

Sohrab's Channeling

16th March 2017

THE EFFECT OF THE ENERGIES OF 2017 ON

...THE DIGESTIVE TRACT

...THE HARA CHAKRA

...THE KNEES

THE CREATION OF A NEW 'CHAKRA OF LIGHT' IN THE BODY

Greetings!

Today, we shall continue to speak of how the new energies of 2017 will affect parts of the physical body. Last week we spoke of the heart. Today, let us speak of the digestive tract and the Hara chakra.

Frequencies within the **digestive tract** are being changed and upgraded very rapidly. New commands are being given to the cells in this area. You may therefore experience, over the next two to three months, bouts of constipation, diarrhoea and the possible bodily rejection of certain kinds of foods.

In general, **repeated constipation will indicate that you are holding onto an issue, or a series of issues; ones which you are refusing to address.**

If you find yourself experiencing repeated bouts of diarrhoea, please ask, "What am I not containing properly? Where am I frittering away my energies?" This could refer to energy, an emotion, a manner of behaviour, a thought process and so on.

We reiterate: **foods must now be ingested in accordance with the call of the body.** This has no bearing on what foods are traditionally deemed 'good or

bad' for the body. It will be an extremely individual process.

This year, many foods will be storehouses for emotional issues, and if you have a problem in that area and ingest an excess of that food-group, your emotions may go haywire. Let's give you an example of this.

Nuts of all varieties are generally considered extremely healthy to eat; but this year they will have a propensity to store and intensify emotions like futility, fatalism, depression, and lack of self-esteem. Nuts, when eaten in moderation, will continue to serve you in a balanced and healthy manner; but if you overdose on them and are also struggling with any of these issues, you will only intensify these aspects in the self.

You will not know which emotions are being stored by various foods. That is why we say, "Tune in". Your body will automatically urge you what to eat, and in what proportion. Using the same example, if you listen to the body, you will know how many nuts to consume on a certain day. The body might even say, "Avoid them totally for the next few days." Listen to your inner promptings.

Now let us speak of **sugar**. Generally, when you are emotionally low and you ingest sugar, it activates the dopamine center of the brain and makes you feel comforted and loved. However, during this time period, sugar will cause a huge outpouring of emotion; so if you are already emotionally fragile and feeling unloved, an excess of sugar will only increase these symptoms.

We share these two examples with you to alert you, so that you learn to tune into all kinds of foods and ingest only that which is appropriate for the self at any given moment in time. Since you won't know exactly what each food is doing, just tune in and ingest only that which the body calls for, in the proportion that the body demands.

It may interest you to know that **alcohol**, in the current time period, will actually enhance your spirit connection *if it suits your energetic structure*. No, we are not urging you to become alcoholics (laughter) but we do suggest you enjoy your glass of wine or choice of spirits! Assuming it suits

your body, please go ahead and enjoy your alcohol, as long as you tune in and imbibe that which is appropriate for the self at any given moment in time.

If you listen carefully to the body, ***you will be clearly instructed what to eat, what proportions to ingest, and what rhythm to use.*** Pay attention to this. For example, your body may inform you that nuts, in certain proportions, are necessary for you every alternate day. And this 'rhythm' may not be a fixed one: you may need nuts for a few consecutive days, after which the body may suggest that you take a break. In short, you have to be conscious at all times.

Now let us speak of the **Hara Chakra**; an area being rapidly upgraded during this, the year of re-birth and re-creation of the self. The new energies of 2017 are now flooding into the Hara Chakra, offering you the opportunity to give birth to a new YOU.

Most of your current creative urges are now arising from this area. If, for example, you are suddenly feeling urged to start a new business venture, take up a new hobby or streamline your body and health; you are receiving these urges from the re-creative Hara.

A little tip: if you now find any urges arising, instead of trying to connect with them from your third-eye, tune into the hara instead. You will then receive greater clarity as to what to do, and how to proceed.

Many people, during this energetic upgrade, will find this area rather sensitive. Do not worry; it is simply a temporary process of acclimatization. Certain women, for example, may experience excessive blood-flow or erratic Periods. Men and women alike may experience unusual changes in their sex-drive. All of this will settle in time.

If there is extreme discomfort, please tune in very specifically and ask the self what creative urges you are strongly resisting. This could also indicate that you are being prompted to alter or adjust something in your life, which you are resisting. This 'something' could be a thought process, a

behavioural pattern, a rut in which you are trapped, or anything else.

The upgrade of the Hara is likely to take several months, so please be aware of all of this. Any questions or comments?

As a therapist and counselor, I have recently been receiving a flood of women with sexual issues. I find they are suddenly open and willing to discuss this. They are even changing relationships, and giving much more importance to the physical aspect of relationships than they did in the past.

Yes, this is being provoked by the newly-energized hara. Please also note that **children and teenagers are going to feel these effects quite strongly**. Most will receive spurts of energy in this area, which may confuse them. This may temporarily lead them into unusual, out-of-character behavioural patterns.

A quiet and receptive child may, for example, suddenly become talkative or excessively naughty. Many will feel compelled to explore their sexuality as well. Be open to them and serve as guides, to the best of your ability.

Now let us speak of the **knees**. For today's discussion, we shall term these 'organs', as they are taking on a new form of sentience. You know, from the past, that your knees indicate feelings of support, or lack thereof. What other aspects can cause discomfort in the knees?

Holding back.

Unwillingness to change.

Rigidly adhering to structure.

Putting restrictions on the self.

A stubborn ego.

Unable to forgive and move forward.

Excellent! Now be aware that, during the current energetic era, **this area is going to be hyper-sensitive. If you hold yourself back and refuse to follow**

the urges arising from the hara, if you stubbornly refuse to take the necessary steps being shown to you by your higher soul, or if you refuse to move forward and make the appropriate changes in your life, your knees are going to react immediately.

Once again, we suggest that you tune into your knees on a regular basis, and if there is even the slightest discomfort here, ask them to reveal to you why this is so. They will be extremely talkative; in fact loud and vociferous. They will complain to you bitterly if you do not listen to them. Enjoy your new dialogue with your knees.

Another small tip: ***anytime you are sitting down... in a car, at home or in a restaurant... place your palms on your knees and gently caress them for a few seconds at a time.*** You can also lightly place your hands on your hara chakra and energize this area as well. This simple process will not only balance out the areas, but also help you get into regular conversation with them.

Now let us share with you some glorious news. ***The new energies of 2017 have begun to create a new chakra in you; one which has never before existed in the human body. Let us term it "the chakra of light".***

Take a moment and welcome it. (Pause) Did anyone get a sense of where this located is in the body?

(Several group members answer)

I felt it in the left side of my chest.

Middle of the crown.

Below my Hara chakra.

EVERYWHERE!

(Laughing) It, in a sense, everywhere. It is mercurial, and will constantly be 'on the move'. What you tuned into is where it is 'for the now'. But it could go elsewhere, even a minute later. It's going to keep moving through the

body, illuminating, enlightening, healing, curing and energizing various organs.

For brief periods it will lie dormant, replenishing itself. This will only happen when you are either in deep sleep or deep meditation.

We choose to introduce you to this concept today; we will speak of it at length at a future date. Till then, we would like you to have fun with it. Tune in from time to time. Till you are familiar with this process, you will have to do this while sitting down in peace, quiet and stillness. Later on, you will be able to do so anytime, anywhere.

So find out where it is in the body at any given moment in time, and what exactly it is doing there. Please understand that you cannot command it do what your brain thinks is the right thing for you. You cannot say, for example, "I have a pain in my back. Please go there and heal it!"

This chakra knows better than your conscious mind what is best for the self, and it will do precisely that. ***It is being guided by the higher soul, and will not respond to the human brain.***

So the best way to work with it is to observe it, clarify what is happening, and then align your consciousness to it, knowing with certainty that that is what is perfect for the self, at that moment in time.

Let's illustrate this with an example. You may have a pain in the lower back, but find the chakra sitting in your left shoulder. If you tune in, you may find that the chakra is opening up an issue trapped in this area, which is indirectly affecting the lower back. Then ask the chakra to reveal the issue to you, and instantly work on it. By doing so, you will speed up the healing process.

This chakra is going to also have a physical effect on your body. ***If you learn to recognize it, acknowledge it and align with it, you will find a new 'zing' in the body.*** This 'zing' will, at times, manifest in the form of a physical vibration in the body; and at other times it will be an energetic one.

This chakra is fuelled by your higher soul, and if we were to describe it in a

single word, we would call it **exuberant**. Get familiar with it, play with it and have fun with it. Learn to trust it implicitly. What is does for you is perfection for that moment in time.

On occasion, you may sense two or more points of light in the body. This does not mean that you have two new chakras. What it may do, from time to time, is temporarily sub-divide itself, to work simultaneously on two or more areas.

Remember the key word: exuberance!

BLESSINGS.

YOU ARE IN THE LOVE, LIGHT AND EMBRACE OF SEVERAL MASTERS TODAY.

THE ENERGY SPEAKING IS THAT OF THE ST. GERMAIN.

PRESENT HERE TODAY ARE ALSO THE FREQUENCIES OF THE SHIV, THE MAHA AVATAAR BABAJI, AND THE UNIVERSAL MARY.

BLESSINGS FROM THE ASHTAAR COMMAND.

BLESSINGS FROM THE MEHER (BABA).

A SPECIAL BLESSING FROM SANT GYNESHWAR.
