

Sohrab's channeling

25<sup>th</sup> July 2019

## VIEWING THE CHAKRAS FROM A DIFFERENT PERSPECTIVE (Part 2)

Greetings!

Last week we gave you a different perspective of the major chakric points in the body. Today, let us speak of other chakric points in the body; again from a differing perspective.

Let us begin with these two points. (Sohrab indicates **the temple**; the indentations on either side of the forehead). ***These are psychic antennae: they energetically sprout out of your head like two radio antennae, and receive information necessary for you, individually. This information comes from your higher self, as well as from other aspects of the self that are not on Earth.***

Gently massaging or vibrating these two points, from time to time, is an excellent way in which to begin any form of meditation, connection or channeling. You will start to instantly download, from the Universe, that which you need at that moment in time. The information may come as words, impressions, feelings, thoughts or as pure energy.

These two points will serve you in many ways; they are not just for meditation and connection. You could use them while studying for an examination, or preparing for a business meeting or a court case.

Now let us speak of the **chakric point where the nose meets the forehead**; just above the bridge of the nose. ***This is a point that facilitates introspection.*** So, when you are perhaps examining your life, wondering how to better the self, indulging in self-analysis, examining issues and events that have happened in the past, wanting to upgrade the self, and so on...this is the point to first activate.

This point can be gently vibrated or lightly pinched repeatedly. It should not hurt you; but at the same time it should be strong enough to activate the point.

Now let's speak of an amusing chakric point: the very **tip of the nose**. ***This point will help you better 'smell out' people and situations.***

Let us give you an example: let us say that someone has come into your life as a financial or legal advisor, or you are about to hire a new staff member and you are not quite sure about their character and suitability. Vibrate this point and you will get an instant indication as to whether or not this person is the right one for you.

Please make sure that you *do not allow* this to make you judgmental. You are simply 'smelling out' if that person or situation is appropriate for you in the now. It does not necessarily mean that the person is dishonest or insincere.

Let us now speak of **a collection of points that run down the backs of your ears, along the seam where the ears join your head**. We suggest that you activate these points by rubbing them up and down, up and down. The 'highlights' of these points are the two indentations just below the earlobes.

***These points increase your perception of a person, situation or event.*** There are times when you ask yourselves a questions like,

“Why did this happen to me? It doesn’t make sense!” or “I just don’t understand why this person is behaving in this manner.” That’s the time to activate these points and re-examine the situation at hand. You will then begin to understand it from a wider perspective.

These points may require you to work on them for a minute or two before they are fully activated. But they also serve another purpose: they simultaneously energize the body.

Now let us speak of these two points (Sohrab indicates **the indentations to the left and right of the chest, where the shoulders meet the scapulae**). They are your personal, internal Libran scale; and are energetically attached to each other within the body. *They govern your yin-yang balance.*

Most humans are imbalanced from time to time. By massaging these two points, you start to bring your internal scales into balance. They are also very effective points to work on if you have a heart issue.

We do suggest you work on these two points on a daily basis, for under a minute at a time. You could do this with your thumbs or fingers. However, *do not* cross your hands over your chest and work on these points. Use your left hand for the left indentation, and the right for the right.

*Do we need to work on them clockwise or anti-clockwise?*

That does not matter. Let the body guide you. You may find this changing day to day.

*Both hands at the same time?*

Yes; preferably.

*What of these people who are born with heart-related issues?*

These two points would be ideal for them to use on a daily basis, to strengthen and energize the heart. This work may not cure this defect, but it can make for a healthier life.

Now let us speak of the **chakric point at the very center of the sternum**. Work on this clockwise. Start from the top, move your finger in a circle to your left, then to the bottom, then to the right and then to the top again.

***This is an extremely important, and one of the most powerful chakric points in your body. It connects you with those lifetimes and dimensions that are necessary to bring about integration and harmony in your current structure.***

So whenever you have physical, mental or emotional imbalances or trauma, instantly work on this point. You will be connected with those parts of you that are in perfect balance, and those energies will rush into your structure and bring about a new level of peace and harmony.

This is the perfect chakra to stimulate when you, or another person, are going through a panic attack or a bout of hysteria. Again, we suggest you don't wait till this happens; instead work on this chakra regularly.

Now let us speak of **the center of the palms**. We will refer to these as **The Jesus Connect**, for obvious reasons. But you do understand that we are not speaking 'religiously'. ***Massaging these points regularly helps you integrate love, compassion, understanding, tolerance, non-judgmentalism, nurture and embrace into your***

***lives; and into the lives of those around you, when you activate these points and then lay hands upon them.***

These are beautiful points to randomly and casually massage when you are sitting and watching television or chatting with a friend. They can also be activated by vigorously rubbing the two palms together.

These are not 'quick-fix' points; they work long-term and slowly instill in you, over time, higher and higher degrees of these beautiful qualities.

Now let us speak of **the knees**. These should be lightly tapped, preferably sitting upright with your lower legs at right angles to your thighs. ***This process brings about a sense of self-sufficiency and self-support.***

These points should be worked on when you are feeling rootless, physically or mentally or emotionally unsupported, and alone in the world, and so on. Use the middle finger to lightly tap the center of the kneecap. Yes; you may also caress the knees in a circular motion with your hands. But then tap and caress, tap and caress.

You will start to truly believe that the Universe is within you, and that you are fully taken care of, no matter what happens. These are excellent points to work on when if you have just experienced deep emotional loss, like the loss of a loved one, best friend or a relationship.

Work on these points when you are also feeling abandoned by life, not successful enough, a 'failure' and so on. Or when you are feeling unloved.

Now let us speak of **all the chakric points on the soles of the feet**. And ***the best way to activate these myriad points is to walk barefoot on grass***. Yes; this may not be easy for most city-dwellers. So you can also walk barefoot on the floor and visualize energetic lush, green grass under your feet.

***These points, collectively, help you discover who you really are. Over time, they increase you levels of self-worth, self-acknowledgment, self-appreciation, self-love*** and so on.

Let us now have your questions.

*You do get special beads to rub on the soles of the feet. You also get specially-designed slippers with rubber spikes on the base; ones that are meant to stimulate the chakric points on the soles of the feet. Will these serve as well?*

Yes; these will help to a degree. But the highest stimulation comes from grass, or from the ground.

Why grass? Yes; you certainly benefit from walking on soil or on the beach. But grass has an energetic potency that is particularly beneficial to the human body. It has intense healing properties as well.

*What of the backbone?*

From an energetic perspective, all the chakras in the **spinal column** act as a unified energetic wand, connecting you to the ‘magic’ of the Universe. Most of you, as Lightworkers, are inherent energetic explorers who thrive on exploring the unknown and gaining Universal knowledge and wisdom. You also want to know more and more about other lifetimes and dimensions; as well as further your

understanding of the Spirit realm. Many want to know what's happening under the surface of your planet, or at the very bottom of the Ocean.

To do all of this, you could activate the spinal column by visualizing energies rising up and down it, faster and faster, till it becomes a blur of buzzing light. Now that the wand has been activated, simply connect and go on your energetic journeys.

We remind you that we are not negating all that you have previously learned about the chakric system; we are simply adding another dimension to your knowledge.

JOY, LOVE, LIGHT AND THE BLESSINGS OF MAHA AVATAAR BABAJI.

(This was followed by a guided healing meditation for the self and for Planet Earth)

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