

22nd July, 2004
THE MENERAH
UNKNOWN ENERGY
Channeled by Sohrab

Cataclysmic Events About to Occur on Earth to Bring About Cleansing

Trance Channeling begins

I am Menerah! I am a being of Light. I have never been contained in a physical form before. Allow for the adjustment. My species are one of the arms of the Ashtaar Command. We exist in a galaxy unknown to you. We do not have form and dense matter as you do. We do not even have individual units.. though we are separate, we are one. We would appear to you like a cluster of stars planets and meteorites and yet we are billions of individuals who know no separation. We are currently working around your planet Earth. We cannot approach it closely as our energies would incinerate all living creatures as you know them, so we surround the planet with what appears to be clouds and streaks of light but we are collectively working from afar.

Our task at this moment of your evolution is two-fold. We are instigating upheaval within your planet and simultaneously we are containing what you would term destruction. We ask you to aid us in this process. We are appearing before Lightworkers throughout the planet and requesting aid in the form of mental adjustments. In future, when what you perceive to be 'cataclysmic events' occur, do not put out the intent of lessening them. Allow them to do what they have to. We are here around with countless other beings to aid and contain the process. When **you**, Lightworkers put out mental intents such as requesting the universe to reduce the events, you are in effect, placing **counter commands** to what we are giving. And yet you have no vision of the greater scheme. These events, which have already commenced and will only escalate, are very carefully planned and orchestrated with the free will of the Gaia. You see only from another perspective. Please aid us in this process, ***simply accept and empower the events to occur as they should in the grand scheme of things***. There should be no judgement, no despair, no questioning, simply understanding and acceptance. We assure you we will direct and contain these events as they need be. Universal power is with us. Universal knowledge is at our disposal. That is our request. Would you like to ask any questions about our beings?

Ell: *Not about your beings but a question that has always confused me with all the universal power that you and other beings say you have and I'm sure you do, why is it*

necessary to cause destruction in order to cause good. Why can energies which are maybe not positive, maybe that is not the right word, but energies that need to be transformed, why do you not have the power to transform them without causing destruction, without causing death?

Menerah: For most civilizations, who are more advanced than yours, destruction never occurs. It is your own level of evolution that demands it. You do not collectively understand cleansing from within, and averting what you see as a destructive process. When you collectively reach a higher level of vibration, there will be no need for such, what you term 'destruction and death'.

Ell: *But can't the force of the universal power overcome the force of collective energy of our evolution.*

Menerah: It can, but it never will.

Ell: *So what you are trying to say, is we bring about our own destruction because of our level of evolution?*

Menerah: Because your collective unconscious has not understood Oneness, you know no other way. You only see separation. Where there is separation, there can be no unity. There can be no full collective consciousness. There can be no love. You **are** growing, you **are** evolving. But till you reach that level collectively, events must proceed as such.

Ell: *and so till then, destruction is the only form of transformation of energy? That seems a little odd!*

Menerah: You perceive it as destruction. We perceive it as growth, understanding, cleansing and (.....) moving towards a common knowledge shared and given freely by all. All universal truths are at your disposal but your species is not evolved enough to accept, comprehend, or practice them. Without what you term destruction and cleansing there can be no ...(step?). You, collectively, know no other way

Ell: *Tell me if I'm right. If, at the present stage of evolution, in a mind that is super conscious, we just know this.*

[Sohrab had difficulty holding the energy at this time. 'Jm' helped him.]

Menerah: You may proceed.

Ell: *Correct me if I'm wrong here. We need destruction because as a race at this stage of evolution, our very core of knowledge is only restricted to the fact that destruction can come through cleansing, so we have to go beyond this wisdom that, destruction can*

come, cleansing can come even before destruction. It has to come from the very core of our evolutionary wisdom, for us to then go beyond that. Am I right?

Menerah: You are correct. In your collective scheme of things, to understand creation, you have to understand destruction. For beings more evolved, there is no need to experience destruction, they can go straight to creation.

Ell: *And when you say aid the process when there is a cataclysmic situation, what are you trying to tell us to do?*

Menerah: The Lightworkers around this planet have a *collective higher level of consciousness and vibration* than the average earth being. You are, by connecting to one another, automatically raising your levels of consciousness. In this case, it does not work by earth logic. Earth logic states: 'an army moves as fast as its *slowest* man.' With Lightworkers, 'the group moves as fast as its *highest* consciousness.' Therein lies the universal paradox. So the higher the level of consciousness, the higher the group gets drawn up, thereby emitting levels of vibration of thought which are *so powerful collectively*, they can actually prevent and change the course of the work we are doing, because you are more tied into your elements than we are. So even if our power is of greater magnitude than yours collectively, and it is, you can still thwart the action. Instead, as Lightworkers, if you collectively understand and put out ...

[Sohrab again had difficulty with the energy at this time.]

Menerah: (To 'Jm':) Your power and energy is acknowledged and appreciated.

Menerah: If you collectively, as Lightworkers, put out positive, comprehensive thoughts, the group of Lightworkers around this planet will collectively join with this force and raise their own conscious levels. As they raise their conscious levels, it forms another grid around the lower conscious levels of other earthlings who will, in their own level, tap into this and raise *their* consciousness. Does this give you further clarity?

Ell: *Yes, but I'm still not sure how to aid you at the time of lets say, a major earthquake. What do I send out light for? That many more people die?*

Menerah: That is not what has been said! A simple act of comprehension, of why the earthquake or other form of destruction has happened, is sufficient. The moment you put out your thoughts, which are "oh my goodness! so many are dead, why are we being struck down?" You are then **un-aiding** the process.

You may indeed send love and light to those who have moved on, you may send love and light to those who are, you term 'suffering'. But the bottom line must be, ***you have to have a deep inner wisdom of understand the event without judging it.*** That is all. In

your scheme of things, you may aid in any way you wish, financially, physically, energy wise, but never stop the actual event, nor try to lessen the intensity. Precisely. That will be a very hard task , my dear ones. Within the next three earth years, you will heed these words. Remember this warning well. Remember this day. It will guide you.

Jm: *May I ask a question please? Is it to be understood that the process you speak of, can we understand it in terms of:*

*The letter "G" can be called "generativity" which is creativity.
The letter "O" standing for "operations", which is experiencing, and
The letter "D" standing for "deconstruction" which is cleansing(?).
"G-O-D".*

Menerah: (To Jm:) You have felt my energies today. What have they been to you, in your terms?

Jm: *Very difficult to put words to energy.*

Menerah: Remain on your feet. Move these limbs about. That is sufficient.

Menerah: Connect with our planet. You will feel a shattering of the DNA structure, you will feel a tearing apart of your own molecules. It is acceptable, link with us, draw our energies, but *never for more than 3 of your earth minutes!*

'Div' was asked to sit facing 'El' and to take a strand from her, which is specifically group leader's energy. Take it through from her heart to yours. At the same time, you will connect to cosmic energy. So you are drawing simultaneously from two areas. Take a few minutes, connect with both, then 2 questions you will answer. Only two. Proceed.

Dhr: *What are the issues still blocking my losing weight around my middle?*

Div: You are holding on to issues deep within you related to persons or people who are presently in your life. They are unresolved issues around a relationship. You have covered it up. You will need to go very deep within. But start by looking at the area on relationship which is presently in your life.

Pil: *Of late I have been going through a lot of physical changes and reactions, some of them very painful and difficult to bear. Can you please tell me why it is so?*

Div: You are not letting go. There are many changes around you in your life and you are not welcoming or accepting them. These pains are reflecting your weakest state. Whatever you resist, will persist.

Ell: *'Div', could you be a little more specific as to which area she needs to look into? Which area of change?*

Div: You are resisting changes within your space. You think you are welcoming a new space but there is much remorse attached to that.

'Ell' linked to answer 5 questions:

Pri: *I want changes in my life. I don't really know what's blocking.*

Ell: Because you don't really want the changes. You're intellectualizing that changes are required. First, you have to sit with yourself and look deep within yourself and focus exactly the changes that the very **core** you require. Do not make these decisions with the mind, which is what you are doing right now. You are analyzing the situation, you are studying your present, you are analyzing this is where I want to be in the future, and therefore logically, I need to take 1, 2 & 3 steps. This process will not work. Take time to sit with yourself and go deep within your core and see the changes the **core** requires. Once you have touched the **core** changes, the **core itself** will guide you toward those changes.

Group Member: *These core changes that you speak of, how do you go to your core? How do you reach the inner core? How do you tap your core?*

Ell: Sit with yourself. You have to allow yourself to be honest, which is your greatest obstacle. You are unable to be honest with yourself at all. You are always using your mind to cloud your real issues. For you first, is the essential change to allow yourself to be honest about who you really are. Only then can you even look for any further change.

You have to stop using your mind to say no to issues which are present. You refuse to look at the truth that is within. You have to be ready to accept however distasteful you think you are within. You are not distasteful you are wonderful but you have convinced yourself so comprehensively that there is ugliness within that now your mind refuses to open even a small window to see this ugliness. First, change this belief pattern. Over and over and over, tread a new path in the mind first. Tread the path of "I am beautiful. There is no ugliness, I am beautiful. I accept all of me as I am" over and over and over again, a million times if necessary. Then the mind will open its window.

Sohrab: Before you answer the next question Ell, please blink

Bin: *Can you guide me as to my path in the right way, what my mission is, what my purpose is?*

EII: You have been told this 'Bin', over and over again, many Masters, in many ways. Now, the only thing left is for you to accept. The questions that you ask now must stop. Now only look for the answers within you, now only tell yourself that I will go back, listen for the first time to all the answers that I have been given in all these years and now I will heed them. For a little while stop asking any questions. Only now heed the words you have heard in the past.

Bin: *I don't understand.*

EII We'll explain later.

Sohrab: One more question

Rek: *What is compassion to self?*

EII: Being so open to yourself that you say, this is truly ugly, that it is this ugliness that I find my beauty in. That is compassion to self. Not striving for beauty, not striving for perfection, striving for full contentment in your imperfection.

Van: *I'd like to know about my babies.*

Ella: You have already heard. There were 2 swishes! Your babies are part of the Ashtar Command that are coming through.

The group sent healing to several people and the meeting ended