

Sohrab's Channeling

22<sup>nd</sup> December 2016

THE EFFECT OF THE NEW ENERGIES OF 2017 ON THE BODY (PART 2)

...THE HEART CHAKRA

...THE SOLAR PLEXUS CHAKRA

...THE BASE CHAKRA

THE SECOND BIG BANG

Greetings!

Before we continue with last week's information, let us inform you that ***between December 24<sup>th</sup> to 31<sup>st</sup> (quite precisely), many loved ones in spirit will be visiting you individually, visiting your homes and accompanying you 24-hours a day.***

Use this opportunity joyously. We don't want to hear you say, "I don't know how to connect to them". Sense their presence, welcome them, talk to them, listen to them, laugh with them and celebrate with them.

This particular period is one of ***joyous communication***. Even if you have unresolved issues with the loved one, those will be put aside by that soul. We urge you to do the same, and simply enjoy the visitation. Don't waste this opportunity.

Yes, of course your loved ones can be called upon at any time of the year; but this particular window, which is about to open, is one of tremendous energetic clarity, offering ***everyone*** the opportunity to sense their presence and even communicate with them. Will it so.

A word of advice: don't try too hard. Make it easy. Just know the person is

there, and chat.

*Is there is a particular reason why this energetic window has opened up now?*

Yes. This has actually opened up to prepare Planet Earth to receive a tremendous download of new energies which will enter Her on January 1<sup>st</sup>. Your spirit friends are simply 'riding the wave': they can always connect, even without this window; but you may not be able to do so. So they are simply using 'the clarity of the telephone connection' to help you.

Use this opportunity to connect with as many loved ones in spirit as you desire. You can also use this to connect with the higher souls of people on earth. Remember: it's going to be a friendly, warm interaction.

*Do we have to connect in meditation, or can it be done when we are, perhaps, relaxed and listening to music?*

Whatever works for you. Some will need the discipline of traditional meditation, whereas others may find it much easier with a more casual approach. Know yourself.

Last week, we had spoken to you of the effects of the energies of 2017 on the crown, third-eye and throat chakras. Now, three different Masters will speak to you of the remaining chakras.

BLESSINGS.

(Sohrab shifts energies)

THE ENERGIES OF THE CHRIST OFFICE BLESS YOU!

As you know, the **heart chakra** is being energetically pounded by us this month. Those who are blocked here may experience palpitations and pains

in this area. They may even experience crying fits, bouts of depression and loneliness, feelings of being unloved, and sometimes outpourings of love.

***With the energies of 2017, the heart is going to undergo a lot of changes.*** In almost all cases, the physical heart is going to change shape slightly. Your blood-flow pattern may also change. Some may find their pulse-rate either decreasing or increasing. Some, who actually have blood-tests during the first three months of the year, may discover anomalies in their reports, which doctors can't easily explain. Do not worry. You are just upgrading. This will settle down in time.

Emotionally, you will all find tremendous love and compassion arising within the self. Some will experience this in an immediate, sudden rush; others will find it gradually increasing. This flow is being adjusted by your own Higher Soul. So don't try and measure your levels of love and compassion against those of another person.

What will happen is this: if you find yourself constricted in love, it will disturb you so much more than it did in the past, and you will feel so awful about being this way, that you will instantly urge the self to find a way to give and receive love in a more fluid, expanded manner.

Certain meridians that pass through the heart are going to begin to vibrate at a very high frequency. When you constrict their flow by refusing to give and receive love, the physical and emotional discomfort will be so great that you will simply feel urged to flow.

Of course you are not going to be able to 'love everyone': you will always love in differing degrees. And yes, there are still going to be a few people you dislike intensely, and even hate.

But when you repeatedly focus on the people whom you dislike or hate, the disturbance in your own body will be so great, that you will have to find a way to disengage from them. In general, this will come through an understanding of them, and why they act or behave in a certain manner. This understanding will open up the heart chakra to a greater degree.

But ***the most important aspect is going to be to learn to truly love yourselves.*** During 2017, if you completely hate or reject any aspect of the self, it is going to play on your mind all the time. It's going to keep ringing and ringing like an annoying alarm clock, urging you to first embrace that aspect of the self, and only then, perhaps, choosing to modify it.

Let's take a very practical example. Many people in this room, including him, have issues with their body image. You will find, during the next year, the issue magnifying to such a degree, making you feel so awful about your body, that you will be urged to take practical steps towards modifying the body shape.

But to do so, you will have to embrace your body as it is. You will first have to love it, appreciate it and bless it: only then will you be able to start making a shift. Yes, this is duality.

You are also going to find, with the rise of compassion, a new and wonderful understanding of others, of situations and of aspects you have not been able to tolerate in the past. Your vision is going to keep increasing, but it is up to you to allow this to open up and to embrace it; or to continue to fight this inner urge.

But remember, if you choose to remain constricted and continue to enjoy the 'pleasure of your pain', the internal discomfort is going to get so overwhelming that you will feel strongly urged to open up and flow with love and compassion.

Use the heart as much as you can. It is one of the key points (along with the brain, pituitary and pineal glands) to make changes in your lives during 2017.

*Someone I know is possibly going to have open-heart surgery. There is confusion among a battery of doctors: some advice surgery and some don't. What should she do? Are they misinterpreting possible blood anomalies?*

In this case, it is not about anomalies in the blood. She needs to instantly look into her heart, and examine in great detail where she is blocked in

giving and receiving love. Allow the doctors to take their time. If she truly examines the areas in which she does not love herself, the doctors will shortly come to a speedy and relatively unanimous decision. The outcome is not yet decided: she could go either way with surgery.

*Most of us know we should be exercising and eating sensibly, yet we continually resist this. Why? Is it just that we don't have will-power?*

This has nothing to do with will-power. In fact, ***we urge you to erase the word will-power from your vocabulary. It implies control and deprivation, which can never work for you. Change in any form can only take place with a joyous and enthusiastic desire to shift.***

You sabotage the change that you desire because you take vicarious pleasure in torturing yourself: pleasure in pain. It is also a cry for attention.

*So even when we are aware of this, how come we can't easily get out of it?*

That is earth's duality. And now free-will reigns supreme, so you have the option to refuse to touch your power and remain stuck, or to touch your power and shift. It's all up to you.

*It's hard to accept this level of free-will.*

Yes, most humans continue to resist this concept. They prefer to point fingers and blame destiny, karma and past lives for their misfortunes. And yet the Masters have repeatedly told you that now, the power truly lies in your hands.

Here's a simple analogy: a beggar who wins a lottery often hides the money under his bed and continues to live in poverty. Many of you are doing the same thing with your newfound power. It's up to you.

*You spoke of loving the self. Do we have to be able to love every single aspect of the self: mentally, physically and emotionally?*

You are unlikely to be able to love yourself 100% while you are in a physical, 3<sup>rd</sup> dimensional incarnation. But you can walk the path of self-love and

keep increasing the percentage, day by day. Yes, it does include every part of you. Ideally, work on aspects as they arise. Just keep at it.

*Can various healing modalities like EFT help us with this?*

Indeed they will help you, but his era is one of free-will. These modalities will further urge you to love the self, but your free-will remains supreme. If you refuse the inner promptings, you will remain stuck. Remember, this year's strongest flow will be to self-heal. Use the opportunity. Don't resist it.

*Would connecting with one's own higher-soul help?*

All the upgrades require this. And all the upgrades are constantly urging you to be in flow with the higher-self.

*What of those who work with hate, discord and disharmony? Will they then feel uncomfortable?*

This was discussed at a prior session. If your mission is to sow discord, you will remain in perfect balance. But if your mission is to move away from it, then you will feel extremely uncomfortable while you continue to do so.

Now let us speak of the **solar-plexus chakra**. This is the energy space where you receive the most emotional blows, and also the area in which you erect the strongest defenses to resist emotional blows.

This chakra is going to be energized by the new frequencies, whether or not you consciously like it. Every human's higher soul has given permission for this to take place.

This is going to be attacked at its core, and the energies will then radiate outward. Debris that you have stored for years is likely to be released during the course of 2017. Even if you have worked at release during the current cleanse, there are still buried, subconscious issues that need to be

expelled. Some may even be from past lives.

This process may bring up strange dreams and daydreams. Some unfamiliar images may even arise during your waking hours. For example, you may be sitting in a taxi with your thoughts wandering, and suddenly a glimpse of another lifetime may appear; one in which you are possibly undergoing a strange or unfamiliar experience. Whether they are painful, uncomfortable, unusual or joyous: don't block them. Let them arise and unfold like a film you are watching.

Most of the time, you won't have to work with them. They just need airing, acknowledgment and release. But if a few arise which appear to have a common pattern, such as victimhood, then please do examine your current levels of victimhood. Then simply make a choice to touch self-empowerment and shift in this situation, in this lifetime. This change can be done immediately, with certainty: "I choose self-empowerment from this moment onwards". And the shift will happen in the solar-plexus.

As the walls of the solar-plexus begin to crumble, a new openness will emerge in your emotional landscape. As the heart and solar-plexus adjoin one another, the two will work in synchronicity. You will find yourself welcoming new friends and new relationships, new opportunities and new ways of living life...all due to the opening of these two chakras.

Some of the opportunities may make you nervous. You may ask yourself, "Am I ready for this?" We say you are, or else they would not have come your way. Take risks and welcome them.

*What of the dream state?*

In general, this is a smooth and easy means of releasing debris. But if the dream lingers with you long after you have awoken, then there is some work to be done at the conscious level as well.

*This very morning, around 5.30am, I woke up after a traumatic dreamt of being raped. I could actually feel this in the solar plexus. Although I am normally an early riser, I heard an inner voice saying, "Go back to sleep. You*

*are being repaired.” I did so, and finally woke up at 8.30am.*

Thank you for your courage in sharing this: it is a perfect example. Let the group learn from your experience. You do have a repeated past-life history of extreme violence. This has sometimes been inflicted on you, and sometimes you have inflicted this on others.

This is a lifetime in which you desire to completely balance out your power, so that this never again occurs. These kinds of ‘release’ dreams may repeatedly arise: instead of fearing them, celebrate them. Each time this occurs, know that you are simply cleaning out debris. Congratulate yourself; and each time view it consciously, release it, and not let it continue to affect you.

(Sohrab shifts energies)

SAI KA PRANAAM!

Let us now speak of the **Hara chakra**. The Sai is going to help you work with this area, in conjunction with the energies of this year: rebirth and re-creation of the self.

You have already been told that, this year, you can touch your power, change contracts, and write a new story of your lives.

***The Sai is going to be helping you awaken Universal DNA in the etheric womb***, which is contained by men and women alike. The Sai is a grand Universal Master, and he will help you activate, on an individual basis, that which is necessary for your connection with your higher soul and with different aspects of the Universe.

In some cases, people will sense the presence of ‘aliens’. Please welcome them: they are glorious Universal friends who have responded to the call of the Sai, to help you to reconstruct your own structure.

In other cases, you may just sense the presence of magnificent, abstract, refined, unfamiliar energies; ones with which you have never before interacted. Open to these as well. No fear!

The work in the Hara will be subtle; very little will be conscious or mental. But changes are going to take place in this region for everyone.

This could cause temporary physical disturbances in this area. Women could have excessive menstrual bleeding or experience erratic periods; men could have sudden changes in their sexual drives. Do not worry, it is temporary.

*Aren't we also currently being urged to evaluate our sexuality, our morals related to sexuality, our rigid gender classifications and so on?*

Yes, indeed. We will speak of this in a few moments.

(Sohrab shifts energies)

THE MAHA AVATAAR BABAJI BLESSES YOU.

The **base chakra**, the one which grounds you, is going to act in an unusual manner this year. ***Instead of grounding you, it is going to act like the launching pad of a rocket: aligning you, increasing the awareness of all the various chakras, and urging you to expand the self in life and in spirit.***

Because of this, you will begin to further question aspects that relate to every single chakra. Questions that arise from the hara will relate to sexuality and sexual mores, gender, creation and creativity. Questions from the solar plexus will relate to past-lives, blockages, obstacles, internalized pain and trauma. Questions provoked by the heart will include where you give and receive love, and where you don't. And so on.

*Will the chakras work together, or turn-by-turn?*

Initially, the chakras will be illuminated one-by-one; but very soon after, with the energy of the base acting like a rocket-launcher and merging the energy of one into the other, they will all work together in perfect harmony at breakneck speed.

Each individual will 'launch' in his own time. In some cases, this may happen within the first few minutes of the New Year, whereas in other cases this may happen after a few months. Don't attempt to measure yourself against another. Your time is the perfect time for you.

*Has it already begun?*

Yes, it has. Though the new energies will only truly flood in at the beginning of the New Year, all of you Lightworkers have already begun to sense it and tap into it. Let's illustrate this with an example.

When a storm is approaching from afar, those who are sensitive will pick up a different energy in the atmosphere. They can taste it in the air, and feel a subtle difference in the winds and the temperature. They can read the signs by observing unusual movement in the trees. It's the same with these new energies. And you are already responding to it, to different degrees.

*I worry that I will not be awake at midnight of the 31<sup>st</sup>. Will I then lose out on connecting with the new energies? (Laughter)*

Beloved, simply make the intent to open to the new energies before you go to bed. Then fall asleep anytime you like on the 31<sup>st</sup>. You will receive them in full force! Do you really think you will miss out? You are such a grand energy Master; you can teach most in this room how to access energies! Blessings!

*Normally, an energy flow is gradual, over time. How come these new energies are coming to earth in such a clear-cut way? I have never before known this to happen.*

You are correct; this is a first. This is happening because there is going to be a **major cosmic shift which coincides with this timing on earth.** (Smiling)

In actual fact, what you will perceive as being the first moment of 2017; is not. Time is fluid; and the new influx of energies will be a direct result of the cosmic shift. So the exact 'time' that this will actually take place is not known, even now.

The moment it does take place, earth time will be re-calibrated to make it, from your perspective, the first moment of 2017.

This cosmic shift is going to take place far away from your solar system, far away even from your galaxy. It will be a major re-creative event in the Universe. Earth is aligning herself to this.

**This shift is really the second big-bang.** Such is its magnitude. We will share information about it with you, after the event has taken place.

*Is this why there are some many Universal friends around us right now?*

This event is exciting every being in the Universe. Different beings, with different levels of sentience, are tuning into this. Anticipation is rising.

***This will not be a physical explosion like the first one; but an energetic one. This is a Universal time of exhilaration, joy, wonderment and, frankly, curiosity. The outcome of this energetic shift is not known, even to the most advanced being. It will give rise to a new Universal landscape. The Universe is re-creating Herself.***

BLESSINGS!

(Sohrab shifts energies)

How can the year end without the presence of MEHER BABA?? (Laughter)  
Come on, look beyond his face, at mine!

(Pointing to A.) You may not believe in me, but your dear friend does, now!  
We are close friends. I assure you, he is with me. He believes in me!

(Laughter)

BLESSINGS.

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