

Sohrab's Transcript

19<sup>th</sup> November 2015

## THE SUPPRESSED INNER CHILD

### THE ENERGETIC QUALITIES OF DIFFERENT FOODS AND THEIR EFFECT ON THE MENTAL, EMOTIONAL AND SPIRITUAL BODIES (Part 2)

Greetings!

Before we proceed with the meeting, let us explain why there was such a fervent discussion about children, prior to this session.

The upcoming 3 months is an ideal time, energetically, to work further with the inner child. Energies coming from the universe are actually opening up your structure, and facilitating the emergence of the *suppressed inner child*. Here, we are not speaking of the inner child with which you are already familiar, and have worked with in the past.

In some cases, this suppressed inner child is so seriously damaged that it has been pushed deep into the subconscious, as you did not feel ready to acknowledge it, accept it, embrace it and work with it. In other cases, the suppressed inner child is so powerful and magnificent that you have done the same as you were not ready to touch or acknowledge your own magnificence.

Both these kinds of inner children are now going to emerge, if you give them permission to do so. It is your divine right to refuse to do so, and to defer this emergence to a later date. If you do so, it will not emerge during this time period. But if you do choose to work with it now, you will be able to easily access it and work with it. If you don't opt for this particular window of opportunity, you will have to wait approximately 5 years before a similar window opens; but that is your choice.

If you do choose to open to this current window of energetic opportunity, the 'known' inner child will first make his or her appearance. Please welcome him, and then ask for the deeper, more suppressed child to begin to emerge. This will rarely happen in one 'sitting'; you will have to repeat this process a few times over.

If this child is really reluctant to appear, coax him or her out, embrace the child, welcome it to your consciousness and affirm that you are ready to start the healing process. We assure you that if you choose to do this courageously and joyously, you will not 'suffer'. It will, in fact, be a cathartic process: you will start breathing more freely, and feel much more energized.

During this same time period, you are also being given the opportunity to better connect with **external children**. Use this time to joyously connect with your own children, friends' children, and children you may be teaching or serving publically. You will find yourselves able to better connect with them, understand them, and see things from their point of view. You can forge a beautiful new relationship with them; one of openness and understanding.

#### BLESSINGS FROM THE ENERGIES OF ARCHANGEL RAFAEL.

(Sohrab shifts energies)

Welcome!

Let us continue with last time's session: The energetic qualities of different foods, and its effect on the mental, emotional and spiritual bodies.

*The grapefruit?*

This comes under the broad category of citrus fruit. However, there is a slight twist to this. ***The grapefruit stimulates the energies of sex.*** Not the physical attributes of sex, but the energies of sex. These energies take you into union with higher frequencies with which you desire to merge. They are considered sexual, as they stimulate you to take the connection to a new level of union.

This is a wonderful fruit to eat, in balance and in limited quantity, if you desire a deeper merger with any Master or a loved one who is in the spirit realm.

*Would this also help balance the yin-yang energies of a person?*

Yes indeed.

*The Watermelon?*

This wonderful fruit works predominantly on the emotional body, ***helping you access different aspects of the self, in different lifetimes, where you have been emotionally imbalanced.*** It helps you study this (at a higher conscious level) and assess whether or not you are similarly imbalanced in this current lifetime. If you are, the watermelon is likely to help you create external situations that once again provoke that particular issue, giving you the opportunity to overcome it 'in the now'.

An excess of watermelon can make you an emotional wreck. Resistance to this fruit is resistance to acknowledging your emotional imbalances.

*The durian?*

***This is a deeply occult fruit.*** It stimulates pathways in the energetic brain (not the physical brain), urging you to self-search and explore that which is around you. Those who embrace this

fruit are explorers, and those who resist this are simply resisting the exploration of the self and their environment.

### *The guava?*

Though the guava was discussed earlier, as part of the pear family, we will add to it. It helps you ***get in touch with those energetic aspects of the self you wish to adjust or streamline***. If you have a certain habituated pattern, for example, eating guavas in balance will help you move out of the groove, and create a new way of functioning.

Those who resist the guava, resist change.

### *The lychee?*

Though many consider this a small, tasteless fruit, it has astonishing energetic potency. ***This fruit acts like dynamite and explodes trapped energies in the mental and emotional bodies.***

If, for example, a person has a very narrow, closed-minded view of a certain aspect, the lychee will help him re-examine this aspect from a broader perspective. He will feel urged to now study other points of view; ones which could be equally valid.

(Smiling) This is a wonderful fruit to offer those who think and say “There are no shades of grey” or “My way is the only way”. Feed them a lot of lychees!

### *The passion-fruit?*

This is well-named: it urges you ***to passionately be a wanderer and an explorer; it urges you to venture into the unknown***. A person who resists this fruit does not want to leave his comfort-zone. Over-eating this fruit can be dangerous, as it can lead you down paths that are not appropriate to your growth and evolution.

### *The fig?*

This fruit’s energetic focus is almost entirely on the brain. ***It actually works with the energies of the brain itself to open them up, allowing more and more knowledge, information and consciousness to enter it.*** This is an excellent fruit to feed to children who are studying for examinations, for example. It is an excellent fruit to eat when you are confused about a particular situation in your life, and are wondering what to do.

Those who dislike the fig are resisting expansion of their consciousness. Those who over-eat this fruit may see thing from a skewed perspective.

### *What of dried figs?*

The effects of a fresh fig will be far more powerful than that of a dried one. All dried fruit will benefit you to perhaps 10% of the level of its fresh counterpart.

*The strawberry?*

This helps you ***energetically reclaim your love of the self. It urges you to embrace, nurture, love, acknowledge and celebrate YOU.*** Here, an excess of this fruit can make you overemotional and give you a twisted perspective of the self. A resistance to this fruit is a resistance to loving the self.

*The coconut?*

This is ***one of the most powerful energetic fruit in existence.*** This includes its liquid and flesh. In this case, it does not matter whether it is in its dried or fresh form, as long as it has not been combined with any preservatives.

***The coconut helps you better understand the self, all the way from the physical self to the Monadic Self. It gives you an incisive view of who you really are, at core.***

As you well know, many in the southern region of your country not only cook with it, but ingest it regularly, and also apply the oil externally to their bodies and hair. These people, in general, are peace-loving, highly intelligent (with a particular slant towards mathematics and technology), and are comfortable with who they are.

The application of this oil to the scalp helps open up the crown chakra to such a degree that you are able to further access universal knowledge and wisdom.

An excess of coconut can be extremely dangerous. It then works in reverse, and can sever your connection with your higher self. A total resistance to this fruit is the denial of your own existence.

*How much is 'too much'?*

This was discussed at the last session, dear friend. There is no measurable amount we can give you. Listen to your own body.

Please be extremely alert in the cases of denser fruit, like the mango and the papaya. One of the ways the body tells you that you have overdosed on a fruit is by giving you a physical reaction like diarrhoea, nausea or skin eruptions.

*Can you please explain how it benefits us when we cook, combining various fruit or vegetables?*

An excellent question. You would then benefit from the attributes of each and every ingredient in your meal, to different degrees.

Now let us assume that you consume a dish made up of two vegetables, which is cooked in excessive oil. You would then reap the energetic benefits of the vegetables, as well as the energetic disservice of excessive oil.

In general, every food will energetically complement the other. No fruit and vegetables ‘clash’ with one another. And when they are cooked with love, this magical ingredient enhances all their properties.

Friends, since so many of you do your own cooking, please bear this in mind. ***If you are in a bad mood, or feeling upset, we do ask you to try and come into relative balance before you begin cooking.***

This may not always be possible, as you may be in a rush. If this is the case, go ahead and cook the food, but before serving it, take a few moments to bless it personally, and ask for Divine help to neutralize any ‘negativity’ you may have placed in the meal. This will be given to you, as you have asked for it.

*I find that I instinctively know what combination of spices to add to a dish, which may often vary from day to day. Why does this happen?*

This happens because you are ‘in flow’. Your higher soul guides you to create, meal to meal, the necessary combination of energies for all those who are about to eat the meal.

Friends, sometimes even the most brilliant cook produces a dish that is excessively salty, or under-sweetened. This is rarely ‘an accident’. It has been deliberately created on that day, as all the people consuming the meal need a certain energetic jolt.

***Another vital point: if you have filled your plate with a couple of your favourite dishes, and then ‘accidentally’ drop it, please do not have a second helping of the same. Those foods are just not for you, on that particular day. Eat something else instead. This is your higher soul giving you a clear sign that there is something amiss. The food could be physically or energetically contaminated, for example.***

*Why is it that when two people cook the same dish, even if they follow the same recipe, it never quite turns out the same way?*

It can ***never*** taste the same, even if you are cooking together in the same kitchen, and put in exactly the same ingredients at exactly the same time. ***This is because you are forgetting one vital ingredient: your unique energy.*** This is the secret ingredient that goes into the food, along with other physical ones. Each person’s energy flavor is different; it actually does affect the taste of the food.

*Many of us have the advantage of having a maid who cooks for us. How do we then monitor the food? What if she is in a bad mood?*

(Smiling) First and foremost, take care of your cook. Please treat her (and all other domestic staff) like human beings and valuable members of your home. Make them as happy and comfortable as possible. But you cannot do this with the ulterior motive of receiving 'good energy' food. You would then defeat the purpose. Do this because you want your domestic staff to be happy in your home, and because you genuinely appreciate all they do to make your life comfortable.

But many times you eat out, and then you have no idea who has cooked your food, or what mood he is in. ***So here's a simple rule: always bless and align your food to yourself.*** It takes but a few moments to do so. When you do, you are offering gratitude to the food received, and are simultaneously removing any unwanted energies from it.

You can do this with palms raised over your plate, or simply with the third eye. Or with intent. Why not make this a daily practice?

Now let us have your suggestions of a few vegetables...

*The cauliflower?*

(Sohrab pauses here and shifts energies)

We interrupt this session to ask for your service as Lightworkers. We would like you to send love and light to a situation taking place right now; one which is unrestful. We will not identify it, but it is not in your country.

Just unite right now and send out the energies of ***peace, stability and resolution.*** (The group does so)

Thank you.

Now please send out love and light to your own Inner Child and to every child worldwide.

(Pause)

We must end this session here.

BLESSINGS FROM THE CHRIST OFFICE.

YOU ARE BLESSED TODAY BY THE ENERGIES OF THE LORD JESUS CHRIST, THE MOTHER MARY, THE FATHER JOSEPH AND ARCHANGEL MICHAEL.

BLESSINGS FROM ARCHANGEL GABRIEL, URIEL AND RAFAEL.

BLESSINGS ALSO FROM THE LOVING ENERGIES OF THE JUDAS.

BLESSINGS.

\*\*\*\*\*