

Sohrab's channeling

13th February 2020

PHYSICAL RECALIBRATION OF THE BODY DURING FEBRUARY AND MARCH 2020

A SPIRIT TEAM TO FACILITATE THE PROCESS

THE POWER CENTER

Greetings!

We ask you to begin by being silent for a moment. (Pause) Now turn to your left and your right, and silently bless the person sitting on either side. (Pause)

Please be aware that ***during this month and the next, a lot of shifts are going to take place in the physical body.*** On occasion, it will manifest as a physical release; but much of the time it will be an energetic shift.

People worldwide are being recalibrated. Each of you has a team of spirit workers, invited by you at the higher-conscious level, to facilitate this process. As of now, their focus is on the physical body. It would, therefore, be beneficial to you if you opened to this wondrous team on a regular basis, and allowed them conscious access to the physical body. This could be done before you fall asleep at night, or in meditation in the morning.

This process *could* cause temporary releases from the body. Do not worry if you start sniffing, sneezing, or develop mild diarrhea; the release, if it happens physically, is very necessary for you. ***Planet Earth herself has demanded a recalibration of the self.*** As she shifts and upgrades, so must you, and so must all her other kingdoms.

The recalibration could also leave you feeling (at times) confused, forgetful, and disoriented. At other moments, you may suddenly feel very charged up and

energized. Try and align with the feelings. When you feel fatigued, try and rest. And when you feel energized, go about your daily activities at twice your normal speed.

This recalibration of the physical body will upgrade your blood flow, organs and musculature. You will, if you tune in to the self, find areas that feel rather weak and others strong.

Right now, tune in to the body with eyes closed. Check which areas of the body are feeling a little weak or sensitive. This could be one or more areas. Identify them. (Pause)

Now invite your personal team of Lightworkers, your spirit healers, to work on these vulnerable areas. (Pause)

You can do this at any time you so choose.

Today, we would also like to teach you how to identify your *physical* power center. Let us explain this. Most humans have their physical power center somewhere here (Sohrab points to the solar plexus). This is the area from which you move your body forward.

Felines, in general, have them here (pointing to the hara chakra). If you observe a cat or a tiger walking, you will notice that the impetus to do so comes from this area. A large orangutan with a strong chest would have it much higher up, at his sternum.

An athlete who runs or does gymnastics generally has his power center (like the cat family) around the hara chakra; whereas another athlete who is an oarsman, weight-lifter or a javelin thrower would emulate the Orangutan.

We repeat: we speak of the physical power center, not the spiritual one. And humans generally have it around the solar plexus. However, during the course of the next couple of months, you may find your power centers occasionally moving, as the physical body is being restructured and recalibrated.

It would therefore be advisable to first identify the current position of your power center, expand it and then invite your team of spirit healers to work through it. It is most likely to be at the solar plexus; but from time to time you might find it

moving to the strangest of places.

If, for example, you are in great flow on a certain day, it could have moved to the nape of the neck, third eye or the crown chakra. If you are suddenly filled with love it could have moved to the heart chakra and if you are very relaxed and grounded, it could be temporarily in the root chakra.

This team is a wonderful group of between 5 and 9 spirit helpers; ones you have appointed at a higher-conscious level to work with you during the year 2020.

The world in general will not be conscious of this information; you are the lucky few. Don't waste it.

Some spirit helpers may be Masters and Guides with whom you are familiar; others may be Universal beings whom you don't consciously know in this lifetime. So trying to identify or label them is unimportant; simply welcome them as a team.

You may, however, intuit if your team comprises of 5, 7 or 9 helpers; it will be one of these three choices. Do not assume that 'more is better'. For example, your structure may better respond to the sacred geometrical significance of 5, instead of 9. Welcome them as your friends.

They will be with you 24 hours a day for this entire year. ***They are working with the physical body as of now. As time goes by, they will shift focus and work with the emotional, mental and spirit bodies.*** So enjoy the process and if you currently have a physical issue, feel free to invite them into that part of the body to assist you.

You may wonder why we are stressing on the physical body, as you know that all the energetic bodies are interconnected. Indeed they are, but for the human race, the easiest way to facilitate the recalibration is through the physical.

Listen to the call of your bodies very carefully over the next two months. If you feel internally urged to take a walk, please do so. Don't put it off. If you feel the need for extra rest, climb into bed and have a nap.

The body is also likely to need supplements during this period. In a few cases, these may be medical supplements; but in general they will need natural ones. So listen carefully and if you find yourselves craving sweets, or carbohydrates, or

proteins, please give the body exactly that...with no guilt.

The body may also crave external stimuli like a massage, or a certain kind of body lotion, or a change in your soap or perfume. Again, listen to it and follow through.

The body may also urge you to visit certain physical spaces to garner external energies. You might suddenly feel inclined to go sit in a church or temple for a few minutes. Or visit an old, forgotten friend. Or re-visit a place of the past. Or walk on the beach. It is not the mind playing tricks with you; it's your body requiring energies from these spaces.

Do all of this and you will find the physical body getting very powerful over the next couple of months. This period is also an approximation; it could spill over into the third month.

Let us now have your questions.

Does this apply to the whole human race?

Yes it does.

If the power center moves, will it only do so along the chakric system, or can it move into an organ?

It could do so; but the likelihood is that it will move up or down along the basic chakric system. It could, if you are in full flow, even move into a higher chakra above the crown.

Can we have two power centers in our bodies?

You actually have three. You have one main power center (which is what we want you to focus on right now). The other two are subsidiary ones which support and feed the main center. Right now, please focus on just the main one.

How would we know for sure that it is out of the body?

This is very unlikely to happen. But if you just can't locate it in the body, and also feel extremely connected or 'in flow' at that moment, then check outside.

Could it sub-divide and move into both palms?

That is generally where your two subsidiary power centers reside. But it is extremely unlikely that your main power center will do that. A pianist or a hands-on healer *who is in absolute flow* may do this temporarily, as he or she uses both hands in perfect synchronicity; but do not now assume that all pianists and healers have sub-divided power center that permanently reside in their palms.

Please close your eyes, center yourselves, and locate your power center right now.
(Pause)

Open it up. (Pause)

Intuit if your spirit team consists of 5, 7 or 9 members. If in doubt, by default go to 5. (Pause)

With your power center fully open, and your beautiful team around, open up to blessings, healing and alignment of the physical body. (Long pause)

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

Let us answer the thoughts of several people in this room: *“May we do this for another person?”*

The team is exclusively for you and your personal recalibration. You may, of course, continue to send love, light and healing to others as you have always done; but this team is for you alone. You may, of course, share this information with others so that they open to their spirit teams.

The only exception to the rule is this: you are permitted to act as a surrogate for children under the age of 5, or for any person who is mentally incapacitated and unable to do it for the self.

In these two cases, you have their higher soul permission. But at the same time, you must understand that the higher soul will permit healing and recalibration to the level that is appropriate for the incarnated being.

What of animals?

Animals are already doing this intuitively for themselves; so you don't need to do it for them.

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

(Sohrab shifts energies)

A SPECIAL BLESSING FROM THE ENERGIES OF MEHER BABA.

Meher Baba warns you that he is going to 'get on the case' of all those of you who are lazy. He is going to get you to exercise in some way or another this year, so you had better watch out! (Laughter) But naturally, he will help you do so in a manner suitable to your structure.

Resistance is futile; the Baba is very persuasive! (Laughter)

BLESSINGS.

Sohrab's note: The meeting ended, as usual, with the group sending light and healing to various names that had been read out at the onset of the session. During this process, Sohrab got a message from the Master, asking the group to help a certain N.K. pass over. The soul itself was asking for help to facilitate a smooth passage. The group did so. The gentleman in question passed over three days later.
