

Sohrab's Channeling

15<sup>th</sup> August 2019

THE NAVROZE ENERGIES OF 2019

ATLANTEAN CRYSTALLINE ENERGIES

Greetings!

The Navroze energies of 2019 have a very specific mission. Needless to say, they are joyously for the benefit of *anyone* on Planet Earth who chooses to summon them. They are certainly not reserved for one community alone.

This year, they will help you forge a new and upgraded relationship with your own body. ***They will serve you in healing, aligning, balancing and upgrading the body, in any way you desire. Yes, this refers predominantly to the physical body; but quite naturally your mind, thought-processes and belief system are also aspects of the body.***

We suggest you use these frequencies greedily: sit back and gorge on them. You can't overdose on them. Enjoy them repeatedly. Bathe in them and direct them to body parts that are diseased or in discomfort. While doing this, mentally project how you would like the body to change. Focus on a renewed state of health, or energy or even body shape.

We also suggest that you direct them to the brain, pituitary and pineal glands; urging this whole area to specifically guide you to manifest that which is perfect for you during this year.

The thrust of these energies will continue for a full year: you have a 12- month period in which to enjoy them, work with them and benefit from them.

However, ***please be aware that if you try to take your body into areas which are not appropriate for the self, the energies will guide you elsewhere.***

If, for example, a woman is working towards being a size 0, and that is not appropriate for her, the Navroze frequencies will not permit this, as it would then throw her overall energies out of balance. They will, instead, guide her body to a size that is conducive to her health and well-being; and at the same time, they will also help her mentally understand and accept this.

This refers to cosmetic changes, **but when it comes to your state of health, there is no such thing as 'being too healthy'**. Everyone deserves to be in perfect health. Work towards that joyously.

These frequencies will enter the body from different areas on different days. Do not assume that they will always come in through the crown chakra. And on some days (assuming you work with them regularly) you will feel a strong flow, whereas on other days they may seep in gently. Please be guided by the frequencies themselves, as once you have called upon them, they will work with you in a manner most suited to your structure on that particular day.

Some of you may find these energies slightly disorienting, especially when you draw them into the brain, pituitary and pineal glands. So make sure you are physically comfortable and secure when you do so. Don't draw them in while you are walking on the street, for example.

You may joyously pass on this information to others as well. Help them understand that they do not have to sit down and visualize the prophet Zoroaster; they just need to call upon the generic **Navroze frequencies of 2019**. Yes; be specific here.

In general, these frequencies will work at a pace suitable to your individual bodies, and they will make you feel wonderful. Enjoy them.

*When you said "Working with these energies in the brain, pituitary and pineal glands", do you mean consciously or unconsciously?*

It could be either. If disorientation or dizziness occurs, it will probably happen when you are consciously drawing on the energies. But once you have made the command, the energies will keep working with you unconsciously. Should disorientation occur, take a few moments to breathe and balance the self.

*If you overwork, put in long hours, and then feel disoriented, would that be because of these energies, or is that just a physical reaction?*

That would be the body's physical reaction. In fact, that would be the perfect time at which to consciously draw on these energies and command them to energize and revitalize the depleted body.

Friends, you may use these energies in any way you wish. If, on a certain day you find the self hyper and high-strung, then use them to calm you down. On another day when you feel low and lacking in vigor, use them to pump up your energetic quotient.

***These energies have been commandeered by the body of Planet Earth; they are very specifically for her benefit and naturally for all her kingdoms, including the mineral kingdom.***

***You will also find differences in the structure and behavioral patterns of animals, birds and insects this year.*** There will be mutations, personality shifts and new behavioral patterns that emerge. Some will get more aggressive; others calmer. Many will experiment with different foods and begin varying their diet.

We remind you that the animal, bird, plant and insect kingdoms flow with new energies, unlike the generally resistant human race. So it will affect them more visibly than it will the human race.

Now ***let us speak of the mineral kingdom.*** The crystalline bed of Atlantis has always existed under the ocean: a series of mountains and valleys, hundreds of miles long. Some of the mountains are the size of Mt. Everest; others are as small as the crystals you have in your homes. Yet each has great potency. The crystalline bed has remained energetically shielded from the human race, as if man discovered it, he would currently misuse it, and this cannot be permitted.

The frequencies have lain dormant for millennia, yet they started re-activating about 7-8 years ago. They are now at a very high vibratory level. So these energies, coupled with this year's Navroze energies (which is helping Earth's body) are going to be felt more and more by the human race.

Tune into them. Where their physical location is doesn't matter. Tune in with your psychic senses. Tune in, if you so desire, through the crystals you have at home. Yes, these crystals are fully connected with their Atlantic home-bed.

(Addressing K.) This year, be careful when you sell crystals to clients. Your intuition is necessary. Sometimes a client may unwittingly choose an unsuitable one. It is your duty to advise them what will best suit their structure. However, if they still insist on one that you have advised against, let them buy it. They may need an energetic experience that the crystal will then offer them.

We also urge all of you to be alert, this year, to jewels and crystals that you wear: some may suit you on a particular day, and make you uncomfortable on another day. The same goes for the crystals you have at home. Some may need to be moved around from time to time. Others may indicate that they need temporary rest in a dark cupboard. Listen to them.

*You spoke of the energies of Navroze working for Planet Earth. Could they also be responsible for current floods and earthquakes?*

Completely and totally. All her physical movements are being governed, this year, by these energies. But not all of it will appear to be destructive. Some of the new construction, such as building, bridge and even the creation of new cities, will be governed by these energies.

THE ENERGIES OF THE WIFE OF ZARATHUSTRA, THE DOGDO, BLESS YOU.

(Sohrab shifts energies)

Dear Friends, let us remind you that the veils between Earth and the spirit realm are very thin right now, and have been so for a while now. This upcoming week is one in which they will be extremely rarified.

There will be constant visitations in every home worldwide. 99% of the human race will be oblivious to this. Be the 1% that connects with these friends. Visitors will come in hordes, in the form of loved ones, Masters and guides, and even the higher souls of loved ones who are alive on Earth. Your homes have visitors 24

hours a day. Open, open, open; without fear.

Open dialogues with them. Talk to them, listen to them, and enjoy yourselves. Don't waste this week. This is an approximation; it may last up to 10 more days. Most are simply coming with love, so do not fear these visitors.

Even if resolution is still necessary with some of them, they may come to provoke you to work at it, so that you rid the self of unnecessary baggage. But even these souls are coming with love. They are offering you a gift.

Enjoy the visitations.

Take a moment right now, and think of a few loved ones. Open to their frequencies. (Pause)

BLESSINGS FROM ARCHANGEL MICHAEL

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