

Sohrab's Transcript

21<sup>st</sup> March 2013

GUIDANCE FROM:

Maha Avatar Babaji  
The collective of Persepolis  
The Ganesh Collective  
The Group Collective

**NEW SOLAR PHOTONIC IMPULSES  
NEW LUNAR ENERGIES  
CHANGES IN THE MENTAL, PHYSICAL AND EMOTIONAL  
BODIES  
SHIFTS IN RELATIONSHIPS**

Greetings! Several Master energies offer you blessings, guidance and universal love today. But to receive this, there is a catch: you have to participate in the procedure.

Let us begin. Take a moment and deem yourselves worthy of these blessings. First, allow those customary dismissive thoughts to arise: "This is not possible!", "How can the Masters be blessing me?", "Others will receive the blessings because they are so connected, but I am not" and so on. Acknowledge these thoughts, and release them.

Deem yourselves worthy of the blessings, and remember, you will only receive the energy of the blessings to the degree that you deem yourself worthy. The choice is yours. (Pause) Yes, you are now relatively ready. There are still a few who are not quite comfortable with this. Take a moment and just accept them as your divine right.

The First of the blessings comes from the energies of the ***Maha Avatar Babaji***. Activate a point, any point, within your physical body. Choose it and activate it with the energies of Maha Avatar Babaji. It does not matter whether you know who this entity is or not. Just open to his power.

Now, command the chosen point and its energies to work with you specifically, over a period of six months, starting today. Command these energies to help you identify and work through any issue in your life that you now choose to address.

This could be a personal issue, a situation that seems insoluble, a work-related problem, or a personality trait that you wish to modify....it could be anything at all. But direct these energies to address that one particular issue specifically. Make your choice now. (Pause)

Many are holding back: it is your divine right to refuse the help of these energies, dear friends; but make sure it is a willful choice on your part, and not because you are fearful. (Pause)

Understand that you have now given the Maha Avatar Babaji the implicit energetic permission to work with you on this issue. You have signed an energetic contract with him, and he will do everything in his power to help you fulfill it.

Please be aware of this issue, and add to it your own endeavor over the next six months. Call upon the energies of the Maha Avatar Babaji every single time you work with it. Be aware that there may be explosive moments that propel you forward, particularly if this is a stubborn issue. Do not fear these moments: ride them like a rocket. Blessings!

(Sohrab shifts energies)

You are now greeted by the ancient energies of Persepolis. These energies are not an entity, but a collective. A collective of pure wisdom, knowledge, awareness, art, creativity, and magnificence.

Bathe yourself now in these energies. If you so choose, you may experience them in color, light, and vibration. Cleanse and wash every single part of your body with these energies. Fill with them.

As you do so, allow the self to release unwanted debris. Command these energies to take you to new levels of self awareness, universal knowledge, and wisdom. Command them to increase your understanding and acceptance of your mental,

emotional, physical and spiritual lives. Command them to facilitate a joyous flow between every single part of your parallel, simultaneous and concurrent selves.

Now draw these energies gently into the brain, pituitary, pineal, crown and third eye, and cleanse these specific areas. And so it is, and so it is, and so it is.

***Blessings from the Persepolis Collective.***

(Sohrab shifts energies)

The Third Blessing you are to receive today is from the Ganesh Collective. Open joyously to the energies of abundance, self-awareness, humor and wisdom.

It is your divine right to be abundant, to live in full self-awareness at every moment, to experience the humor that abounds within your soul and to embrace the universe. Enjoy the Ganesh energies on this day of spring.

***Blessings from the Ganesh Collective.***

(Sohrab shifts energies)

And now, open and receive the blessings of your own extended selves. Open to the omnipresent YOU, which spans timelines, dimensions and realities.

WE command you to open joyously to the blessings of the self. Take these energies into the physical body. Heal the body, shift it, change it, vibrate it, energize it, and command it to flow with your own energies.

Command the body to shift, change, and heal: specify a realistic time-frame, and make it so! And so it is, and so it is, and so it is.

***Blessings from the Group Collective.***

Breathe, relax and take a moment to return to full consciousness. Be in the fullness of this, the Now!

We have a few tasks for you to perform this very evening. This is not a command; but a sincere request.

The first task is this – before the end of the day, use your intuition and make contact with a person with whom you ‘need to speak’. Attempt to do this face-to-

face, or over the phone. If that is not possible, you may then message the person, or use the internet.

Centre yourselves before you make this call and just joyously greet them. As the conversation continues, tell them what is in your heart. You may find yourselves blessing them or you may find yourselves bringing up an issue that needs to be addressed.

The second task is this – from now till you fall asleep tonight, celebrate the self and everything around you.

When this meeting ends and you enjoy your tea and snacks, savor each sip and mouthful. Appreciate its flavour and nourishment. All your food and drink today is being specifically blessed.

Our third request - after this meeting is over, hug at least two people heart-to-heart. Do not make this tentative; give the person a warm, generous, meaningful hug. It does not matter if you hug a friend or a stranger; do this with equal fervor.

This is being requested of you because all of you have very high energies that have been infused into the heart chakras. Each of you is overflowing with light. With this hug, both persons will be further activated, and the energies will be urged to flow into other appropriate areas in the body, and simultaneously distributed to others around the planet.

(Pointing to two group members whose children were about to be married) Dear friends, your children are blessed.

Dear friends, today is an extremely important energetic day. Your Great Central Sun has begun to release new photonic impulses. These impulses go beyond your understanding of solar waves and solar flares; they contain consciousness from all Universal societies.

As Planet Earth is energetically 'hungry', she has demanded an extremely high dosage of these energies. Even though you are all now energetically sensitive, you will not initially be able to 'feel' these energies; but in time you will.

*There is talk of a comet that may, in the future, hit New York. Is this related to the event you have just described?*

Comets, meteorites, shooting stars, and other such fast-moving celestial bodies are generally used to either disperse or re-direct the flow of certain Universal energies. The trajectory of a comet, for example, channels energies in a particular direction, and re-distributes it along its path. Now, not all comets do this, but your scientists will shortly observe several functioning in this manner.

Your own Moon has been vibrating at a differing frequency for a while now. Your scientists will begin to observe shifts and changes in the tides and in earth's polarity.

If you tune into your own bodies, you will also observe an inner difference: your heart is beating at a marginally different rate, and the vibration within the blood and other fluids in the body is also different.

Take a moment now, close your eyes and relax your bodies. Breathe and relax. Connect with your bloodstream: with every vein, artery, and capillary in the body. Tune into the vibration of the blood. Experience an inner vibration. (Pause)

Now extend this to the rest of your body. Are you experiencing an inner tingling? Heat or cold? A new vibration? (Pause)

Now turn your inner attention to the vibration of the brain. Do the same here. (Pause) Now return to full consciousness. See how easy it is to tune into the body?

The new lunar impulses are going to shift the polarity of Planet Earth, and therefore the polarity of your own bodies as well. Be alert to this in the future.

*Could you please give us an example of this?*

If, for example, you generally work with masculine energies, you may find a new rise of the feminine within the self. If you are generally calm and cool, you may find yourself exploring the more energetic, explosive sides of your personality. A person who is perennially quiet and reserved may suddenly 'find his voice' and speak out. A scattered person may find a new level of inner peace and balance.

As these shifts occur, you may feel rather disoriented, as you are not accustomed to exploring these aspects of the self. In some cases, you may not even be aware that they existed within you.

Continue to observe the shifts and changes. Flow with them, instead of resisting them. You may need to temporarily go to another, unaccustomed extreme, before you find your new balance.

These shifts are likely to continue for another five to six months, after which there will be even more shifts, which we will discuss at the appropriate time.

Enjoy your evolution. The next 5 to 6 months are going to be ones of GREAT change, if you permit this to happen. It is unfortunate most people will attempt to block or stem these changes, as they will not want to move out of their comfort zone.

The more you attempt to block the shifts, the more uncomfortable and disoriented you will get. So simply enjoy them, and flow with them.

Let us give you a practical example to help you understand this.

If you are a perennially suppressed, quiet person, accustomed to bottling up your feelings and opinions, you may suddenly find that, over the next few months, you start to speak out explosively. You might find this unfamiliar anger and aggression very disturbing, yet impossible to contain.

If this is the case, rather than attempting to suppress it, instead find a way to speak out in a balanced and expanded manner. But speak out you must, otherwise it will burst out of you.

You cannot stem the flow of the new energy, but you can channel it in any manner of your choice.

*Did these changes start about a week ago?*

Some did, as recently as that; yet others started several months ago. The effects will now be discovered, and the intensity of the changes has been increased from today itself.

*If our heartbeat and pulse rates change, how will this affect the physical body?*

These changes, and others like these, will cause shifts in the physical, emotional and mental bodies alike. You will now find an inner desire to change very quickly.

Your brainwaves, patterns, thoughts, behavior, decisions and choices will now alter. You will feel impelled to think on your feet and act 'in the moment'. You will get bored and frustrated if you try to mull over a decision or a problem for an extended period of time.

Your beingness will urge you to function and act in ways in which you are not very familiar. Not all decisions will necessarily be taken 'on the spot'; but your very way of approaching them will now be different.

If you align with the new speed and the inner changes that are taking place, you will also be aligning with your ever-changing polarity. You will then experience the blossoming of a new, vital, exciting 'you'. It will just feel right.

Most humans will resist these changes, and attempt to work in old, familiar patterns, and at an old, familiar pace. This will not serve them: they will feel off-balance, uncomfortable, disoriented and 'stale'.

Please understand that all aspects of Planet Earth are shifting in polarity, and also quickening. All the kingdoms are undergoing the appropriate shift for self.

*Can you point out any one aspect that the human race will primarily be working on?*

**Responsibility!** All of you are looking at this aspect, in relation to your own lives. You are now being urged by the inner self to be more responsible with yourselves, what you eat and drink, how you function in daily life, how to take care of the needs of the self, and so on. As your awareness in this area rises, you will then feel impelled to take responsibility for what you create around you, how you interact with the world in which you live....social responsibility.

Those who continue to shirk responsibility towards self and their environment will now start to experience destruction within and around the self. This could manifest as diseases, or the apparent collapse of external circumstances like jobs, home comforts and relationships.

*This almost sounds like a 'punishing Universe'!*

***Dear friends, you are now far too evolved and educated to make statements like that. You now have to learn to take responsibility for what you create, within***

***and without the self. The Universe does not punish or reward; it simply reflects your self-worth. And you have now come to a stage of evolution where ignorance is not an acceptable excuse; as you are no longer ignorant.***

*I have noticed recently that there seems to be great changes in patterns of friendships and relationships.*

Most definitely. Everyone is evolving at a uniquely fast-paced, yet different rate. You will find, over the next six months, major shifts in these areas.

Examine yourselves: haven't you noticed that though you may still socialize with various groups of people, some of them now bore you? And others seem even more attractive than before? And there are yet others with whom you feel urged to communicate, yet you don't make the effort to do so? Why is this happening?

Different people, or groups of people, are evolving at differing rates. You now have to actively seek out those who are either vibrating at your rate, or at a slightly higher pace, so that you are 'urged' forward.

Do not misunderstand these words. This does not mean that you are superior to those who are not vibrating at your frequency; nor does it mean you cannot interact with them. Of course you will, and you must.

You now have to learn to be multi-vibrational. In other words, you should be able to vibrate at a high and a low frequency and all frequencies in between. You have to learn to increase the spectrum of your vibrations. But align your frequencies to those who are of your level or a little higher.

Look at this very practically: as an adult, you are naturally more challenged and stimulated when you converse with other like-minded adults. But you cannot ignore the young, budding mind of your 5-year old! It is your responsibility to also reach out to him, and to inspire him to grow and evolve.

*So what happens when I am vibrating at a totally different level from my husband?* (All laugh)

This is going to be the norm, not the exception! (More laughter)



Each family unit energetically 'appoints' and energy leader, an energy beacon, to propel the family forward. This could be the husband, the wife, or even the newborn baby.

The leader's function is to urge the family energies forward. Yet the leader also needs impetus to move and grow: this may come from an outside source, such as a friend, teacher or mentor. In the case of a baby, this may come from a spirit guide.

*As a healer, I have recently been working with many patients who have cancer. Even though I do everything I can to protect myself, I still have moments when I worry about picking up those energies.*

Dear one, the recent spate of cancer patients are coming to you for two primary reasons. The first is because you are the perfect person to help them. The second is to help you overcome these very fears.

Do what you must in the fullness of self, with no doubt. Get stronger, and then drop your protection. DROP YOUR PROTECTION. But you can only do so when you know, beyond a shadow of a doubt, that you don't need it.

Until that time, bind yourself, protect yourself, shield yourself, and enjoy your fear. (All laugh)

Dear friends, you cannot really drop your protection till you truly believe that you do not need it. But here is the paradox. The more you bind yourselves, the more you will attract those very energies.

The shift can only happen in the fullness of the self. This fullness does not come from external shields, or inner radiance, or your demands to Masters to be with you. It comes from a calm, quiet, balanced, gentle inner space, which just flows with no effort whatsoever.

***You now have to go beyond belief...into a space of inner certainty.***

*(G speaks) May I please share something with the group? When I was a young girl, my best friend's mother died slowly and painfully of cancer. This instilled in me a lifelong fear of the disease.*

*Recently, a very close family member also got it, and I now know that this beloved person is serving as a great teacher in my life, helping me face it squarely, without fear; but instead with positive energy, hope, love and compassion.*

*When I came to the realization that I truly wanted to overcome this innate fear, I also aligned with Silla's energies. For me, she is the personification of Mother Mary on earth: she works daily with cancer patients, offering them her strength, her love and her compassion. She has absolutely no fear of 'contamination'.*

*I urge anyone who shares this fear to meditate on Silla's energies: simply align with her. She is a tower of strength and compassion. Your fears will evaporate.*

You are right. Thank you.

Dear friends, please remember our instructions to you: eat and drink in joy, and make contact with those whom you intuit you need to.

For those who read this at a future date, the same applies to you at that time. You have not 'missed an opportunity' at all!

(To S) Science has to come through you with great force now. Prepare yourself, over the next six months, to be a scientific medium. Offer the information you receive to others. You are now in official training to be a scientific medium. Please heed the calling of your own higher soul.

(Addressing the group) Dear friends, send out love, light and healing to every single cancer patient on earth. Do so with no fear whatsoever. Do this in the fullness of the self. (The group does so)

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

YOU ARE EMBRACED AND BLESSED BY ST. GERMAIN

BLESSINGS AND JOY FROM MEHER BABA.

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