

9th January 2014

Sohrab's channeling

A MONTH-BY-MONTH DESCRIPTION OF THE ASHTAAR ENERGIES BEING OFFERED TO THE HUMAN RACE DURING 2014

GENERAL GUIDELINES FOR 2014

NEW BREAKTHROUGHS AND CREATIVITY IN ALL FIELDS

Greetings from the Ashtaar Command!

It is with joy that we greet you today. We have a specific task to carry out during 2014, as demanded by the higher consciousness of the human race. Let us outline this task, so that you best work with it: your active participation is requested.

The human collective consciousness has requested us to work, very specifically and very carefully, with the brain, pituitary and pineal glands during this upcoming year. We will be fine-tuning these areas, with your higher soul permission, month by month. Do not hold us to the day, as the energies may spill over in either direction, but we are speaking of approximate monthly upgrades.

During January, we will be working with these areas to help you refresh and renew the self. You have demanded this, and we are more than willing to comply with this request. The energies of refreshment and renewal give you the opportunity, when you exercise your brains, to review the self in any and every way you desire, and to take it into a new space of expansion and enlightenment.

During this month, therefore, if you review your life, and episodes from childhood or other lifetimes, you will be able to better understand them and see 'the larger picture'.

If you have a perennial childhood event, for example, that has continued to plague with you pain and trauma, review it during this month. You will find that you can view it from a wider, more understanding, and more complex perspective. It will suddenly start to make sense to you, and you will read into it much more than you did in the past. You will begin to understand why you created it in your reality.

The most important aspect of refreshment and renewal is an understanding, which is slowly seeping in, that you are no longer bound by the past. ***Past lifetimes and past karma have no bearing on the new you, if you choose to believe it.*** If you choose to believe it.

Let us look at this more closely. Of course the influence of a painful, or joyous, episode from the past has contributed to who you are today. It has helped you grow and evolve, and has brought you to a new level of expansion. That will remain. But its *energetic hold over you* can be released with one decisive thought.

You can now decide, for example, that the hold that a childhood rape had over you all this time is now over, and it will be so. You will not forget it. The memory will never be wiped out; but the intensive, debilitating energetic grasp that it has over you can now be instantly erased.

So many on planet Earth still believe that they are being punished by the Universe for past misdeeds and misbehavior. Not at all. What has already been studied has been assimilated, and you have the right to move to the next level of personal education. The past does not need to be continually carried forward.

Do not be glib here. We are not asking you to block out past events, or pretend they never happened. Choose instead to fully learn from them, then leave them behind and move forward.

If you choose to believe that you are still bound by your past trauma, then it will be so; not because the past energies have carried forward, but because you are simply recreating the same trauma in the current moment. It is not the bondage of the past; but the bondage that you are creating in the 'now'.

Let the past go. Refresh and renew.

February will lead you into a space of personal enlightenment in relationships. We will be working with those portions of the brain that deal with this specifically.

During this month, choose to review all your relationships: inter-personal, inter-family, your relationship with your job, your home, your country, and naturally, yourself. Do this, and you will find a new and joyous union taking place in a very different way from the past.

With honest reviewal, you may find that some relationships need to be ended. Others may need to be mended. And yet others initiated.

If you need to release a relationship, let it go smoothly, easily and with your blessings. During this month, we urge you not to attempt to hold onto anything too tightly; be it an obvious relationship, an object, a belief structure, a pattern, or a situation. If it must go, bless it and release it joyously.

Simultaneously, open to the new gifts that you will receive. Here, we refer to physical, mental, emotional and spiritual gifts. New ideas and behavioral patterns will emerge; new opportunities will come your way. You may find yourself surprising, even shocking, the self. Welcome these equally freely, without resistance.

All of this will occur as we will be specifically targeting your brain patterns and pathways.

March and April together take you into a new space of personal decision-making, awareness and precision. You will find, during this period, that your mind is extremely sharp. You will be able to view situations and events with a newfound clarity. Use this to your advantage. Make decisions, and joyously follow the path you have chosen.

This is not a period during which you should vacillate endlessly. Weigh your options, think and feel them out, unite with your higher soul, and make a firm choice. Walk that path joyously; ready to explore what it brings to you in the future. Be clear, sharp, and precise.

Understand that no decision is permanent: it is for that moment, and it has to be right for that moment. Another point of decision-making may arise very soon after, and once again, follow the same procedure here.

May leads you into a beautiful month, during which you will all be working with emotions. It is a month of energetic water flowing through the brain, pituitary and pineal glands; very carefully monitored by us. This energetic water will help you clear old emotional debris, and will infuse you with a new emotional quotient. You will then be able to reach new emotional heights, self-awareness and internal flow.

During this month, it would be ideal if you could interact with physical water as much as possible. Swim, walk on the beach, enjoy the process of showering more consciously and fully, and most definitely drink more water than you normally do.

June and July will take you several steps ahead in your evolutionary processes. Your focus will be higher-soul work; but naturally there will be a spill-over on the physical. This period will bring you expansion. You may or may not be conscious of this, but it will happen. Your psychic awareness, intuition, and gut instinct will be sharpened. Coincidences will repeatedly take place. Flow with this energy, and use it at all times.

During this period, if you choose to keep limiting the self with old beliefs and thought patterns, such as “I am useless/ small/ worthless/ ignorant” , you will be doing yourself a great disservice. Those energies will be in opposition to the new ones flowing through the brain, pituitary and pineal glands. If you continue to hang onto the old, limited patterns, you will find yourself mentally short-circuiting.

August can be termed ‘a rocket month’. We will be stimulating the brain so strongly that you will be propelled forward in your thoughts, needs, desires, and structures. It will be a creative month. You may feel impelled to explore the self in new ways. You may be urged to try out a new hobby, approach your existing job from a new and exciting perspective, to re-evaluate your relationships, and to interact with family and friends in a completely different and stimulating manner. Soar, soar, soar.

Let us discuss the last few months of the year collectively (September to December). Here, we will be helping you with consolidation and second-phase re-creation of the self.

You will be gathering together all that you have experimented with, learned and experienced until now; and taking it to a new level of cohesive understanding. During this period you will be putting together the pieces of the jigsaw puzzle, and creating a new and expansive picture of the self.

Second-phase re-creation will be preparing the self for another major energetic leap forward, into 2015.

Dear friends, we have just outlined the work we, the Ashtaar, are going to be doing with the human race during this year. Many others are also going to be working with you in diverse and exciting ways, offering you opportunities to grow and evolve.

Work with us, enjoy the energies of the Ashtaar, tune into us, and make us your friends. Interact with us on a conversational basis: if something is taking place in the brain, pituitary and pineal glands that you do not understand; demand of us an answer through the self, and it will be given.

Now, let us offer you some general guidance and advice for the entire year.

You may find your bodies shifting during this year. These physical and energetic shifts will take place at lightning speed. You may choose to tune into the body on a daily basis, to keep current with what is happening to the self. This is not essential, but it would be beneficial.

Because of this, *you are likely to discover different nutritional needs on virtually a daily basis*. On a certain day you may need an extra dose of salt, or sugar, or raw foods. Tune into the self, and listen to the body. We are not urging you to be self-indulgent, but please do not allow your pre-conceived notions and your conditioning to overrule the needs of the body. Each person's nutritional needs will be different, and unique to the self, this year.

Now, the next point is not optional; it is a necessity. *Every single human, including a person who is bedridden, must find a way to exercise.*

Your own body will guide you. Listen very carefully to it. One person may need a vigorous, lengthy workout. Another may need a gentle, short exercise routine. On differing days, the body may need differing kinds of exercise as well. Please tune in and align with the needs of the self.

We are not urging you to comply from the physical perspective. How you choose to build and develop your body cosmetically is your choice. During this year, this is vital from the energetic perspective. You are being flooded with such high-level, intensive energies this year, that without the appropriate physical movement, the body will short-circuit. This could lead to diseases that are not appropriate for your growth and evolution.

Dear friends, this is not a threat. It is a cautionary warning.

What of the elderly and the bedridden?

Both groups must work within the scope of their ability and movement. Even a bedridden person can be taught to stretch for a few minutes at a time. Or to practice Pranik breathing. Or to avail of physiotherapy. All of this constitutes exercise.

Do not ignore this command: it is the command of your higher soul.

This year will also bring forth new and exciting inventions and discoveries. There will be cutting-edge breakthroughs in science, technology, and the creative fields. These will be energetic eruptions emanating from the new energies flooding the planet.

Each person is going to feel extremely creative this year. Whether or not you act on it is your choice. Our advice to you? Do it! Take up a new hobby or join an interesting class. Do something you never did before. Explore the undiscovered facets of the self. Don't hold back out of awkwardness or embarrassment. Unleash your creative urges.

New hybrid forms of music will also emerge. Take these in. Be daring. Do not stick with your old, narrow perceptions of what musically pleases you and what does not. Musical exploration will help the energies grow and expand in your structures.

Your daily life will also increase in pace. You will find your days getting busier and busier, and you will wonder how you can possibly deal with all that is happening. We say to you, change your belief systems about the self. Know that you can deal with all of this, and more. And also enjoy it, benefit from it and contribute to it.

All these energies must also be affecting Planet Earth. I would like to know what is the equivalent of earth's pituitary gland?

A good question! Would anyone like to hazard a guess?

Her core?

Her water bodies?

This is a teaser question. There is no one defined area that represents her pituitary and pineal glands. These glands correspond to a frequency of consciousness held by the entire planet. Different areas within her structure hold differing levels of consciousness. When they individually reach critical mass, they then become a part of her pituitary and pineal glands.

However, there are several areas of very high frequency, such as Mt. Shasta and the Himalayan mountains, which would be considered physical representations of these glands.

We have learned in the past that the Ashtaar were a group of alien/Universal beings. Have they now become humanized?

As you well know, the Ashtaar Command is a term to describe a collective of Universal beings of differing star systems, who work together for the benefit of the Universe. The high commander of the Ashtaar is the Lord Sannanda; know on earth as Lord Jesus Christ.

All your various lifetimes run concurrently and simultaneously. More and more humans are now beginning to reconnect with aspects of the self that have existences in different Universal forms. The urge to offer service to the self, and to others, is on the rise.

Flow with this energy. Be true to thine own (expansive) self.

YOU ARE IN THE LIGHT, THE EMBRACE, THE JOY AND THE LOVE OF THE CHRIST OFFICE.

TODAY, THE MEETING IS BEING HEADED BY THE MEHER. BLESSINGS FROM THE MEHER BABA.
