

Sohrab's channeling

16th August 2018

THE NAVROZE ENERGIES FOR 2018

HEIGHTENED COMMUNICATION BETWEEN THE HUMAN RACE AND
THE OTHER KINGDOMS OF EARTH

SERPENTINE ENERGY

CRYSTALLINE UPGRADES

(Prior to the meeting, Sohrab discussed the widespread symptoms of overall lethargy and fatigue that most people were currently experiencing. A group member suggested that a possible cause could be the effect of so many planets going retrograde simultaneously. Group member T. mentioned that she found her personal chakra-balancing meditation, which she did daily, to be of great help. The group members then requested her to walk them through it.)

T. speaking:

Visualize a beautiful, bright light in your root chakra, going round and round, as rapidly as possible. Allow it to move in any direction: clockwise or anti-clockwise. Let it expel any murkiness or darkness in that chakra. As you do this, chant OM (or any chant or prayer of your choice) three times.

OM....OM...OM

Move up to the Hara chakra, two fingers below your navel. Do the same here.

OM...OM...OM

Move up to the Solar Plexus. See a beautiful bright light spinning round and round, just below the diaphragm.

OM...OM...OM

See a beautiful, bright light in your heart chakra. See it spinning round and round, filling you with self-love, and expelling any darkness there.

OM...OM...OM

Move up to the throat chakra...visualize beautiful energies swirling here.

OM...OM...OM

The Third eye. Visualize a beautiful, bright light at the base of the brain, behind your eyeballs.

OM...OM...OM

Move up to the crown chakra. Let the energy fill your entire scalp. Let the energies move round and round.

OM...OM...OM

Now move the energies up and down, from the crown chakra down to the root chakra and back up again, up and down, up and down, faster and faster.

OM...OM...OM

Now take the light from the crown to the root chakra, let it divide and move down the two thighs, past the knees and ankles, into the soles of the feet...and back up again.

OM...OM...OM

Now see the light floating out of you, swirling around you in your extended energetic field. Let it remove all the old thoughts and

behavioural patterns that you no longer need. Affirm “Only positive thoughts and energies can exist within me and within my field of light. All negative thoughts and energies will be expelled from me into the Universe, and will be converted into love and light.”

Now take a minute to enjoy this space, and whenever you are ready, integrate yourself, ground yourself and gently open your eyes.

(The channeling commences)

Greetings and welcome!

Yes, we are going to speak of the current Navroze energies. You already know that the theme of the Zoroastrian energies is “to help you be the best you can be at whatever you choose.” And you also know that these energies are for *anyone at all* who chooses to interact with them.

The energies this year, in keeping with the theme, will help you ***forge a new level of communication with the self and with all the various kingdoms of Planet Earth.***

The Plant Kingdom: is the *most nurturing* of all the kingdoms of planet earth. Its mission is to spread fragrance, aroma and light; and to offer food and shelter to all. Yes, this kingdom feeds and sustains you. It operates from a space of fullness; not self-sacrifice. It joyously declares, “We have so much to offer. Please use us and enjoy us.”

Of course the kingdom is not meant to be raped: the human race tends to do just that. It is meant to be used joyously; in balance and with gratitude.

If you choose to access the current Zarathustrian energies, you will slowly develop a new connection with all plants. Different people will naturally be drawn to different species within this kingdom; but per se, your ability to give to them and receive from them will be heightened.

Are you aware that of this kingdom, trees are the most ‘talkative’? They are constantly attempting to give you messages.

Tune into a single tree: one in your neighborhood, one that you have seen somewhere else and love, a ‘sacred’ tree, or even one you have felt drawn to in a painting or photograph. Whenever possible, do touch trees. Hug them.

Yes, tree-hugging is often derided as a New-Age fad; but when you join your heart-center to a tree, you open to a tremendous inflow of energies. This benefits both the self and the tree.

We also suggest that you attempt to listen to what they have to say to you. They often have specific messages for you. There are many trees that are considered ‘holy’, such as the banyan tree and the peepal tree. Others have a holy statue embedded in them, or grow near a powerful temple or church. These trees, if you connect with them, will give you a generic spiritual message; one necessary for your growth and evolution.

But even a random tree, should you choose to connect with it, will have some form of a personal message for you. It could be sage advice or simply a ‘message for the day’. They really are talkative. And, ***of all the species in the plant kingdom, trees are the most ‘connected’ and psychic.***

This connection is more strongly forged if you are in physical contact with the tree, but you can do the same long-distance. Look out of your window and try it.

This year, you are also going to find yourself very sensitive to the plants that you ingest. Your body is going to loudly call out for certain fruit, vegetables and grains. Some may be a regular part of your diet; others may not. We urge you to listen to the call. If you do, a new union is formed between your body and the plant kingdom. This will not only benefit you nutritionally, but will also offer you new vibrations, new thought-processes and will help with cellular

upgrades.

Flowers, this year, are upgrading their existing fragrances.

Some are even emitting new ones. A rose, for example, will still smell like a rose; but if you tune in, you will detect a subtle new perfume.

This is happening for two reasons. Not only are the flowers upgrading their aromas, but the human olfactory senses are also upgrading. Dormant olfactory receptors are being activated, helping you access fragrances that you couldn't before. So flower-sniffing will also benefit you, as you will unite with the plant kingdom and receive new vibrations from it.

Most plants, during the course of this year, are changing their properties. Many will offer themselves to the human race as new medicinal cures. Your scientists and chemists have only just begun to discover this.

This is the perfect year in which to use all forms of plant medication. Any form that pleases you: Bach flower remedies, natural herbs and roots, Ayurvedic cures, home recipes that have been handed down over generations and so on. We do suggest that you attempt to use these in as natural a form as possible, rather than buying company-packaged items. Over-synthesized plant products will not be effective.

Plants are also speaking very loudly to your pituitary and pineal glands. A new connection has been forged here. Because of this, many of you who already have a natural affinity to nature, and enjoy being outdoors in the woods or in the mountains, will feel even more drawn to them. Try and physically be outdoors as much as possible. If you have the option of choosing a country holiday over a city holiday this year, please do so. If you don't have that opportunity, connect with nature energetically. Sit in your room and mentally 'take a walk in the woods'. You will still benefit from this experience.

Won't the Pharma companies attempt to block the use of, for example,

medical marijuana? This has so many benefits.

Of course they will. But human consciousness is rising, and you have the option of defying them and trying it out for yourselves. Dear Friends, do not presume that we are asking you to eschew the use of allopathy. It still is greatly beneficial to you; sometimes essential. We are simply asking you to 'check within' and tilt towards natural cures.

Marijuana cures are now becoming very popular worldwide, despite attempted corporate and governmental suppression, because this magnificent plant is now 'making her voice heard'.

The Animal Kingdom: Here, human consciousness is being provoked to awaken to its mindless cruelty to animals in general. If this continues, the human race is going to suffer dire repercussions.

Find ways, individually, to connect to animals that please you. Find ways to help them. If, for example, you are particularly fond of dogs, then take the effort to do something that will assist them, in a manner that suits your structure. Become an animal volunteer. Donate money towards their welfare. Spread awareness on the net or in the media. Contribute in any way you can.

Let us now make a general suggestion; not a command...one that many of you will not like. But it is one that will greatly benefit humankind. Most people fear snakes. Yet this year, ***serpentine energy is of prime importance***, as it will further the evolution of the human race.

We suggest that you sit, from time to time, call upon serpentine energy and meditate with it. Do not make this exercise

scary. There is no need to even visualize a snake in your vicinity. That could just paralyze you with fear, and the exercise would then be fruitless. Instead, you could call upon generic serpentine energy, which does not have a form at all, and work with that instead. Try

this, and discover what it does for you.

Its function, this year, is two-fold. ***It will help you increase your wisdom and knowledge. Secondly, it will help you balance your masculine and feminine energies.***

This balance has been thrown out of whack by several planets going retrograde right now. This is causing many to feel very lethargic and unwilling to initiate anything. Others are rushing around frantically but are not able to accomplish anything. The serpentine energies will help you with this.

Last night I dreamt of snakes, and woke up feeling very uneasy.

Next time, welcome them in your dreams. You can even program the psyche, before you fall asleep, with words like “If I ever see a snake in my dreams again, I command the self to be fearless and to open to their energies.”

Find ways to be compassionate to animals this year. They are also upgrading very rapidly right now, and many species are feeling insecure and vulnerable. They need your support and compassion.

A few of you have an innate dislike of animals. Please introspect and ask the self why you are resisting compassion. Are you not being compassionate with the self, and with others? Just play with that one, single word: compassion.

Remember, the animal kingdom rarely functions out of balance; whereas the human race rarely functions *in* balance.

Birds: Make the effort to observe birds this year. They will not communicate with you directly, but ***by connecting with them energetically you will be inspired to ‘soar’, to rise above life’s issues, to find new ‘flight-paths’ and to explore new and exciting options in your lives.*** They will energetically help you free yourselves from the bonds of your own making.

The Crystalline Kingdom: is the most sentient and advanced of all the kingdoms of earth. It is energetically about 10-15 times more advanced than the human race, in terms of sentience, intelligence and magnificence.

Crystalline communication this year is beyond imagination. The crystalline mountains of Atlantis, that lie hidden at the bottom of the ocean, have now activated every single crystal on Earth. This includes the crystals you wear, those you have at home, those you use in tools and machinery and even those that exist in tiny chips in the walls of your homes.

All these magnificent crystals are now in full communication with their 'crystalline cousins' around the Universe. Universal crystals do not generally have a physical, dense form; most are ancient energetic entities of vast magnitude. Many of these are considered the Godfathers of your own Masters and Guides: such is the level of their wisdom and potency.

These Godfathers are using earth crystals to offer the human race upgrades; ones that will help you transition from the 3rd to the 5th dimension. Respect your crystalline friends: they are your energetic oxygen providers.

We do suggest that you wear crystals and even place some in your homes. Some of you may not feel inclined to do so. That's fine. But we do suggest that all of you connect with the Atlantean Crystalline bed and find your own, special mountain; one that 'calls to you'. All of you have partners there; a special energy conduit that will specifically suit your structure.

BLESSINGS FROM ST. GERMAIN

BE IN LIGHT. BE LIGHT. BE CRYSTALLINE.
