

Sohrab's Channeling

28<sup>th</sup> April 2016

## THE ENERGETIC EFFECT OF THREE NEW PLANETS

### A GIFT FROM MEHER BABA

### MEHER BABA'S CURRENT WORK WITH CANCER PATIENTS

Sense the energies flowing through him today. They will be unfamiliar to you. We would like you to tune in and describe them. (Pause)

*I sense a powerful green pyramid.*

*Childlike but ancient.*

*Translucent.*

Please understand that energies affect people differently; there is no 'right' or 'wrong' answer. These are, however, very, very ancient energies. They do have playfulness about them. And they are activating, amongst other things, pyramidal structures on earth.

These are a combination of Universal energies that have recently been drawn to Planet Earth, emanating from three different planetary bodies. These three planets are far beyond your solar system, and have not yet been identified by your scientists, and therefore have no names. For convenience, we will refer to them as Planet A, B and C.

***Planet A is the smallest of the three, and the furthest away. Its energies offer you the opportunity to change.*** This has been very specifically called upon by Planet Earth as she is now accelerating all her processes of change. Here, when we speak of change, we mean energetic evolution for the better. And these energies will bring you opportunity after opportunity to do so.

***Planet B emits stabilizing energies; those which will 'contain' Planet Earth while she facilitates this change.*** This will ensure that the vigorous upgrades do not scatter Her frequencies.

***Planet C, the key planet in this trilogy, emits the energy of provocation.*** Its energies will stimulate and provoke all aspects of Planet Earth (individuals, corporates, governments and so on) to encourage and facilitate change, so that they grow and evolve. These energies will keep

provoking all individuals and groups who are stuck in old thought-patterns, belief systems and modes of behaviour, urging them to shift.

Because this energy flow has now been initiated, several things will start happening:

Those who still have *deeply buried or ignored past issues will now find these speedily surfacing*. They will have no choice but to review and assimilate them.

Those who have issues on which they have already worked, but have residue left, will bring up this debris for review and assimilation.

Those who have been very slack with their personal, Earthly missions will feel impelled to discover and exercise them.

Excessively self-absorbed and blocked units (such as corporations, governments and other such groups) will now begin to shatter.

The more you resist, the more difficult will be the process. So we urge you all: *if mental, physical or emotional issues arise, face them immediately*. Do not bury them, ignore them or run away from them.

*You may also find the emotional body a little unstable this coming month (May)*. You may find yourselves hyper-sensitive, feeling victimized, downtrodden, hurt, upset, unloved and so on. These are pointers, indicating where you need to work right away. So if you are, for example, feeling very victimized: instantly examine the issue, choose to touch your power, examine the situation from a wider perspective and work through it.

Dear friends, the combined energies of these three planets will also *bring out the best in you*. Enjoy that! Push your boundaries. If, for example, you are a creative person; use these energies to be even more inventive and creative than you have been in the past. Examine, acknowledge and truly live all your strengths. These energies will encourage and support you in this endeavor.

*The most effective way to help the self, when the emotional body is unstable, is to breathe*. Do not ignore the power of the breath.

If you have studied a modality of breathing, by all means follow that. If not, just listen to your inner promptings and breathe in the way the self guides you. But spend at least a few minutes a day working with your breath.

Breathing will also help you cure the body of ailments and diseases. During this month, with the unstable emotional body, you may experience very brief physical or energetic spasms (moments of panic, fear or confusion). Breathe into the spasm and choose to release it smoothly and easily.

*How exactly do we breathe into an area?*

A generalized method would be to relax the body, identify the area of spasm (physical or emotional), and open to light necessary for that area. Use your intuition. If a flash of red light appears, do not judge it as possibly being inappropriate. It is necessary for that area, at that moment in time. Now start breathing. You will find a certain breath-pattern emerging: simply follow it. Keep infusing the area with both light and oxygen.

After a few breaths, if you are open, you will receive a word or a phrase, indicating the issue trapped in that area. Acknowledge this, and begin to work with it, in the moment.

You may find, if you choose to work with the same area later in the day, that a different colour and issue may arise. Embrace this as well. Do not assume that only one issue is causing you discomfort. Work for as long as you feel like it, then bless the area and yourself, and end the session.

*Could you speak of the energy of awareness?*

All three planets are facilitating just this: a new level of self-awareness and social awareness.

During the course of this session we are going to call upon you, as Lightworkers, to work for your Planet.

Please center yourselves and draw upon the combined energies of Planets A, B and C, and direct these energies to the very **core center of Planet Earth**. Visualize these coming in through your crown chakra, being processed by your bodies, and then being directed to Planet Earth through the soles of your feet. Please place your bare feet on the floor. (Pause)

Continue to do this. Know that as you are serving your Planet, you are serving yourselves, as the energies are being passed through you. Keep working. (Pause)

Now command the energies to remove debris from your bodies, and to release into the Earth. Do not feel you are polluting your Mother; you are not. She will use this debris in a manner suitable to herself. (Pause)

Now command all the people whose names were called out at the beginning of this session (for healing) to be a part of this process. Yes, you are to command that they draw into themselves the same energies, so that they can cleanse the self and serve the planet, just as you are. (Pause)

Now gently return to consciousness.

These energies are next going to affect your planetary **water bodies**. This includes your oceans, rivers, streams, lakes, the water-table below the surface, and the water vapour in the surrounding atmosphere.

New energies are being infused into water. Its pH balance is shifting. Because of this, there will be a shift in several customary rhythms. Currents and tides will change. Breeding cycles and breeding grounds of several marine creatures will change. They may start to spawn and feed in unaccustomed places. Certain species will reduce drastically in number, whereas others will increase.

Once again, center yourselves, draw in the new combined energies, and direct them to your water bodies and all those who inhabit them. Bless them. Facilitate the process. (Pause)

Yes, to answer an unvoiced question, you may direct these energies to the drought-ridden areas in your country. Do so now. (Pause)

We now ask you to spread the same light to *Planet Earth's surface*. This will include all her urban and rural areas, her governments, her corporations, and so on. Just fill them with this combination energy. (Pause)

Lastly, infuse the *collective consciousness* of Planet Earth. This refers to the consciousness of all her kingdoms. Literally see Her glowing in light. (Pause)

Work now exclusively for *yourselves*. Just fill yourselves with this light, and let it work as it knows best. Open up the physical, mental, emotional and spiritual bodies. Fill. (Pause)

BREATHE the light into your lungs. Fill with it. Draw in in through the crown chakra and through the breath. (Pause)

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

BLESSINGS AND JOY FROM THE KEEPER OF THE REALMS.

(Sohrab shifts energies)

Greetings!

As a gift to all of you, for the joyous, wholehearted and selfless work you did today, we offer you *a deeper and stronger connection with any one Master of your choice*...right here, right now.

Take a moment and choose any one Master with whom you would like to strongly connect today. (Pause)

(Smiling) Some are having trouble choosing. You are not being disloyal if you choose a Master other than your guide. You will be able to repeat this exercise any time you desire in the future, with any Master of your choice.

Come on! Trust your intuition and choose 'the right one' for today, even if it appears to be a Master with whom you have not previously connected. Trust the gut. You will be guided. (Pause)

Now, open the crown chakra WIDE. Open your 3<sup>rd</sup> Eye WIDE. Open your throat chakra WIDE. Open your heart chakra WIDE. Open the solar plexus chakra WIDE. Open your Hara chakra WIDE. Open your base chakra WIDE. Activate the palms of the hands. Activate the soles of the feet. Open up your knees. Open up the tailbone. Open up the nape of the neck. And RECEIVE, right now, a *tremendous surge of energy from your chosen Master*.

The more you relax the body, the more you will receive. Keep merging. (Pause)

Listen to Him or Her. If there is a message, receive it. Or the Master may offer you energies. Open and receive. (Pause)

If you are in physical discomfort, open up those areas to the Master energies. Otherwise just open up the entire body. (Pause)

If you continue to remain open, you will retain this 50-50 merger with your Master over the next 24 hours. Walk, talk and be your Master. Such is this merger.

Now consciously stay merged and bless different aspects of your lives: issues with which you are involved, family, friends, your home and business...bless them all. (Pause)

Now mentally call yourselves by your name first, and your Master's name second. Hyphenate it, and declare it mentally. (Pause) And it is so.

Now return to full, vibrant, UNIFIED consciousness.

BLESSINGS FROM THE ENERGIES OF ST. GERMAIN

BLESSINGS FROM THE ENERGIES OF YOUR SPECIFIC MASTER

(Sohrab shifts energies)

GREETINGS FROM THE MEHER (BABA)!

The Meher chooses to offer you a fun gift during the month of May. But this gift depends on you. If you take the trouble to energize everything that you eat and drink during the month (just for a few seconds each time), your bodies will change dramatically. The Meher will infuse your food and drink with such energetic nutrition and vitality that you will be dancing on the rooftops! (Laughter)

*What about my alcohol???*

Infuse that as well, and you will be leaping from rooftop to rooftop! (Laughter)

*What about weight-loss?*

The Meher will help you by infusing your food with the necessary energetic vitamins to help you bring your body into its perfect shape, weight and alignment, IF you deem yourself worthy of changing shape and form. If you still hold onto a subconscious thought of “I don’t deserve to look and feel good about myself”, YOU will then block the energy.

Dear friends, wanting to shift your body shape is not a bad thing. Not at all. An aspiration is a good thing, as long as it is not unrealistic, or one that has been imposed upon you by society or a fashion magazine. You should all endeavor to look and feel the best you can possibly be; and we will help you achieve that.

(Indicating a group member whose mother has cancer) We are with her. We are with her. We are with her.

The Meher is, over the next few months, going to be channeling a large portion of his energies to those who have either contracted cancer, or have passed over through this disease. This is because his energies are very beneficial to these people.

Should you be offering healing to people who suffer from this affliction, or should you have it yourself, the Meher’s energies would be the most useful to use during this time period. You may, of course, call upon other Master energies as well; but the Meher should be invited to lead the group.

What he will do is this: if a person has chosen to contract this disease to awaken the self, he will help them find the issues behind this disease.

If a person has contracted this disease for personal growth purposes, he will help them grow as speedily and smoothly as possible, and he will help them assimilate what is necessary during this process.

If a person has passed over with this disease, particularly in pain, he will be there to receive them with energetic arms wide open. He will help them heal extremely speedily in the spirit realm.

**BLESSINGS.**

(Sohrab shifts energies)

**THE ENERGIES OF ST. JUDE COME TO BLESS YOU.**

(Addressing a group member) DO WELL!

(Addressing another group member) A flood of new clients will now arrive at your doorstep. Welcome them with open arms. You can handle it all. In your day, there are not 24 hours; there are 48 hours!

BLESSINGS FROM ST. JUDE

\*\*\*\*\*