

Sohrab's Transcript

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THE NEW ENERGIES BEING RELEASED THROUGH NEPAL

THE FIRST WAVE OF CHANGE AND ITS EFFECTS ON THE HUMAN BODY

Greetings!

Today, we would like to speak to you of the *first wave of change being effected by the new energies released by the earthquakes in Nepal.*

You may recall that, at a previous session, we had told you that a new column of energy and light was being released through this area. We had also told you that Nepal would be the new energetic and spiritual center of India, leading her into the new frequencies of 2017, and beyond that, 2021.

Today, we would like to speak of the first wave of energies, and its effect on the physical body.

These energies are now spreading India-wide, and we would like those of you who enjoy working with energies to choose to connect with them. When you sit down to do so, go beyond the prevalent heat and humidity. Acknowledge how you feel, and then move beyond it. Then tune into these extremely vibrant frequencies.

The easiest way would be to visualize them as a whirlwind of millions of tiny points of light, each one very powerful. Allow this whirlwind to flow around you and within the body as well.

Since you inhabit this country, you are already doing this; but if you add to it at a conscious level, you will experience a surge of internal vibrations as well.

These new energies are affecting different body parts in different ways. Their effects will be felt the most strongly over the next three months.

(Indicating a group member) Yes, even though you do not currently live in India, you are very much a part of this upgrade. This applies to all those who are Indian by birth, even if they are living in different parts of the world.

So, the first wave is affecting the entire physical body. ***The strongest effect will be on the brain, pituitary and pineal glands.*** These areas are now receiving a tremendous surge. And please understand that this applies to all Indians, not just to those who are sitting in this room.

We urge all of you... healers, energy workers, and Lightworkers alike, to consciously tap into these energies. If you do so, your connection and the efficacy of your work will increase tremendously.

These energies will also help you in any and every area of your lives. You could use them to absorb knowledge better, or to move ahead in your job, or to create anything more effectively, and so on.

The youth, in particular, are being very strongly influenced in these three areas...the brain, pituitary and the pineal. Here, we refer to newborns, youngsters, teenagers and those in their early 20s.

This group may find the next two to three months rather disorienting. All their feelings and emotions will be temporarily heightened. They are to be urged to understand this, and to ride with it; this excessive emotionality will settle down after this time period.

The benefit to them, however, is if they harness these energies, they will be able to study and absorb information to a much higher degree than they did in the past.

Mothers may find their babies irrationally cranky, and prone to outbursts, tantrums and excessive stubbornness. Again, just ride with it; it is temporary.

(The Master suddenly points to a group member who is desirous of getting pregnant) It will happen. It will happen. A child is waiting to come; it is just not the right time yet. But it will happen shortly. Blessings.

Now let us speak of adults. Yes, you may also find your feelings and emotions slightly heightened. And this process may also throw your brain pathways a little

awry. You may obsess about something that you wouldn't have, in the past. You may also find your thoughts 'going round in circles'.

We are deliberately sharing all of this information with you so that you understand what is temporarily happening, and so that you don't fight it. Work with it; it will pass.

Memory lapses are likely to happen quite frequently over the next few months. You may find yourselves groping for a word, a name, or a piece of information that suddenly eludes you. Many in this very room are experiencing this, and are wondering "What has gone wrong with me?"

Nothing is wrong with you. You may simply have tried to access your memory bank at the very instant where there is an inner upgrade taking place. You can't.

Instead of panicking, and trying to desperately grope for the name, just let it be. The moment the upgrade has finished, it will suddenly occur to you. The time-lag may be just a minute or two. But if you try to force yourself to recall the name, you are doing the brain a disservice, and interrupting a vital inner process.

Many people are also going to find their thoughts wandering 'irrationally'. Strange memories may suddenly re-appear, particularly ones from childhood. Some may find themselves repeatedly visiting a particular section of the past: their teenage years, for example.

We ask you to explore the seeming 'wanderings of the mind': there is something you either need to assimilate, or to simply appreciate, about this time period. Play the game with the brain and wander into the memories. Whether they are pleasant or distasteful, ask the self why they have surfaced, and what you need to assimilate. And then do so.

A few people may find themselves exploring different aspects of the self, in different realities, timelines or dimensions. Again, go with the flow. Please do not dismiss this.

The upgrades to the brain, pituitary and pineal glands will pay dividends shortly. After this two to three month period is over, you will suddenly find yourself able to grasp concepts that you never could before; and find new, creative solutions to

problems that plagued you in the past. You will also find yourselves thinking ‘out of the box’ more and more.

Before we move further, do you have any questions?

What of dreams?

In many cases, dreams will be heightened right now. Go into the dream, and self-analyze it. Rather than getting trapped in the events in the dream, focus on how it made you feel. Then work with those feelings.

Let us assume that a certain dream makes you very anxious. Then try to co-relate that anxiety to something in your current life that is making you anxious. In all likelihood, it will be something you don’t even consciously know is making you feel this way.

What exactly are these points of light you mentioned? Do they have specific colours?

They are concentrated points of crystalline frequencies and other Universal energies. Most of these energies have never before been experienced by Earth and her inhabitants. You may choose to visualize them in any colour, or combination of colours, that suit you.

Though we have described them as ‘points of light’ for your visual convenience, they are, in actual fact, microscopic vortexes of infinite potency.

Will this activation of the brain also affect our sleep patterns? I find mine changing. The brain feels like it is working all through the night, and I am experiencing interrupted sleep.

Yes, many of you will experience all sorts of changes in your sleep patterns. Some who are accustomed to deep sleep may find this changing into much lighter sleep; and others who have always been fitful sleepers may find themselves suddenly sleeping soundly.

You may also find yourselves needing to modify the time at which you go to sleep: some may feel sleepier much earlier than usual, and others much later. Try and adjust to this as much as possible, and go with the flow.

Please also change your concepts of how much sleep you need to feel rested the next day. All of you have a relatively rigid belief system in this area. Some, for example, believe that if they don't get a full 8-hour night, they will then be tired all of the next day.

Change these concepts, and adjust to the new sleep patterns, believing that they will serve you just as well as your old ones did.

All of this is temporary, dear friends, but acclimatize to it for the duration of these upgrades. It will make your lives simpler and smoother.

These new energies are also affecting the higher five senses: the inner eye, the inner ear, the inner smell, the inner taste and the inner touch.

If you tune in, you will realize that people now cannot dupe you as easily as they did in the past. You will be able to listen to a person speak, and read the unspoken sub-text. You will be able to sense the mood of a person, no matter their appearance. You will be able to hone into the fact that someone is disturbed about an issue, even if she approaches you with a smile on her face. You will be able to energetically taste situations, and decide what suits you and what does not.

And speaking of taste, ***we now ask you to be extremely alert to the nutritional needs of the body over the next two to three months. This is vital.***

Most are habituated to eating in a particular way. Some, for example, eat oily or spicy foods by default. Others are accustomed to high doses of sugar.

You must now tune into the body, and listen very carefully. Your nutritional needs are now going to vary day to day. None of you are going to be able to successfully follow a rigid food plan. You may certainly follow a general outline, but the bodily needs will change day to day. Please heed these.

On a certain day, for example, you may find yourselves needing a high dosage of sugar and fruit. Follow the inner urging. The body may require it to process certain energies that are being absorbed on that particular day. And although we have said "day to day", ideally this should be done "meal to meal".

You are also going to find your sense of touch heightened. Here, we speak of both receiving touch, and touching another. Many are uncomfortable with this aspect, but we ask you to consciously work at both.

Of course we are not urging you to now ‘hug and kiss’ everyone, but if you are a person who has always held back from giving and receiving touch, please work towards allowing this to happen more and more, perhaps with people with whom you are comfortable. Then increase the process.

Now widen this concept. Also allow the self to be touched by, and to express, feelings and emotions. As well as by words and actions.

If you are a person who has always dismissed praise, when someone next compliments you, please say “Thank you” *and mean it*. Similarly, find a way to genuinely praise a spouse, friend or colleague.

Your palms and fingertips are likely to get very sensitive, as is the skin. Those who are very resistant to touch may have a mild outbreak of acne or skin irritations. This is an indicator of a possible resistance to touch.

Now let us examine the chest, particularly ***the heart and the lungs***. The heart will be taking in these new energies at a very accelerated pace. The heart is now pumping blood through the body at a modified rate. Some will experience an irregular heartbeat: do not worry, it is only temporary. In some cases, the heart is changing size, shape and position. This may cause internal discomfort. If this happens, just place your newly-activated palms upon this area and balance it out.

The lungs are very, very sensitive right now. Many, over the next few months, will develop minor coughs and bronchial issues, and will also find themselves very sensitive to pollution, pollen, mold and dust. Once again, use the palms to your benefit.

A simple way to help the lungs is to choose any fragrance that pleases you, and lightly inhale it a couple of times during the day. This could be a perfume, an incense stick, or any other aroma that you enjoy. But ideally, use a natural one, like the scent of a flower.

The digestive tract is also going to be very sensitive, as it will need certain foods. Tune in, and you will be fine. But if you eat without awareness, you may create digestive problems for the self.

Many in this room are experiencing bloating, which has no apparent cause. Tune into the needs of the body, but don't compare notes with one another! One person's need is another person's poison.

Now let us speak of *the Hara chakra and the sexual organs*. This area is beginning to upgrade, in order to rebirth the self. Those who are upgrading very quickly will find this area very sensitive.

Women may temporarily find their periods going awry, and an unscheduled discharge of blood from time to time. Men may find changes in their sex-drive, potency and performance. All of this is temporary. Ride it out.

Friends, as much as possible, try to use natural cures rather than allopathy during this time period. However, if you need to take certain pills, please continue, but align them to your energies every time you ingest them.

Simply place them in the palm of one hand, cover them with the other palm, command that they align to your structure, and then swallow them. It only takes a few seconds to do this.

Please be aware that some people may temporarily turn allergic to medicines that they may have taken for years. If you find a particular pill not suiting you, please go to your doctor and ask for a substitute.

Now let us speak of *the legs*. These will help you explore the self in new ways. They may sometimes appear to have a 'mind of their own'. Have fun with this! You may suddenly find yourself walking down a street you had no intention of visiting. Don't turn back. Explore it.

If you find your feet guiding you into a strange shop, or an unexplored building, go with it. See what transpires. Be open. Because if the legs and feet guide you somewhere, and you are not open to it, the opportunity being offered to you will simply pass you by.

The spinal column has been left for the last, as it deserves particular attention. New energies are coursing through the body through this area. It will be very alive and sensitive over the next few months. Be mindful of it. Don't be overly cautious; but be gentle with it. Try not to strain it by picking up heavy objects in an irresponsible manner. Make sure you bend from the knees when doing so.

But enjoy these frequencies. Lie flat whenever you can, relax into it, and open it out. You will actually experience the energies coursing up and down it, much like a pleasurable inner massage.

If you choose to have a physical body massage, please make sure that the practitioner does not touch it directly, unless he or she is a trained physiotherapist. Request the masseuse to work alongside it, without putting any kind of pressure on it directly. Incorrect touch to this area could really throw you out of energetic alignment and balance during this vital time period.

Dear friends, do not now think we are urging you to be over-cautious in general, or to 'walk on eggshells'. We simply want you to be responsible while you enjoy the new energies, the upgrade, and the benefits that they offer you.

Many kids today seem to be getting premature spondylitis, due to holding their necks in an awkward position while on their mobile phones...

Yes, you are correct. This is on the rise, not only due to incorrect posture, but also because of the damaging energies released by modern gadgetry.

Now, a few pleasant tidbits of information...

Use the new energies from now onwards to serve you in any way you desire. Command them, for example, to give you more lustrous skin, or thicker hair, or a desired body shape. Welcome them in and ask them to help you create whatever you desire. If you have pain or diseases, use these energies to change this around.

These energies are very powerful, magnificent, effervescent and exuberant. They will be of particular benefit to those who are suffering from mental issues or chronic depression. They should welcome these energies into the brain, pituitary and pineal glands, and command them to take the self into new levels of peace, stability, balance and alignment.

(At this point, the Master called one of the group members forward, and personally blessed her)

May I ask a question? Do these energies have a name?

You may refer to them as pure cosmic light. They have no name you would recognize.

Do these energies aggravate things like Alzheimer's or dementia?

Yes, these may temporarily appear to increase; but in general the patients are moving into a new space of personal expansion.

Will animals use these energies?

They will all be using these energies intuitively and naturally for their own healing and alignment. Should you wish to aid them in this process, please do harness the energies and direct them to the animal or group of animals you wish to serve. This will only add to the process.

(Pointing to a group member whose dog was unwell) Yes, dear friend, she does require medication to relieve her anxiety. Preferably natural ones.

BLESSINGS!

YOU ARE IN THE LIGHT AND THE EMBRACE OF THE MEHER.

MEHER BABA BLESSES YOU.
