

Sohrab's Transcript

23rd February 2017

THE EFFECT OF THE NEW ENERGIES ON THE HEART CHAKRA

(Sohrab appears to have difficulty in starting. Then an entity speaks)

This process of channeling is yet unfamiliar to me, but I joyously attempt it, as I wish to communicate with you today.

I have been permitted entry as this beautiful group requires personal healing today, just as much as the various people who have asked you for healing. (Addressing K.) Dear friend, will you help out today? Hold this piece of paper (on which the names for healing are listed) in your hands. You will act as a conduit for them. As this group works on healing themselves, these people will also receive the energies through you.

Some of you do need physical healing, almost everyone here needs emotional healing, and yet others need some work on their mental bodies. However, we will work in a unified manner for all. And if you think of anyone else to whom you would like to offer healing, please call out their names mentally, and they will also receive the benefit of the session.

The healing session will be conducted in a slightly different way today, for a reason. A wonderful energetic vortex has opened up under your city during the last 12 hours. If you are energetically sensitive, you may have found yourself 'buzzing' since the morning. If, however, you have been feeling low or heavy, know that you have been unconsciously resisting these energies, and make the choice to open to them right now.

Now visualize this beautiful energetic vortex below your feet. Allow its energies to flow up through the soles of your feet. *(Now the Master slowly guides the group through the process, body part by body part, until the*

energies eventually rise all the way up to the crown chakra, filling the entire body.)

Now rest for a few moments and just enjoy these energies. Don't command them to do anything. Just open to them and let them work as they will.

(Pause)

Now allow the energies to fountain outward from the crown chakra, bathing and energizing your mental and emotional bodies. (Pause)

Now consciously open your heart, and allow me, as your guide today, to place an energy palm upon it. If you relax and really open up, you will sense my energies there. Please receive my blessings. (Pause)

Thank you.

Dear friends, this little process may be repeated by you any time you desire, during the course of 2017. It is a simple energetic exercise of rejuvenation and re-alignment of the self. Its focus is re-alignment of the meridians by removing blocks, creating a flow and infusing them with new Universal frequencies.

This vortex is going to be in full flow for the entire duration of the year. You could even tune into it and receive its energies from anywhere in the world. Your intent is enough.

You may use this for the self and for another, even without their official permission. You are not interfering with their free-will; everyone's higher soul desires this, without exception. So you may walk another through this process, directly or long-distance, with or without his conscious permission or knowledge.

If, for example, you see on the news that a war has broken out somewhere, while watching the program you have the right to help them open to these frequencies. It would be your silent gift to all of them.

Dear friends, when I was on Earth, ***I was associated, to a great degree, with the heart chakra. As a public figure, my mission was to help others touch***

and open up the heart, to get in touch with their feelings and to learn to give and receive love.

I had severe constrictions in this area, and I lived a life of great pain and emotional trauma. Every single one of my issues was related to this aspect. I only partly succeeded in my public mission. But nonetheless, I look back at my life on earth and consider it a triumph.

I now know that, though I made many 'mistakes', these experiences taught others when to follow my example, and when not to do so. But either way, their heart chakras were opened up, slowly and surely.

When I first returned to this realm, I had to go through a lot of energetic healing and sleep, as I was severely damaged. Now, however, I have taken on tremendous work, which I joyously embrace.

I choose to speak to you today, as ***the new energies of 2017 are shortly going to be targeting your heart chakras, working towards upgrading them very rapidly.*** And when this happens, some may experience physical discomfort in this area, others may experience emotional upheavals and outbursts, and yet others may simply experience a new lightness and expansion in the heart. But no matter what happens, please open the heart chakra to the flow of giving and receiving love in equal measure, as unconditionally as you can.

Of course, in an earthly form, it is not possible to *fully* understand or experience unconditional love. But you can choose to walk that path, getting closer and closer to the destination. Keep choosing to flow and love another, with no expectations of any kind. For some, learning to receive love can be even harder; as for this you have to deem yourself worthy of it.

And the most important lesson for all, during 2017, is learning to truly love, accept and embrace the self. If you do not love yourself, you cannot truly love another.

The intensive work on the heart chakra is not necessarily going to be a

rough ride, though it will be so for those who stubbornly refuse to allow themselves to open up and love openly and freely. If, however, you consciously choose to work at loving yourself and those around you, you will be able to flow seamlessly through the process and you will only experience joy.

I have chosen, in spirit, to work with two groups: the first is the ***Mother Theresa Collective***. This is a magnificent collective, headed by the energies of the Mother Theresa, but comprising of hundreds of thousands of healers and those who love freely. We work with many, many Universal societies...facilitating the flow of love.

We are also currently working with the core center of Planet Earth, at her express invitation. Now you may wonder why Mother Gaia needs our help. Surely she flows with love? She used to.

The constriction of love created by the human race over decades has, to a degree, polluted her pure love. Our collective is helping her free herself of this constriction, so that she once again flows fully and freely with her pure, unconditional love.

The second group that I work with is one with which many of you are already familiar: that of the ***Dr. Lang Collective***. Again, this is a team of Universal healers who serve in opening up constrictions; healing individuals, groups and entire societies. We also work at healing planets and areas of deep space.

This is my current spirit mission; one which brings me the greatest joy. I offer them my Universal talent. I am an expert liaison officer. I have the ability to affect large groups of people. I declare this joyously, with no pride or embarrassment.

My higher soul structure helps unite souls. I help incarnated souls open up, touch the force of love, and gain awareness. This is my contribution to both magnificent collectives.

My energies are now very different to those of my incarnated aspect on

Planet earth. But you knew me as THE LADY DIANA. BLESSINGS.

(Sohrab shifts energies)

THE UNIVERSAL SHIV BLESSES YOU.

On this, the eve of the celebration, we would suggest that tonight, before falling asleep, you take a few moments and open to ***the nurturing Shiv***. Pretend you are a little child in his arms; allow us to hold you, hug you, nurture you and embrace you.

Then, after you feel warm and secure, spread your energetic arms and embrace anyone else you desire. This could be a singular person, a group or the entire planet.

THE SHIV COLLECTIVE BLESSES YOU.

(Sohrab shifts energies)

And how can this session end without the appearance of the Meher (Baba)?? (Laughter) Not scheduled to speak today; just here to bless you. I love you.

Happy Birthday to you!

Thank you!

(Addressing K., whose son recently had major surgery) What was there to worry about? I had on my surgical gloves and was present throughout!

BLESSINGS.
