

Sohrab's Transcript

12th February 2015

NEW SOLAR FLARES AND THEIR EFFECT ON THE KINGDOMS OF EARTH.

THE AWAKENING OF THE HEART AND THE BRAIN

A VALENTINE'S DAY CHALLENGE

February is indeed an important month for Planet Earth and for the Human race in particular. A leap in energies is taking place right now; and each one of you is refining your structure, attempting to align it with this year's theme... Feminine Empowerment.

Each one of you is, at a higher-soul level, examining areas in your lives where there is density of energies. You will then create a situation or an event which will bring this to your conscious notice, so that you can work on it; thereby releasing the old, dense energies and substituting them with newer, more refined ones.

Can you please give us an example of this?

Let us assume that a person has a blocked relationship; one in which communication is now at a standstill, and each person cannot understand the other at all.

In all likelihood, during this month, the relationship will explode. There might be an argument or even a united, joyous event. The person is being urged to re-examine the relationship, and to approach it from a new and unique perspective, perhaps saying or doing something out of the ordinary. The person could choose, for example, to laugh it off instead of getting riled; or to approach it with gentleness instead of anger.

If, however, an altercation takes place, and you deal with it as you always have in the past, it is only going to increase in intensity.

Now let us take another example. If you have a block in the area of money, finance and abundance, you are likely to find this month very financially draining. You are simply being urged to examine your relationship with money, abundance, and to address a possible poverty issue.

Dear friends, do not view this month as a 'difficult' one. It will be, if you resist these aspects; but if you identify them as they are happening, and change course immediately, you will then find events opening out beautifully.

The blocks are not always external. They could also be internal ones, aspects of the self that you have been resisting.

If, for example, your own body has been repeatedly urging you to shed weight and to get into better physical shape, and you have been ignoring this inner, feminine-creative urge; then the body will go into disturbance, urging you to listen to it more carefully, and to start doing something about it.

Please note that this has no bearing on another's criticism of your physical body; it is linked to your own inner urges.

Similarly, if you ignore an inner urge to change jobs, or to study something new and exciting, you will find yourself feeling more and more dissatisfied with life, boring, stagnant and limited.

You may wonder why this is happening right now. One of the major reasons is because of the energies of ***new solar flares*** being directed towards Planet Earth right now. And these energies brook no resistance. They are energies of very high and refined frequencies, which have responded to the call of Planet Earth, who desires an internal upgrade.

These energies are going to affect all the kingdoms of the Earth. ***In the case of the Human Kingdom, these energies are going to acknowledge and shed blocks. They will also help you shift, heal, balance and align your physical bodies in any way you desire.***

Yes, February is a vital month for healing: healing of the self and others. The energies are so rarified that if you avail of them, the flow and transformation will simply be quicker than during any other month this year.

(Speaking to P) You will, in particular, find mental health issues needing to be addressed with your clients. Some will appear to get worse, whereas others will make major shifts. Please use your refined energies to work with them.

The Animal Kingdom is going to be using these energies for physical upgrades.

The Plant Kingdom will be using these energies to enhance their energetic, medicinal, curative and nutritional properties.

Two fruit that have upgraded tremendously this year, and would be of great benefit to all of you, are the pomegranate and the papaya. They are the leaders of this energetic upgrade.

The pomegranate now has over ten times the frequencies it held last year, and the papaya about seven times its older potency. Other fruit and vegetables have also upgraded, but not to this degree.

The pomegranate should ideally be consumed in its natural form, rather than juicing it. It will be the most effective if you eat it first thing in the morning, wait 10 to 15 minutes, and then have your customary hot beverage. But if this does not suit you, at least enjoy it during the course of the day. This fruit ***is going to work towards healing, cleansing, balancing and aligning your structure.***

Now, if it is not available, then at least eat it energetically. The effect will be less, but you will still avail of its frequencies.

Now, whereas the pomegranate can be eaten on a daily basis, the **papaya** needs to be consumed more selectively. This will vary person-to-person. Your own body will guide you how frequently to eat it, and in what quantities. Again, it would be best to eat it in its natural form.

Dear friends, do recommend the pomegranate to those who are suffering from cancer. It will help by retarding the disease, and will also help the body create the necessary resistance to the spread.

You will also find it beneficial to those with ***eye and heart issues.***

Now let us speak of the **Mineral kingdom**. *Here, we do not exclusively refer to crystals. We also refer to rocks, stones, sediment, powder and the soil itself. We also include all natural water bodies.*

This kingdom is undergoing a massive transformation, which will, in all likelihood, span the next two to three years. The entire pH balance of the soil is rapidly changing. Areas are going to shift frequencies, some becoming fertile, and others lapsing into dormancy.

Farmers may find that they can no longer grow crops that they have been successfully cultivating for years. Yet if they are in tune with the earth, they will be guided what to grow instead, and will receive tremendous bounty from the change. Other areas may need to rest before they can once again become fertile.

Though we have spoken of the farmlands, *this equally applies to cities as well*. The energy of different cities is also going to rapidly change. Some will suddenly boom in terms of consciousness, awareness, productivity, finance and abundance.

Other cities that may have been vibrant in the past will slump, and no longer be world leaders in their chosen fields. Business will shift. People will start exploring new holiday destinations, which will naturally bring about a rise in tourism and income for those areas.

Buildings in cities are going to energetically shift and change. Many new or undiscovered temples, churches and mosques are suddenly going to increase in vibration, attracting new visitors.

The water bodies of Planet Earth are going to respond very strongly to the new frequencies. And, dear friends, it is now time to take responsibility for all the pollution you have, so thoughtlessly, dumped into them.

Major cleansing is going to take place here. *The water element is going to spit out this debris. Yes, this could come in the form of a tsunami, or it could also come about by the draining out of a certain area, suddenly leaving a fertile area barren.*

We warn you. You are coming close to destroying your sea-life. World awareness is now critical. It is imperative. We ask you, as Lightworkers, to lead the way.

Spread awareness. Be responsible yourselves. If, for example, you are aware that there is a fish breeding season, do not buy fish at that time. Encourage others to do the same.

Start by respecting the water element in your own homes. Not just that which is in your taps, but the water that is in your bodies. This element is mirroring the water bodies of the world. It is also beginning to reject the debris you put into your bodies. It is rejecting toxic substances you ingest. If you now put into the body that which does not suit you, it will begin to reject it more violently than it did in the past. You may develop digestive ailments and unexpected allergies. Read the signs, and do something about it.

Now we would like to share something very joyous about these new solar frequencies. During February, they will target two prime areas in your bodies, simultaneously and equally: the heart and the brain. Both areas are going to be stimulated and awakened.

You are literally receiving the equivalent of laser beams of these new energies. They are stimulating the Heart, urging you to give and receive love to a much higher degree than before. Keep opening up this chakra.

At the same time, you are being given the opportunity to increase your mental awareness, understanding, comprehension, quickness and receptivity; in any and every area that you so desire.

This is an ideal month in which to take up a new project, to think about things differently, to self-analyze, to review situations in your life, to interact with people from a new and wider perspective, to absorb knowledge, to read and digest new information, to grow and evolve, and to increase your awareness.

This is also an ideal month for opening up channels of communication. With these new frequencies affecting the brain and the heart, you will be able to do so with greater clarity, awareness and love.

You are now half-way through the month. It may interest you to know that most people worldwide have opened up the brain, but are still blocking the heart chakra.

Please take a moment right here, right now, and love yourselves. Open up the heart chakra (Pause)

Yes, open up the heart chakra. Choose to activate it even further. Feel wonderful warmth in this area. Let the heart now warm the rest of the body. Mentally talk to the self, and tell the self how much you love the self. Go into the whys and the hows. Tell yourself how special you are, and give the self reasons. Do this right now. (Long pause)

Make a promise this year to be your own Valentine.

We throw out a little challenge. We ask you to spend the next two days writing the self a detailed love letter. This must be kept intensively private and not shared with anyone at all. It is just from you, to you.

Write it over the next two days, and then tomorrow night (Feb 13th) before you go to sleep, seal it up in an envelope addressed to the self, and place it overnight on your altar, or in any place at home that you consider sacred.

Then, on Valentine's Day, open it and read it aloud to the self, in private. And treasure it. Write from the heart, to the heart.

No one else is to see this, it is exclusively for you.

We know that some will dismiss this as an absurd game, but it is not. Do this honestly, and you will see a change in the self within three days.

You are blessed today by a group of Masters.

YOU ARE IN THE EMBRACE OF THE MEHER BABA.

THE SAINT GERMAIN.

THE GURU NANAK.

THE SANT KABIR

And THE MIRABAI.

Blessings!
