

Nasrin's Waves of Bliss

Dear friends,

We are moving into very important energies in the month of August 2005. According to the Masters, the plan for awakening the multitudes and masses to their divinity is going ahead. One percent of the population of the Earth is awakening to their divine spark within their hearts and remembering that they belong to their One-ness. This will trigger the entire population of Earth to be catapulted to reach critical mass and that will lead to the awakening of the consciousness of the entire planet to the divine self; remembering that we are all divine sparks that sprang forth from the heart of God.

The date for this amazing event is set to be August 12, 2005. The Masters are confirming that the divine plan is indeed moving to completion on that date. There is a lot of activity from the sun, the moon and our own planet to push the un-awakened souls to wakeful consciousness. Metatron and Uriel, the guardians of external and internal light respectively, are busy bringing the divine spark to the hearts of humankind. Meantime, those of us who have already awakened to our divine spark and are in service to the light are called to serve extensively.

You may be feeling the impact in your bodies already. If you have been feeling out of sorts during the month of July, need more sleep, feel sluggish, have lots of aches and pains, headaches and back pain, feel depressed and unmotivated, it is because of the intensities of the energies. Rest assured that it is all good news. In fact, the worse you feel the greater your service to light. These energies will move and shift from our bodies and with our help, from the planet soon.

Much greater light is coming to the planet. The unprecedented event will be successful and we will witness it with joy. Healers and light workers will be in great demand. Imagine what it will be like when 63,000,000 more souls join us in the light over the next few months. There won't be enough healers and light workers to attend to all the newcomers to the field.

Because of the added stress to our bodies, Archangels Metatron and Uriel are offering us shields of protection from all the negativity, which is being released from the bodies of those that are becoming aware and from our planet, Mother Earth.

The following two discourses are to guide and assist us in protecting ourselves. Remember the important events on the 12th of August and again on the 27th of August, which is the day when Mars is closest to Earth. You can see Mars next to the moon every night very clearly right now. It will be brighter until it is closest to us on August 27th.

The significance of Mars coming in such close proximity to Earth is to remove the negativity from humankind. Mars is very strong warrior planet. Its significance is to wage wars. The war we face now is our ignorance of forgetfulness of our divine origin. Mars is coming closer to remove the veil and release the negativity from our planet, our bodies, our mind, and our emotions. This is an event that has not happened in thousands of years and will not happen again in 65,000 years.

Please remember these are times to release unwanted emotions, thoughts, and negativities and to lighten up. Lighten up in every way you can. Clean your closet, give up unwanted items, have a yard sale and let go of clutter, make up with your friends, relatives, and enemies and drop those who cause you unnecessary pain, heartache and delays. Let go of everything that feels like a noose or shackle and everyone that makes you feel that way.

Also remember these are times for manifestation. Whatever you want to bring to your life, think of it, focus intently on it and pray over it. Use this time to plan your life ahead of you - a life of joy, peace, harmony, abundance, love and great, great light. A time to serve and spread the light throughout the world.

In the light of the I Am That I Am, I wish you great journey to the Light.

Nasrin

Metatron's Shield of Protection
Channeled by Nasrin on July 10, 2005
Houston, Texas USA

Beloved of my own heart, I am Metatron. Take a deep breath with me.

In the name of the I AM THAT I AM, I call forth the legions of Michael to come forth. Holding their Swords of Mercy above their heads, I ask them to form a circle of Light above your head. I call forth the legions of Archangel Raphael to come forth. Healing golden-pink flames are pointing from their hearts, from the palms of their hands, and from the space of their third eye to your mid-section, front, back, left and right and all around. They are beaming golden pink Light of healing from every direction to your body, releasing all pollution and pain from the body and being.

In the name of the I AM THAT I AM, I call forth the energies of Master Hilarion and the emerald green Ray of Truth. I ask that this energy be formed immediately around and closest to your physical body. I ask that this emerald green ray be emanated to the area of the thymus gland - the cosmic heart, the area of the throat - the center for communication, the area of the personal heart, and the area of the solar plexus - the center for power. This will be the first layer of illumination of Light that you will come in contact with. Over this layer is the energy vibration of compassion and transmutation from Lady Quan Yin and Lord Buddha. Over that is the 24-karat gold shield of Archangel Michael and the protection from the legions of mercy. Over that is the shield of protection from Goddess Athena and the protection of the magical ray for cutting the cords of negative energies that may be transferred to you.

In the name of the I AM THAT I AM, I call upon the energy vibration of the Seventh Ray, the Violet Flame of Transmutation. I call upon the energies of Lord Buddha and Lady Quan Yin to bring the purple-pink vibration of compassion and to create a shield of purple Light around your energy body. Your entire auric field is encapsulated inside of the shield of compassion.

In the name of the I AM THAT I AM, I ask Archangel Michael to form the shield of protection. A 24-karat liquid gold shield is formed around your body in the area of solar plexus, sacral plexus, over the liver, and around the area of the kidneys. I ask that the thickness of this golden shield be double for greater protection. Any energies of lower vibration are to be transmuted at contact with this golden shield. This golden shield will form over the shield of compassion around your body like a cocoon of Light.

In the name of the I AM THAT I AM, I call forth the presence of Goddess Athena and I ask for her shield of protection to be given around your body. I ask that she protect you in the name of the I AM THAT I AM with her magical ray whenever there is intrusion in your energy field. I ask that Goddess Athena use her magical ray to cut any cords of negativity that may be extended to you that cause the lowering of your vibration.

In the name of the I AM THAT I AM, I now call forth The Mighty Elohim of Light - Lord Hercules, Lord Orion and Lord Arcturus to create a triangle of Light with you in the center of this triangle throughout this phase when the emanations of Light, reaching to

the atmosphere of Earth, are releasing the energies of untruth. I ask for your protection from all harm and from all lower vibrations while the transmutation of the energies of untruth are impacting your energy bodies, emotional body, mental body, physical body, spiritual body, soul, and spirit.

This I ask in the name of the I AM THAT I AM. So it is.

Let us take a deep breath.

In the name of the I AM THAT I AM, I now invoke the presence of Lord Sanat Kumara, the Planetary Logos. I ask you to feel the presence of this great cosmic being. The exchange is from your heart to his heart. He is here to offer you the flame of eternal life from his own heart. With your permission, the flame will be placed in the center of your own heart. You will feel the energy in your own heart. As you begin to feel a pulse, envision the pulse moving from the core of your heart in rings of Light, in waves of Light, in every direction extending outward. The pulse becomes rhythmic and you feel the rhythm of the pulse in your own heart, beating in unison with your own heartbeat. At that point, the eternal flame is fully illumined and will remain sustained, connecting you to the presence of Sanat Kumara, our Planetary Logos.

Breathe into the center of your heart chakra. Feel the wave and pulse. Feel the implosion and explosion of energy as it moves through the flame of eternal life, igniting the flame and uniting the rhythm of the pulse through the flame with your own heartbeat. You may experience a profusion of colored lights as energy is established in the center of your heart.

Beloved, take a deep breath with me. Focus your energy on your kidneys. I ask Archangel Michael to cut all the negativities that you have absorbed to yourself especially in the areas of the kidneys and the liver.

I ask you to write down what you wish to manifest. I ask you every day as you arise to set your intention to meet the goals for that day. I ask you to write down and ponder on what you wish to see happen in the next three months, in the next six months, and in the next year. And rather than asking for the job with the salary, ask for the payment of debts, the payment of the finances, abundance in this field, the movement of energy in this area. Consider all walks of life, not only financial, not only material, but also emotional harmony. Peace and harmony is very important in your life. It is therefore of utmost importance--it may seem selfish, and yet it is part of the fabric of your beingness-- to seek harmony. And if harmony means three hours a day of private space, two hours walk with your loved ones, an hour a day watching television, two hours a day meditating with the mantras, SO BE IT.

Think of your needs and your desires. Think of what will create fulfillment from a moment to moment basis. I promise you, it is easier to clarify what you desire when you set your intention. Work your way to attaining peace and harmony. Simply sitting and putting out the intention and becoming clear where you need to draw the line goes a much further way in bringing the object of your desires. Demanding and commanding peace and harmony from the Masters is more conducive and more productive and will bear fruits and bring you better results than trying to convince others or even yourself

that this is what you need. And the best way to appease the mind to let go of the fear, let go of the ego, is to simply say,

“If this comes from my ego, then let the ego be appeased and give me what I need today. And if this is not truly not coming from the ego, and it is a true need of my body and my beingness, from my core, from my soul, from my spirit, from my personality, then give me the two-hour walk, give me <state what you desire>. Give me the chance to do what I need to do in each given moment.”

I remind you once again, you have come this far to be here and to be of this great service. Simply by awakening each day and being, you do so much more work than the multitudes and masses, the billions of un-awakened souls, or semi-awakened souls who are running around the circle getting nowhere fast. They may be thinking they're achieving a great deal because they have busied themselves with mundane needs and desires. And they are more than welcome to those goals. We do not need to join them.

I bid you great love and great joy, and I stand at your feet with my arms folded, as your humble servant, Metatron.

Healing Protection with Archangel Uriel

Channeled by Nasrin on July 10, 2005

Houston, Texas USA

Beloved, I am Uriel. Take a deep breath with me.

Feel energy behind your solar plexus, two inches inside of your belly button. Heat, warmth will begin to emanate from this center. You'll begin to feel as though inside of you heat is moving. Breathe into this heat and let this energy move up. Moving up, experience the feeling of warmth and heat, feeling of power and control.

The feeling of "I am enough, I can do this on my own," is moving up to your heart, to your chest. As this energy moves up, I want you to practice for the next two weeks to sit in meditation every night before you go to bed and call upon the presence of Archangel Uriel.

Ask Archangel Uriel to begin to move the energy inside your body. Sit and feel the heat begin to emanate in your solar plexus, right behind your belly. This heat begins to rise and as it rises, it moves up to your chest. And it begins to fill your chest and it begins to emanate in your chest. And it begins to warm up your heart. And all the pain and suffering that you have experienced from a very young child's age begins to melt and dissolve and transmute in this heat.

Envision a yellow golden Light moving from the area of solar plexus up into your chest all the way to your throat. All the words that you wanted to speak as a child and never had the opportunity; all the times where the fear of being abandoned stopped you and made you freeze on your track; all the times that you felt a victim of hardship; all the times where you were the victim of heartache; all the feeling of pain and suffering dissolves in this golden yellow Light.

Envision Archangel Uriel standing behind you with wings of Light wrapped around your body. Envision that healing is coming to you from every direction. Envision that the heat of this healing is moving from your belly into your chest, up to your throat. It now moves from your throat into your head. As it moves into your head, it clears all the energy in your head, all the fears of intimacy, all the fears of being abandoned, all the fears of being left behind. And it fills you with Light. It fills you with Love. It fills you with feeling that you are a Child of God, that you are loved, that you are nurtured, and that all the pain in your body, in your emotions, and in your mind is released.

Do this for two weeks and feel this energy move in your body. I want you to feel that the darkness of despair and fear leave you. See yourself as the young child, at three years old, at seven years old, at thirteen years old, at fourteen years old, at eighteen years old. See yourself in all those times. See yourself falling in love. See yourself in your mid-20's. See yourself in your mid-30's and late 30's. See yourself struggling to be successful. See that you have done all that you have, all alone. Love yourself for all you have achieved.

Know that you are a loved Child of God. Know that everything that you have done is of the Light and for the goodness of all humankind. Know that you have never done anything consciously to hurt anyone. Know that you haven't done anything that deserves hardship. Know that you have been chosen as the Light of God to come on this Earth and to be the Light of God, the golden Light of God. The pain that you have taken on to yourself, to your body, to your emotions and to your mind is the pain of this world. This is a lonely world. You have made of yourself and your life what you have. You have received hardships and you given Light. You have received betrayal and you have given love. You have been made a victim and you have had compassion on those who have victimized you. Know that all of this is seen and known by the Higher realms. Know that your brothers and sisters, the Masters of Light, are loving you and protecting you. Know that there is greater Light waiting for you.

I say to you, the time will come, very soon in the future where you will have love in your life, where you will have everything you want, where you will be nurtured like you have never been nurtured in this lifetime, as yet. Where you will have everything you always knew should be, and it never was in your life. All of this is waiting for you.

I ask of you, do this meditation. Call upon Uriel. Let me open up the energy bodies around your own physical bodies. Let me open up the Light of the higher realms to your body and to your being. Let me show you the path that God has chosen for you. In this time, I will nurture you. I will protect you. I will guide you. I will show you. I will bring you hope. Every day you will become more hopeful. Every day you will feel greater joy blossoming in your heart. Every day you will arise and know that there is great Light waiting for you, that the Masters who are your own brothers and sisters are looking after you, and that the path of Light will be cleared for you so that you can enjoy a life of partnership, companionship and commitment.

In this life with every breath, you have committed yourself to doing good. And what life has dished out to you has been betrayal, abandonment, fear, victimization, blame, guilt, shame, envy, jealousy. These are not qualities that you enjoy, nor qualities that you follow. These are not qualities that you adhere to. But these are the qualities that this world of density has come to. You come from very bright Light. You come from high realms and dimensions of Light. Your Light is opposed by the darkness that is overwhelming this world right now.

You have always known that there is something special about you. You have seen it as you being different from others. You have seen it as your inability to understand others and their inability to understand you fully. In this lifetime so far, you haven't yet found people who would understand you from the deep core of your own soul. You have tried so very hard to walk on the path of compassion, to stay loving, helping, guiding, giving of yourself. All along, you have had obstacles, all along you have had hardship, all along what you have given in love and Light has been received but has not been reciprocated. People receive what you give them and then they walk away from your life.

And it has made you wonder why. Why is it that you have so much to give and no one to receive it? It is because the Light that you are is not received in this world. The time will come when it shall be. The time will come when you will touch people and they will

know they are touched. But if you are living amongst un-awakened and unconscious souls, what can you expect of them?

I ask you for the next two weeks to sit with me for fifteen minutes. Light a yellow candle, begin to breathe deeply. Make your breath go all the way to the depths of your belly. As you breathe in, call upon Archangel Uriel. As you breathe out ask Uriel to release you from the pain and the suffering that you have taken on, on behalf of the multitudes and the masses. Sit with me for fifteen minutes. Feel the heat move from your belly up. Focus on that heat. Make that heat stronger. Let that heat heal your wounds and release your pain. Move the energy up from your belly to your chest. Fill your chest with golden yellow light. Move it up to your shoulders and your arms. Move it up to your throat. Move it up to your head cavity. Move it all the way up to the top of your head. Let the Light of Uriel heal you.

Take a deep breath. I now move this energy into your head. Feel the heat moving inside your head cavity. Breathe into the Light. Feel the lightness in your head. Feel the peace.

Breathe into that Light. I move the energy down again. We'll go back to the area of solar plexus. Your entire belly is as though on fire, except this is a very pleasant and loving and gentle fire. It only burns the dross and the pain, the suffering, the abandonment, the rejection, the fear and it restores joy. It restores compassion. And it fills you with a love from the higher realms.

And this is a connection, which is of the higher realms. This is a connection that truly isn't so readily available from human to human amongst un-awakened souls. You can only have this relationship with souls who are awakened to their own divine spark. Only when people know their own divinity can they connect to this energy. This is what you have been missing all of your life. This is what you have been searching for. This is the companionship that you wish to create and only when you realize this can be had by connecting to the higher realms, by awakening to your own divinity and by increasing the level of Light and the exchange of that Light through your own body can you feel satisfied, can you know the wholeness of the Light within you.

With great love, I hold you in my own heart. I am Uriel.

So it is.