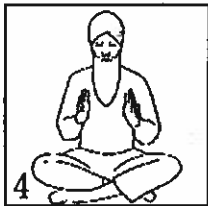
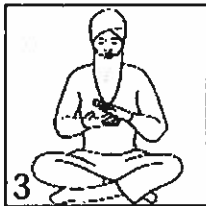
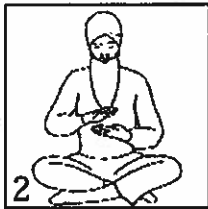


Sun Flares

February 21st, 2000 - Los Angeles, CA, USA

#LA0953



In the next 18 months the flares of the sun are going to disturb the planet Earth. You will find that your hair will start reacting differently because electromagnetic waves will be discharged from the sun, disturbing the electromagnetic field of the Earth. The hair on your head protects your brain. Your mind will get stuck with a negative thought. The heat from the sunflares is going to wipe out a lot of things. It will be healing too—in the old days a heated iron was used to cauterize a wound. Meteorites will change their path and pigeons, who go by the meditative way of the Earth's electromagnetic field, will have difficulty finding the way. Humans, too, will have difficulty finding the way. When you want to go North, go North. Do not start driving South thinking that you are going North. It can happen. It will be fun. It will challenge you in many ways.

Do not waste time on irrational people over the next 18 months. If a person is behaving irrationally, try to see how you can re-establish communication. Do not doubt your friends or enemies. And do not trust your patients, do not trust your doctors. It is a matter of being alert in every walk of life—checking that restaurant food is cooked properly and is right for you; that the quality of your personal relationships is clean, clear and concerned. Develop this habit.

The Earth has an iron ore underneath, we call it lava. The revolving Earth creates a magnetic field. When the sunflares go backward it is safe. When sunflares push towards the Earth it is like a bombardment which the Earth has to stand. Thank God we have an atmosphere in between. In some areas the water table is too low to pull the water out of the earth.

Your endurance, like the water table, will be very low. People will have sharp tongues, and intolerant behavior will be very common. Yogi or not, you will go berserk. It happened 136 years ago. It happens when the sun reorganizes its radiation and sunflares become huge like a storm. In old books it is mentioned as a firestorm, "Heavens start burning and all around the atmosphere there is a firestorm which has the velocity to burn the Earth. But the angels stand in between to cool it off."

Venus and Mars are going to get the hit of it. So there can be a little bit of misunderstanding. "Hey honey, meet me for lunch at such and such restaurant." When she does not show up, you call her on your cell phone, broiling like a sunflare. Do not pick up these fights. They are useless, they will waste your human body energy, they will make your mind impure and give you a lot of pain. Be kind and conscious.

MEDITATION - Develop Sophistication

Sit straight in a cross-legged position. Eyes are closed. Bring the hands in front of you facing each other about 10 inches apart, elbows relaxed down (starting position). Forcefully move the arms in 4 movements:

1. Rotate the arms bringing the right hand just over the shoulder and dropping the left hand down to abdominal level. Keep the hands facing each other.
2. Move the hands diagonally as if to clap, right over left, in front of the chest, but without letting them touch.
3. Flip the hands so that the left hand is over the right, still not touching.
4. Return to the starting position.

Continue for 11 minutes. To end, inhale deeply, hold, clasp the hands in front of the heart with the fingers around the backs of the hands, palms together. Squeeze and press hard. Cannon Fire Exhale. Repeat 2 more times. Relax.

This meditation stimulates the pituitary gland, developing sophistication to deal with life without fear. Use your intuition and look at your inner self. Get a little crazy. The more force you use, the more you stimulate yourself. It is your body, your force, and your ecstasy.