaining of obesity, stomach problems, digestive issues and so on.

We are, however, going to examine this from a completely different perspective. We are ***not*** going to examine the effect of food on your physical body, or its curative powers. This has been discussed in the past. ***We are going to examine its energetic qualities, and its effect on the mental, emotional and spiritual bodies.***

We are also speaking of when you ingest different foods in reasonable and healthy quantities. Oil or butter, in balanced quantities, have a magnificent effect on your structure. But when taken to excess, they naturally clog the arteries and cause heart issues.

Take a moment here. Think of your favourite fruit. (Pause)

Now think of your favourite vegetable. (Pause)

Now think of your favourite indulgence. (Pause)

Now think of your favourite ‘vice’: those foods which you love to eat, and then ‘beat yourself up’ for having eaten, or feel guilty for eating, or feel is really bad for you. (Pause)

Now let us begin with two fruit that we have recommended in the past: the pomegranate and the papaya. We have pointed out that these are very high-vibrational fruit, and would greatly benefit you.

The *pomegranate* offers you several energetic benefits. It stimulates the pituitary and pineal glands, thereby enhancing your psychic powers, your connectivity with your own higher soul and Masters and guides, and your connectivity with the self. This self, right here on planet Earth.

It is also the equivalent an energy hub. It opens up pathways that flow throughout the body, spreading the necessary vibrations to expand and balance the emotional body. These pathways also stimulate the brain, so that you think more clearly.

An overdose of this fruit can short-circuit these pathways, flooding you with so much spirit knowledge that you can get confused.

Resistance to this fruit is your subconscious resistant to personal growth and expansion.

Please note that when we now speak of your resistance or dislike of a certain food, we are not urging you to force yourself to eat it. We are simply suggesting that you analyze and understand your resistance to it, and work on the necessary issue.

The *papaya* acts like an energy lubricant. It lubricates the energy pathways you already have between the earthly self and the divine. It helps you follow those pathways more fluidly and more fervently. If, for example, you are already on the path of self-search, by eating the papaya regularly you will find this opening out more and more.

An overdose will give you conflicting messages.

Resistance to the papaya is an indication that you are hiding from aspects of the self; ones you really don't want to review and deal with.

With reference to the pomegranate, is it necessary to eat it whole, or can we juice it? And what of commercial juices?

Ideally, the pomegranate should be ingested in its natural form: a small handful once a day, preferably eaten first thing in the morning. ***But you are the best arbiter of the necessary quantity of any food for your own body. This will vary from person to person.***

The next best option would be natural pomegranate juice, drunk within 15 minutes of it being juiced. A commercial juice barely benefits you. Only a small portion of it will be of use to you.

What of people who are allergic to certain foods, or cannot digest them, even if they like them?

An allergic reaction to any food is an intense resistance to its energetic qualities and benefits to your system. We repeat: don't force it down; just examine your resistance.

Now you may start by naming a few fruit.

The Banana?

This helps you visit various concurrent and simultaneous parts of the self and helps unite them. This does not happen at the conscious level. (Smiling) You will not eat a banana and slip into a regression. But the consumption of bananas (in balance and in the necessary proportions) brings about a deeper synergy between different parts of the self, in different realms and dimensions.

This will make you more open, tolerant and non-judgmental of others, particularly when they have different points of view to your own.

And overdose of bananas will take you into self-confusion. You will stray from your path and mission in this lifetime.

Those who resist this fruit generally have a past-life history of giving their power away. They are attempting, in this lifetime, to reclaim their power and validate themselves from within.

The apple?

The significance of Eve tempting Adam with the apple is actually very potent. Energetically, when you consume an apple in balance, you open doorways to options you had not previously considered.

This gives you the opportunity to multi-task, experiment, go down a path you might not have chosen in the past, take risks, live dangerously and do things that stimulate your structure. But with all of these choices, you don't really know the outcome. In short, the apple provokes self-exploration, to discover an unknown outcome. It is an 'adventurous' fruit.

This is why an apple is considered so healthy for children. Its energies stimulate the child, urge him out of his space of security and urge him to explore life and the self.

The Mango?

The King of all fruit. An apt statement, as it opens up portals: portals between different dimensions of the self, as well as portals within your structure. This helps you explore parts of the self; those which you might have otherwise kept hidden.

If you overdose on mangoes, you get diarrhoea. This is a warning to the self, as you may otherwise explore aspects of the self that you are not yet ready to explore, or need to remain dormant for future discovery.

A limited quantity of mangoes, during a limited period in the year, is perfect for you. We suggest that you do not eat tinned mangoes on a regular basis. When preserved in juice, its energetic effects can go awry.

Most other fruit, when preserved in this way, simply lose their efficacy. But this one can turn energetically dangerous.

What if we preserve the pulp in our fridge?

Yes, that won't harm you. But in general, try to eat it in its natural form.

The sweet-lime?

Let us take the sweet-lime, the orange and other such citrus fruit as a collective. These physically affect your pH balance, and energetically they affect the yin-yang balance. Citrus fruit, eaten in balance, help bring your masculine and feminine aspects into perfect harmony.

When you overdose on them, you start to accentuate that aspect of the self that is already out of balance, pushing it further into disarray.

Resistance to this food group is indicative that you are resisting bringing the self into balance.

The pear?

The pear works predominantly on the emotional body. A pear helps it come into a level of balance and expansion, where you start to appreciate emotional aspects of the self that you have rejected in the past. If, for example, you are prone to anger, or irritability, or excessive tears; the pear helps you look at this and bring it into relative balance.

An excessive of pears throws the emotional body even more out of balance, and a resistance to pears is an inner resistance to touching your own emotions.

Please observe those who dislike pears. Most of them will have a root issue of "Don't feel". They are scared to touch emotions, because if they do, it will open up a Pandora's Box of feelings. They prefer to put up walls and put on an attitude of emotional machismo.

Are you referring to the English Pear, or the Indian one, which we term the guava?

We include both here.

The Custard-apple?

As you well know, this fruit has a strong, rough skin; and a very pulpy, soft, delicious interior. It is also made up of segments, each containing a seed. So each segment is another possible new plant.

Its energetic effects mirror this. It shows you the strength of your higher soul and the delicious sweetness of who you are. It also brings to your attention all the various facets of the self: those you love and those you hate, those you deem appropriate and those you deem inappropriate, and so on. It shows you that every single facet of the self is equally valid, and is a vital part of who you really are.

If you love this fruit, you are willing to self-search and embrace the self in fullness. Those who reject this fruit reject the self.

Let us now move on to vegetables.

In which category do you include the tomato?

Let us start with that, as a cross-over fruit/vegetable.

The Tomato helps you appreciate your magnificence and your succulence. It's bright, flaming red colour is indicative of your power and its sweet/tart interior is representative of your succulence.

Unlike the custard-apple, which helps you embrace different parts of the self; the tomato represents the 'whole you'. Those who enjoy the tomato are generally sociable. They enjoy revealing who they are to the world. They enjoy situations in which they interact with others; to share, learn and grow.

Those who particularly dislike this may have a social façade, but they often hide from the world and from themselves.

The Brinjal?

This has one singular energetic property: it helps you touch your occult powers. It is a tremendous energy connector.

Those who dislike this vegetable do not necessarily deny their connection; they simply hold themselves back from going where they could.

Ladyfingers?

This provokes and stimulates your creative side, and simultaneously grounds you. This sounds like a paradox; but it is not. A truly creative person does ‘fly’, but he also needs to be based in reality and grounded, otherwise his endeavors become mere flights of fancy.

This brings the two together: it gives you the opportunity to be truly creative, to fly, to explore new options; and yet it gives you a center.

In the West, this vegetable is generally eaten by the African-American and Spanish communities. This does not mean the others aren’t creative; it simply reflects these two communities’ very strong creative, rhythmic energies. Haven’t you noticed that most members of these two groups are generally very adept in music and dance? They are born with an innate sense of inner rhythm.

They use the frequencies of this vegetable to not only explore this further; but also to explore them in a business-like, productive manner.

The Karela (Bitter Gourd)?

This vegetable stirs up controversy within and around the self. Now you may wonder how this can be a ‘positive’ energetic attribute. But it is. Sometime conflict is necessary to bring to the surface that which is suppressed or hidden.

Those who have a passion for this vegetable work towards bringing to the surface that which they need to examine and assimilate. Others use this in perfect balance to do the same externally, by shaking up everyone around them. The energy of Ray 4 (Harmony through Conflict) is directly related to the Karela.

Those who resist this vegetable resist conflict, and resist looking at the darker sides of the self.

French beans?

This vegetable helps you touch your own refinement, the higher vibrations in your own structure. Let us illustrate this with an example. Let us assume that you are a highly creative soul, yet you resist being creative on planet Earth. By eating this

vegetable, you will feel urged to explore this aspect of the self, in any manner that suits your structure.

Those who resist this vegetable tend to reject their own higher frequencies, their creativity and their mission.

Let us now move on to indulgences. Things you really like to eat.

French Fries and Potatoes?

The potato is an energetic symbol of home. Here, we refer not only to your practical home, but also to a sense of belonging to the self.

Eaten in moderation, it brings you into balance, gives you a sense of home, heart and comfort. This gives you a springboard from which to explore that which you desire and then return to the safe-haven of home.

An excess of this vegetable grounds you so much that it makes you energetically lazy and unwilling to explore the world. You then become the quintessential couch-potato.

The very few people who dislike this vegetable generally have no sense of the 'inner home'. They often feel invalid and rootless.

Chocolate?

Let us speak of anything to do with chocolate. You already know that chocolate stimulates the dopamine center of the brain, and makes you 'feel good'.

Energetically, chocolate is essential as a part of your diet. It should naturally be eaten in moderation and balance; but do not deprive yourselves of this magnificent food. And here, we broadly include all sweets: sweetmeats, cheesecakes and other such deserts, even if they are not made up of chocolate.

On an energetic level, it is a spirit enhancer. Listen to our words. We are speaking of the spirit body. All sweetness gives your higher soul the opportunity to grow and evolve, and most certainly also forges a greater connection between the Earthly self and your spirit body.

An overdose of sweets and chocolates acts in exactly the reverse way. This cuts you off from your spirit body. It makes you feel lonely, useless, ineffectual and abandoned.

When you experience this, you try to compensate by eating even more of this food group, to try and feel comforted. Of course it pushes you even further away from your connection, and magnifies all these aspects.

Those few people who reject all chocolates and other sweets are those who are unwilling to expand and connect with their higher soul.

(Now addressing G) Never cut it out of your diet. Disregard the medical advice you have been given. Of course eat it in moderation, but ENJOY IT! Re-introduce chocolate-based foods into your diet. You need some. You have deprived yourself. Yes, it may not be needed by you on a daily basis; but please do place it in front of you, connect with it, see how much you need and then relish it!

You still imbue it with guilt and fear; due to the medical advice you have been given. You are therefore poisoning your own chocolate.

(Now addressing the group again) Dear friends, with chocolates and sweets in particular, we cannot give you 'appropriate proportions'. You must connect and be the arbiter of your own consumption. Only you will know when you have crossed the fine line between joy and self-indulgence.

Even diabetics can eat chocolate in joy and moderation. But they have been so conditioned to fear it that they tend to fill it with negative energy, and then it does poison them. No diabetic should completely eliminate chocolate and other sweets. But they should naturally eat it in moderation, and also address the emotional issue that has created this imbalance in their bodies.

Now give us something you think is 'bad' for you, and still enjoy.

Fast-food?

Fast-food. Junk food. This is a very wide category; there would naturally be divisions within it, but let us speak of it as a whole.

Fast food gives you an energetic ‘high’ for a brief period of time, after which this rapidly diminishes. In a desire to regain this ‘high’, you feel compelled to eat more and more of it. This is particular to synthetic chips.

But each time you do so, the ‘lows’ become increasingly potent; so once again you over-indulge, in an attempt to regain the original feeling of well-being. If you were to view this graphically, the first peak of the graph would be very high, but each subsequent peak would be lower and lower.

Ideally, if you stopped after eating a little junk food, you would enjoy the relative high. But most cannot stop, and then get energetically lower and more dissatisfied. This can also throw your energies off, long term, by causing the meridians in your body to short-circuit.

Please enjoy your junk food from time to time; but do so in moderation, knowing when to stop.

Those who totally reject fast food are actually doing the self a disservice. They tend to be mentally and emotionally rigid, opinionated and one-dimensional. They tend to cut out experiences in life that are needed for their growth and evolution.

Dairy products?

Let’s begin with ***butter and cheese***. These do also act as an energetic lubricant: they help you understand the self better, and discover who you are.

They are mood enhancers, but when you go past the acceptable threshold for the self, you get a distorted view of who you are. You go from clarity to distortion, and then go into self-punishment. “I am so bad”, “I am so stupid”, “I am so irresponsible”, “I have no will-power” and so on.

Ghee (clarified butter) is one of the most powerful spiritual stimulators in existence. A small quantity, ingested on a daily basis, stimulates your spirit quest, and takes you into unexplored realms.

An overdose of ghee can clog the spirit arteries, limiting your view of the spirit realm and of aspects of the self.

Meats?

Meats give you the strength and courage to face the world and the self. Vegetarians get the very same energetic benefits from ***dals, pulses and certain lentils.***

An excess of this will block you from your external and internal world.

When you eat meat, don't you also ingest the fear and pain of the animal?

Yes you do; but that does not affect its energetic benefits, of which we are speaking today.

Bread and Rice?

These, taken together, represent energetic homecoming. We spoke earlier of the potato giving you a sense of the home. But this is slightly different.

By consuming these in proportion, you are urged to venture out, explore aspects necessary for self-growth, and then return to the self (this internal home). Each time you do venture out and return, you do so an energy-notch higher; thereby creating an internal energetic spiral or vortex of personal evolution.

This is why they are both considered 'staple' food worldwide. An excess of bread or rice takes you down paths you are not yet ready to explore. Dislike of both shows reluctance for exploration.

We will continue this in the future.

THE ENERGIES SPEAKING ARE THOSE OF THE MEHER BABA.
BLESSINGS.
