

7th October, 2004
UNKNOWN ENERGY
Channeled by Sohrab

Workshop: Picking up Energetic Impressions

Trance Channeling begins

■ You may have forgotten me but I am the teaching guide of this group. I make my appearance rarely; I work from behind the scenes. Most of the time you're not aware I'm in this room but I am *every time* there is a class. I work differently to most teachers, very subtly from the back. I poke & prod. I tweak. I tickle & the best of all, I never have to institute any discipline because you discipline yourselves. See how wonderful it is being a celestial teacher? Never do I have to raise the ruler, the hand or the voice. You do it all yourselves & I sit back & laugh.

Once again it is time for a little game. You (**Yzd**) are not exempt.

Yzd: I'm sure.

■ A little game. (To **Din**) Choose the person sitting opposite. Son (**Yzd**), you will stay out of this unless you are required to. (To **Din**) Choose the person sitting approximately opposite you. You (**Ell**) will start from here & move around the circle.

Ell: So its **Sh & Bun, Arn & Dev, Ano & Kau, Vin & Kav, Dar & Din.**

■ You (**Yzd**) got away.

Ell: That's not fair.

■ I have plans for him later. A solo performance. You (**Yzd**) will be made to sing & dance. You will! You will!

■ You will take a moment & focus on your partner. You will then speak out & voice any impressions you are receiving from the person. Presumably they will be impressions of what the person is going through in this given moment in time but should you pick up any other impressions, you may feel free to voice them. Then a moment will be taken & then the partners will reverse. You will speak. You will pass around the room this way. A discussion will take place at the end of the session.

■ Would you (Ell) be kind enough to start? Feel free to fail.

Ell: Do I share it now? First, I picked up, I won't even call it an agitation, it's just a chip, chip, chip there about what will she pick up. Then feeling of good or happy that I was your partner. Then I picked up that you were deliberately trying to get through to me something, which I wasn't picking up but I felt as though it was coming & then I went down & picked up questions you want answered; there were doubts, queries, questions that you want answered.

Jm: (..) an expectation. Maybe an expectation (..) in words.

Snz: Earlier, I kept getting the word 'steroid', it doesn't make sense to me & so I panicked & got blank. It still doesn't make sense but I just got the word 'importance'. I've no idea what that means.

Bun: I saw a little light coming out & then some anxiety.

Arn: What I saw was she is searching for something or someone & sometimes she doesn't know where to look for it & so sometimes she gets agitated. At other times she's peaceful in her search & there is a sort of sadness, which is deep within, which even she may not know. That is what I got.

Dev: I felt a lot of frantic activity; her energies were moving very rapidly. I don't know if it was anxiety but there was a lot happening behind that calm & stillness. That's what I got.

Ano: A lot of warmth & confusion & question of some sort; confusion towards a question.

Kau: I felt that she is a bit fearful. She wants freedom; wants to fly solo without anything pulling her back.

Vin: I got a sense of her being quite peaceful & calm with herself. Warm, cheery, good vibrations.

Kav: I felt she is looking for much more love than she has; she needs a lot more even though she is full of it, she is not getting that much & somewhere within there is a little bit of loneliness.

Dar: I see (..) but she mustn't be hard on herself to reach master hood. She feels that she needs to discipline & I can only tell her that it's free flow and you are in master hood.

Din: Dar, from the moment I connected both my palms are throbbing as if she is sending me lots of energy. I connected to her from my heart & I'm getting back great blasts of energy & the colour yellow. It's opening up something within her or within me, so I don't know if it's her vibration or mine. It's like one.

■ You will all now take a few moments & sit in silence & you will reassess what you have spoken out. You will do this internally, with no vocal speech. You will see where you feel you have been accurate. You will assess where you feel that you perhaps erred & you will allow yourself to see if there is any impression that you have missed out on. All this will be done in complete silence. Proceed.

Son (**Yzd**), Three people in this room will be pointed out to you. You will speak to each for just a moment & you will give each words of comfort. Proceed.

Yzd: (To **Arn**) (inaudible)

■ A little further is required.

Yzd: Love of self. Smile (..)

■ Hold her (**Dar**) hand & speak to her.

Yzd: (Inaudible)

■ This child (**Din**)

Yzd: I'm getting break out like an egg hatching. (..)

■ Son, we have one further task for you & then you need not play any more games. This is one we ask you to take up with joy. You need to speak to the little one (Diane) in the other city. Simply hear her out & teach her to breath. You will be guided intuitively. Do not rush to research this topic. Simply go, hear her out & teach her to breath. That is the first step. Will you do this with joy?

Yzd: Completely. Do I need to be there?


■ (Nodding) You will find a way. Step one needs to be done in one simple session. You will be further guided afterwards.

My blessings are with my dear, dear ones. I may not appear each time but I am hiding in one little corner, there, there, there, sometimes here. I am watching.

Sohrab Changes Energies

Thank you all for your frequent astral visits. I have welcomed you many a time to Samballa. Of course, recollection is not easy.

Din: Very clever you are not to give us the pleasure.

 I am here today to once again take you to the energies of Shamballa; a further level of exposure is necessary. Go within & trust me to take you to my home. Do not worry about seeing a visual picture. If it appears that is acceptable. Focus more on going within & willing your energies, your own personal energy signatures to accompany mine to my space of growth, development & enlightenment. We are there together.

[The Master chants Om several times & after that he claps, the tempo increasing].

The higher level of energies will ensure quick growth, heightened sensation & speedier intuition of new required energies. You have all agreed to accept these changes in your physical, mental, emotional & spiritual bodies. Do not fear the changes. They will come rapidly. You have invited them in. Growth will now be extremely rapid. Open yourself up to new & expanded levels of consciousness. The universe is yours for the asking. It is my personal pleasure to monitor these Shamballa energies in your bodies. Call upon me when you feel the progress is too rapid & I will personally supervise & correct & fine-tune these beautiful, vast energies.

My blessings.

Kav: I want to know what my block is? Why am I not growing the way I want?

Ell: Because you do not really wish to grow, Kav.

Kav: I do.

Ell: There is great fear of growth because you have to leave behind a lot of old habits, attitudes that you are used to. You are not yet ready for that. You are intellectually ready but you are not truly ready to give up all the old things that you know you have to give up, which entail the first step towards growth. That is your greatest problem.

Vin: This is about my daughter Ano.

Ell: Why don't you let her ask?

Vin: O.K. I'll ask you another question. My husband is kind of stuck because of family problems (..)

Ell: It's not his time right now. It's his time right now to pause in life. Allow this pause to be there for as long as it's required. It's an important pause in life. It's giving him,

unknown to you, a chance to introspect. It's giving him a chance to re-learn several things about himself. He needs this pause in his life.

Ano: I have a lot of confusion in my life regarding my career & things like that. I'd like to know how I could sort it out.

Ell: Right now Ano, don't even think of your career because there are other things besides your career that are confusing you. Those other things are your personal emotions that you are unable to deal with. There is a lot of suppressed emotions of past years that needs to be released right now & I would invite you to ask someone for help in this; maybe you could speak to 'Jm'.

You need to speak about what you feel. You need to have someone like 'Jm' who would help you to sort out these suppressed emotions because they are coming up; because you have become habituated to suppressing so now you do not understand how to deal with emotions that are coming up but you can't back into that old habit of suppressing. So get rid of that confusion & everything else will fall into place.

Sohrab: Din will link & answer three questions.

Dar: This is not a personal question. This is more regarding what is happening around the world, destruction, huge political crisis. When is it all going to end?

Din: Actually the destruction & political upheaval that you are seeing has not even begun. There's no question of it ending. It has just begun. A lot of negativity & a lot of mass human consciousness has to change & for that this upheaval is very necessary. So it will take some time. Also there is free will choice so one cannot put a time limit that it will go on for three years or ten years. Humans have to choose to awaken.

Dar: May I ask one more question? How can you change this consciousness?

Din: First by our own awareness & consciousness & by being a living example. If you start being a living example of love & light, with your power you will change many at a time & there will be a wave upon wave upon a wave. It begins with you.

Arn: It's personal. It's about me. It may come out confused because I'm confused right now. Sir keeps saying that when you don't learn a lesson it keeps happening in your life so my mind is saying that I have learnt this lesson but obviously my soul has not learnt as it keeps happening in my life. How do I make my soul learn these lessons?

Din: By putting your mind aside.

Arn: That's what I'm confused about.

Din: So you do certain techniques or certain meditations where the physical mind is not so over-active. Learn to go with the feeling of your heart; that's where the soul resides & then the soul will know.

Ell: Din, there are very many times when you can see a dear one going through, what I can only call an ego crisis & not willing to look at it, acknowledge it, not even probably aware of it. How best can I help that dear one to first acknowledge it because I know that if the acknowledgement is there, my loved one will work immediately, will start the resolution?

Din: First & foremost, find out whether the loved one is opening the door for you to speak. The lesson here is that person's. You are, out of love, wanting eagerly to help. Time is not right. They have to go through this. The ego has to fall & break. You cannot help that person but when the ego breaks, when the humiliation comes, and it will come, that is when you can help with love.

Ell: So there is no way I can speak to my friend & even point out to her..

Din: You may try but if she is closed, she will become more closed. Allow the universe, you can talk to her Higher Self to bring certain situations whereby she sees it herself. You see, the ego sometimes makes such a thick, steel wall that by trying to talk, the more the talk, the more the retraction, the more power to the ego. It has to be left alone. You can talk to her Higher Self, for the Higher Self to work for the lessons to come. Allow for the ego to break; allow for the pain to come because that will be the lesson learnt.

Sohrab: May I add something to this, Din? This goes for all of us. I've just been told that whenever you'd like to send love, light, healing, guidance to any friend but intuitively you feel the time is not right, you can actually send it to the Higher Soul & ask her to store it; to actually store it, like a battery pack, till the time is right for that soul to receive it. So your thoughts, your prayers, your intentions are not wasted. You can do it now, even if it goes ten years later. It's actually a battery pack storage. Don't forget this.

Ell: But what do we do in the interim 10 years while the ego crisis is getting larger & larger?

Patience.

Ell: It doesn't affect me but I can see that person getting into a whirlpool of ego.

Din: It's probably affecting you.

Ell: No. I *know* it's not affecting me. I can stand there & wait for the 10 years. I can see that person going to a whirlpool of stuff my friend never did before, which is very

unusual for my friend to do now. Do we just allow it to happen for the 10 years or whatever time it takes?

Din: You will not be able to change it. It is her lesson. If, very deeply from your heart, you wish that you could talk then you must talk (..). Find a convenient time when this person is a little receptive. But be very well prepared to be cut off. But you will have released your great need to have shown what is needed to be shown. But you must not then hold on to the result.

Sohrab: There is a dance happening right now & while the music is playing, the dance continues & when it stops, the person is going to crash to the floor. Then that person will learn, "I must pick myself up". But you can send positive love, light energy. Let the dance go on. In fact, let it go on as long as it needs to.