

Sohrab's Channeling

1st November 2018

THE ENERGIES OF DIWALI: 2018

THE IMPORTANCE OF THE HEART CHAKRA

Greetings!

See if you can experience the utter refinement of the light and vibrations in this room today. The energies are very light; yet powerful. Close your eyes, open to these energies, take them in and enjoy them. (Pause)

Continue to connect. Now visualize them as millions of tiny points of light, each very potent. (Pause)

These are the current year's Diwali frequencies. ***This festival is always about some form of illumination; this year it is exclusively about illuminating and energizing the heart chakra.***

We do suggest that you use these frequencies very consciously over a span of about two to three weeks. You may certainly use them beyond that time period, but we do urge you to do so now, perhaps once or twice a day, for a few minutes at a time. Just open and take them directly into the heart chakra.

The heart is comprised of several layers. The first is the physical heart. This organ truly keeps you alive. It helps circulate blood, oxygen, nutrition and energy throughout the body. The current Diwali energies will nurture and lubricate the heart, and will offer you the opportunity to truly be grateful to this magnificent organ; one that works ceaselessly and tirelessly throughout your lifetime.

Take a moment now (this is an explanation cum meditation) and be in gratitude to your heart. Please place your palms on your heart while you do this. Tune into your heartbeat. Every beat keeps you alive, functional, energized and blessed. Give the heart thanks and gratitude. (Pause)

The second layer of the heart is its love-quotient. This is actually not a layer, it's a flow. Yes; every single moment of your life you unconsciously tap into the Universal flow of love, *which is the exuberance of creation.* This enters the body directly through the heart chakra, is processed by you, and then spreads throughout the physical body and your extended energetic field. So now, take a moment and bless your love-quotient; the flow of divine love. (Pause)

See if you can truly experience love in any way that pleases you. Think lovingly of someone you adore. Or experience how much you love doing something that really pleases you, such as a hobby or activity. Or just love the self. (Pause)

The third layer is your connection with time, space, dimension and divinity. This layer facilitates your connection with your own higher soul, and your Masters and Guides. This layer instills in you a sense of excitement and wonderment about the Universe and all that exists in the Great Beyond. It also fills you with joy about your current incarnation. It connects you with Planet Earth and gives you a sense of gratitude to her for her bounty.

Take a moment and just be grateful for being so multi-dimensional and connected. (Pause)

Now comes the Higher Heart. *This fills you with the love, compassion, gratitude and joy that you experience in all your concurrent and simultaneous incarnations.* If, hypothetically, you have one hundred thousand aspects of the self incarnated in different time-lines and dimensions, the Higher Heart governs all of them.

Take a moment now and be thrilled that you are so multi-faceted.

Acknowledge the vastness of the self. Yes, in one existence you are most certainly the President of a country. In another, you are a grand healer. In yet another, you are a magnificent orator and statesman. In another, you are a techno-genius. In another, you are fulfilling a world mission. All of you experience all of this, and so much more.

Just acknowledge and appreciate the Higher Heart; one that coordinates and oversees all these magnificent aspects of the self.
(Pause)

The last layer that we will speak of today, which surrounds the Higher Heart, is your ability to create that which you desire: ***infinite creativity***. These are abstract frequencies; attempt to experience them. (Pause)

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

We do suggest that you work at inviting in the Diwali frequencies into your heart on a daily basis. You don't necessarily have to go through this meditation unless you so choose. You can just sit quietly, draw the light and vibrant Diwali energies directly into the heart chakra, and bless this area in silence.

Please know that, when you follow this process, you are simultaneously working for all of humanity. When you work with your own heart, you are, by default, blessing the heart of every human in existence. Imagine the service you are offering the human race!

It would also be preferable for you to actually place your palms on your heart chakra while you do this, just so that you align your conscious mind with the process that is taking place. But you certainly may choose to do this 'hands-free', if you so desire.

Some of you, while doing this practice, may experience a quickening of the pulse-rate, a pounding of the heart, excessive perspiration and a flushed face: none of this matters.

Those, worldwide, who continue to resist the flow of giving and receiving love from now till the end of the year, may experience uncomfortable, heart-related symptoms. If they severely resist this flow, they may self-create heart-murmurs, heart-attacks and other such heart-related issues.

Should you desire to serve them, do so by working *on your own heart* and simultaneously blessing them. And remember, when working energetically, you can as easily serve one person as you can one million. It requires the same effort. Your intent is all that counts.

Let us now have your questions.

You spoke of the layer of infinite creativity around the heart. How can we best connect to this?

Each person will find his or her own way of doing so, but we will gladly offer you a simple method. Get into light meditation. Visualize your energies moving up, up, up into the Universe, as far as they go.

Here, you will not see stars, planets and other celestial bodies. You are moving beyond the finite Universe, into the realm of infinite creativity. For your visual convenience, you may imagine it to be like the sky at dawn, filled with streaks of pastel light of multiple hues: oranges and reds and pinks and golds and yellows and whites.

Plunge into this abstract realm and play. Frolic. Here, there are no coherent thoughts; only energies and exuberant experience.

When going through the meditation just now, I experienced a merger of my pituitary gland with the heart. Was this an upgrade, or an imbalance I need to examine?

These new Diwali frequencies are actually merging the energies of all your chakras. We have specified the heart, as this is the point of entry in the human body, but when working here you are actually working simultaneously with every chakra you have, in full communion. And this does not only refer to *this* body and *this*

incarnation; ***you are actually working to merge the energies of all the chakras contained in every single one of your concurrent and simultaneous realities.*** You are unconsciously merging trillions of chakric points with one simple exercise.

BLESSINGS. MAY THE NEW LIGHT OF THE DIWALI FREQUENCIES BATHE YOU, EMBRACE YOU AND CREATE WITHIN YOU JOY, LOVE, LIGHT AND EXUBERANCE.

Today, no singular Master energy speaks. It is a combination of innumerable Master frequencies. So let us just say...BLESSINGS FROM THE COSMOS.
