

16th December, 2004
UNKNOWN ENERGY
Channeled by Sohrab

Spirit Partners

Trance Channeling begins

[Laughter]

■ I am just like you but on the other side. Just as all of you gather as students of the Jade fire and the Germain and the other Masters, so am I a training guide on the other side who gathers at the same meetings. All of you are now at a level where you feel energies and presences in the room. Are you not? These are not just the great Masters. These are also students like us. For each of you who attend, there is a twin student on the other side.

Whenever you attend, the twin will also attend. We are exchange students of a form. We are not your twin souls but for the purposes of learning we have contracted to always attend together. I am the twin soul of this friend. Each of you right now, right here have a twin attending. From now on please remember your friends who are also learning with you. Our growth and your growth goes hand in hand. One leads the other.

Have you not noticed that sometimes concepts suddenly make sense so easily? And at other times it is slow. It is not only dependent on your learning, it is also on ours. We too go faster and slower like you do. Just because we are on this side it does not make us super-human beings. We are also learning with you. Not only do we learn the same knowledge that you learn, but we have learnt to exchange emotions with you.

It is now time for you to be permitted to know this. When you feel sad we share this with you. When you feel happy we share this too with you. We are not permitted to change your emotions. It would be extremely easy for us to do that, because we do not have the emotional graph or ups and downs that you have on this earth plane. We do have a graph but it is unlike yours. It is far more even. We are being permitted to experience your moods, feelings, thoughts and emotions to get a better understanding of human nature. Of course we have been human in our incarnations, but in our training as future guides, guides who will link with souls like you we need to experience what humans are going through in this now, which is not the same as what we had experienced in incarnation as human form. We thank you for your moods, your thoughts, your emotions.

Nothing is right and wrong. Everything is an experience for us to share. And by sharing we understand human beings better. We are training to be guides specifically dealing with the human realm. Many guides like our dear Masters who we share are guides to many, many different realm, but at our level of comprehension we are starting only with the human realm. What a joyous day, to be able to speak with my friends who I have seen time and time again and have never had direct communication. Thank you. You may all ask as many questions as you want. I don't promise to give all the answers but I will answer from my level.

Prz: *My question is when we are learning, you are learning over there. Does it happen visa versa, that when you have a class over there we would be learning over here?*

🌅: This is a lovely question. Yes, it does happen, in a slightly different form. As I have just explained, by accompanying you, when you permit, have no fear friends, at private moments in your lives your higher soul does not permit us to view your thoughts, feelings, and experiences. It is only when your own higher soul permits that we accompany you. So we are with you not only at this class but in your lives as twin students. So we learn from every experience you go through. For example if one of you is having what you term as a fight with a partner, we are able to observe it with beautiful detachment and no judgment, simply to see what is happening. We examine it on many levels. Earthly, energy from our slightly larger perspective. Only slightly, and then we have to raise our own vibrations to try and observe it from Master level which we still are learning to attain. So there is a constant exchange. Similarly when we feel a little triumphant or happy as you would term it. A small fraction of that must permeate but as I said before, we are not permitted to raise your mood if you are in the doldrums. That too is an experience we together must go through.

Prz: *Could we link to you and pray to you as a guide at this point, when you are learning?*

🌅: Please link with us. But do not treat us as guides, treat us as friends. You learn from us we learn from you. There are aspects we do see more clearly but there are many aspects you have a better command of. Never forget that. So please link that is why I have been permitted to come today not only with this batch but your entire group who is now ready to acknowledge and work with us. Next time you catch yourself being perhaps off track take a moment, link with us, have a laugh, find out what you have learnt and what we have learnt. Make it a game.

Sil: *Can you communicate with us directly and can we see and know what you are thinking and saying to us?*

🌅: Most definitely, if yourself first to us. You will feel us, you will hear us, you will know us. Take a moment right now, close your eyes and center. Each one of us will place our energies on your shoulder and sensitize the area around the neck and shoulders. The more you relax this area, the more you will feel us. Let us be one as we are your friends

and partners. Some of you will feel warmth, some will feel cold, some will feel tingling, some will feel a gust of air, some will feel other sensation. It matters not. Simply link...

Send you own twin partner a thought of love and connection. Now open your minds to a small short answer or message that you will receive in turn. (laughter).....

The more you practice the more you will be in communication with us. Please understand that we are your friends. We will serve as guides but we wish to link with you as friends. Would you wish to know the message we gave this child which he found so amusing? We told him to chew his food slower. (laughter) Question?

Ruk: *Sir even now, I felt somebody hand on my shoulder. It happens to me very often especially in meetings. I was thinking it is one of my masters. Is it just a guide or do the Masters also come?*

■ You are now sensitive to touch , sound and vibration. They will reach you in a multitude of ways. It is not just us. It is the Masters. Very often it is your own higher soul who is giving you a physical nudge. And dear child very often, you may not like this, but it is the higher soul, of your current partner who is also giving you a nudge, for various learning reasons.

Ruk: *Partner means?*

■ Husband. Even if he is in conscious living form, his higher soul and yours can communicate. Even if you are in conscious waking form and so is he, his higher soul can communicate with you physically as you are now sensitive to be aware of a nudge. It is now a joyous part of your life. Not to worry of who is giving you a nudge or a message but to open yourself up to whatever is being received.

(To **Nan**) No question?

Nan: *I am thinking. Do they look like us on the other side?*

■ It is an energy form but we have chosen to assume a similar form to yours for the purpose of learning human physiology- Feelings, emotions, physicality. We wish to learn every aspect of being a human from our side. Try and understand this dear friend, we could of course take an incarnation in your form but we have chosen to be future guides just like your Jadefire, and your other guides, who work from our realm bridging a gap between souls like you and the ether. However we have to have a complete understanding of human frailty- Positive and negative as you term it.

Nan: *Are we under a microscope?*

■: No, no, no. It is the most joyous sharing that you have volunteered to do. Nothing is done without your permission. It is a complete sharing. We have no ability to judge, criticize, condemn. We do not have that. On the contrary we have to learn that by observing you. But we learn it as an external force. So though we do not have it ourselves, we learn it externally. When you nurture a beautiful flower, a beloved pet or a child in your own house, are these under a microscope?

Everyone: No

■: The love that flows from us to you far surpasses the love that you will ever pass us.

Shl: *I kind of saw myself exactly the way I am. What came to me was "Lucky you, for you to be here" and then immediately "Lucky for us to be here together."*

■: (To 'Shl')Your twin delights in experimenting in jewels, color and many different costumes. Many. She also experiments the hair styles. Color, length and style. She is much appreciated by us.

Sil: *Are they the same sex as we are?*

Sohrab: It matters not. But for the most part we will assume the same sex to understand better the workings of the person we are connected to. However we have no sex. Please do not mix this up with your twin souls. We are twin, learning, studying partners. Think of us, as you would your best friend in school or college, going through similar experiences of learning and playing, of life caring emotional experiences outside the work arena: Of sharing problems that you have with your parent: Of sharing everything within your heart. Just as you and a best friend. That is how we are working with you.

Group Member: *If we go through pain, they go through pain?*

Kau: *This is fantastic. For sometime I have been missing affection in my life and*

■: Why have you been blocking your best friend?

Kau: *Why? I don't know. Maybe (inaudible)*

■: What would you like to know about your best friend?

Kau: *What would you tell me?*

Group: *Please even me. Please even my.*

■: One by one each one will be told.


Everyone: Thank you.

: Let us start with this friend.

(For Kau) Her best friend is much mischievous: Causes much disruption in our classes. Has a wonderful vibrant energy; An energy that searches all the time. She does not have your earthly fears. In fact, she looks at them with great wonder and says “Oh, I can learn from this, I don’t have it.” There is no judgment there is only joy: Only joy in connecting. She has a great love of opulence. Not in your earthly terms. But she likes the richness of light, color, sound, vibrations. She is full of what you term, passion. Connect with her. Why else would she be your friend?

Before we go further we wish to answer a question. When you feel sad, do we feel sad? We feel sad in empathy. What happens when your best friend comes to you, and says she or he is going through a bad experience? You do not fully experience it, but you experience it by caring, with love, focus and a desire to aid the person. However we have been given instructions that we are not permitted to change your course of life. And we can never violate that instruction. We do not see it however as a failure or a mistake. We see it as a beautiful test, examination which we know you will pass.

Group Member: *Suppose we ask you to interfere, now that we know you exist?*

: We can never. Your guides may have the ability with permission, to help you change the thoughts if you have. We do not have that permission. One day your higher friend. Let us term these as best friends.


(For Soh) Your best friend is a beautiful, very beautiful figure constantly dressed in flowing garments. Her fondness of flowing energies is boundless. She calm and serene with an eternal smile on her face that none of us can fathom. She is one who is wise beyond her energy levels. She has kindness and grace and a passion to help others. Her only desire is to aid us and other beings on many levels. She personally, your friend has undertaken a study not only of human, but she wishes to work with beings of many realms. We continually caution that she is attempting to go too fast but she heeds us not. She is charm, grace, beauty, perfection. Connect.

(For Shl) We have already spoken about your friend in physical terms. She has a great sense of humor. A great love for life. A great love for her own energies. From that you will learn she has a singular love of her own energies, which you on the earthly realm will term as being narcissistic and egocentric. No at all. She amongst all of us understands the beauty, bigness, brightness of herself. And from her we learn to appreciate ourselves. What a glorious task. She is magnificent.

(For Nan): Another mischievous creature. Unloving serious. Above all of us your best friend has best mastered the human emotions. So she often puts on a little display for

us showing us pain, sorrow, trauma. For some reason, she is exploring these aspects right now. When she puts on these displays we are all highly amused as she does not feel them. These are purely external manifestations of what she has observed. However her wit and her humor and her innate knowledge of herself, the universe and the creatures. Something we greatly respect. It may interest you to know she is exploring the human aspect of smallness both physically and emotionally as she needs to experience this to help us understand how best to help humans expand. What a great task she is undertaking. Connect with her. You have already connected with her many times. You have also mistaken her for other souls that have been there in the past. No you know of it.

Nan: Is there any way name of hers?

: That is between you and your best friend. You and your best friend can share this in complete privacy. It is a name only for you to call your best friend. The more secret you keep the name the stronger becomes the bond. This is not out of a need to hide. This is out of a need to contain. Understand the difference.


(For the next person) Your is a little dainty sprite. She sits from place to place. She loves earthly aspects of flowers, scent, trees, clouds, blades of grass. She has the amazing ability to see beauty in what you call a pile of junk. She will view a pile of junk and say “what universal symmetry. I see a work of art.” She has the most amazing vision, of self of others and of human beings. Connect with her dear friend and see your own vision growing from your own capacity.

(For the next person) Your best friend is not what you expect. Of all the best friends he is the most serious, the most focused, the committed. He does not explore his sense of humor. He explores the sense of self, of unity of oneness with the universe. He is the rod, the staff to which all of us hold on when we are floundering. He is the pillar of strength to whom we look to when we are moving at a slow pace, he is the rock. Do not think of him as being staid or boring just because he does not have what you term, sense of humor. His centered ness is so great. He is only pure solid love.

(For Sil) Yours dear one, your best friend, constantly assumes various forms other than human. Forms that you have so often been attracted to: The unicorn, the flighted angel; the sleek beautiful animal moving through the woods; the birds flying high over mountain tops. Your dear friend is one who wishes to experience other forms and by experiencing other forms understands humans better. Because he and yes he, because he has taken more a masculine than a feminine form. He wishes to understand humans from various perspectives, not just animals from your planet but forms from different dimensions, energies from different star systems. Each views the human form differently. And by doing this you only gain a more wider and more tolerant perspective. A very glorious and very bright creature: Elusive. We ourselves hardly ever see who he is. But he is elusive in brightness, in joy and in light: A wonderful, wonderful friend.

(For Jm) Your best friend my dear friend is pure feminine energy. Pure feminine energy. She takes no form. She does not assume the human form. She cannot as she is the purest form of feminine energy. She is creation at its inaudible. She understands only creation. She has chosen to link with you for various reasons. For one your own vibrations are at such a level for they require her feminine energies for their growth. Similarly your current vibrations aid her in her task. See how beautifully symbiotic all relationships are. Draw upon her strength upon her creativity, upon her pure knowledge. The purest of scientific knowledge is hers. All feminine. She is magnificent.

Jm: *How do I connect to her? How do I draw on her?*

: Just be. Just allow her to connect with you: Just as you have done a few moments ago. She is yours to connect with at every instant.

(For Aru) Your friend who is very masculine, is the trouble maker. The troublemaker in the best sense. He shakes us all up, causes turbulence and says “Look at things for what they are. They are not the way you see them.” He is the person who brings reality and truth to our sometimes wandering feelings. I cannot use the word “Mind” because we do not have minds as you have. Our (inaudible) is throughout our entire energy world but he brings direction, focus, reality, understanding logic. Wonderful. Without him, we would be these drifting creatures. We do not focus very well. Draw upon his strength, for your own. Give him your softness and love.

(For Prz) Your friend dear one, has been a master in the past and has chosen to draw upon himself a veil of forgetfulness in our realm. Extremely unusual, but done for a high purpose. That he does not wish to reveal. Obviously a veil of forgetfulness in our level is not the same as that on your vibrational plateau. But even in our realm , his vibrations have deliberately been reduced by himself for the purposes for remembering. He is learning that through you. As you grow in your spiritual quest and remember so does he, and as he grows, so do you. That is why your question earlier was so pertinent You do work together, each one affecting the others reality. You helped yourself, you help them. A glorious task he has chosen. He has shown us the strength of one who was at a much higher level than we are


(For Rui).....As she not worked through you. Acknowledge her presence. If you feel her within, stroke your own hand and thank her. Stroke it in love and then place your combined hands upon the patient. You will not double the strength, you will increase it a hundred fold. Feel in future with her within. How glorious is your friend?

(For the next person) What friend would you like. Tell us before we tell you. Sorry, she is very fussed. She is very headstrong. She is also completely focused on truth. So on the earthly plain you might term her as arrogant, pig- headed. She is none of those . She is most gloriously focused creature on truth. Her quest for truth is unyielding and un . She

searches for truth first within herself and then for all those around. She never forces the truth upon others. She offers it to them on a platter. Here is the truth. Now the choice is yours. You wish to see in this platter of truth, confusion chaos and lies or do you wish to see what really lies beneath. And her strength is such that she permits others to see all that is. Most of the time they wish to see the lies and not the truth. And she permits it wholeheartedly. But whenever they are ready in their own plateau of evolution to see the truth, she represents the platter and says “ Here it is you are now ready.” What a magnificent task. We truly respect her ability to see through confusion, chaos, lies. She has x-ray vision. Draw this for yourself. It will help you in seeing the situations that confuse you. It will help you understand people around you better. It will help you observe their games and yet allow them their games. You will now understand why she was chosen to be your friend. And she learns from you too.

(For Pnm) You have chosen an energy friend that has assumed a form of a young boy. You are aware of the various issues that you are going through life. And the responsibility that has been given to you which is not for those in this chamber to share. To aid that in a different form you have chosen as a friend who is a young boy who will remind you of youth, of the child within you of the happiness of being carefree. Of a time before responsibilities. where you can exist fully in the now. Where you can enjoy, play, laughter, mischief, at the same time the nurturing of (inaudible) You have chosen masculine energies as you wish to experience more dynamism and force. All these will aid your current process. Simply link with your friend and enjoy. That is all he wished you to do. It is now my time to bid you all farewell.

Dhi: *Could you tell us about Sohrab's friend?*

: He will be told personally. A little task that your friends will all like you to participate in and I speak for all your friends. Soon will be a time for what you term New Year resolutions which you all so happily participate in and promptly break. Your friends would like to guide you on your resolutions. Not to give you resolutions, but to request you to please change your focus when you are now making your resolutions. For example if you wish to loose weight. Do not forget on deprivation and weight loss. Decide that the end result is you wish to have a healthier mind, body and appearance. And focus every moment on raising your energies rather that depriving yourself of food. When you wake each morning do not say “Oh dear, I am on a diet today.” Say “ I will focus my energies throughout the day on raising my bodily vibrations.” Automatically you will be drawn towards food that raise your vibrations. You will be drawn towards a modicum of exercise that your individual body needs. And you will be drawn towards other aspects such as sun bathing, moon- bathing or drawing in energies from the cosmos that will aid your particular body. If you choose during that day, what you term low vibration foods, accept that with grace. Simply energize the food, it higher vibrations before you consume that slice of cake or that piece of bread and butter. Do not allow guilt to creep in. The moment guilt arrives you have instantly added weight and lowered your vibrations.

Do you understand how we request you to change your focus? The end result will be more than the same but the focus must be different.

One more example. If you choose to get on better with your partner or friend, do not say "I will fight less." Say "I will raise my vibrations around this person. I will learn about myself. At every instance this person will test me and I will test myself. You may fail at once. No matter. You will immediately assess the situation in privacy or in your room and say what a wonderful test that I failed. Perhaps I will not fail the next time." You will make no attempt to change your spouse. You will make every attempt to change the vibrations. Do this, enjoy and each resolution will be a success.

Everyone: Thank you.

Sohrab out of channeling mode but in link:

Group Member: *Can I ask you a question now. Suppose I feel like drawing on her friend, can I ?*

Sohrab: Yes, you can draw on energy on any of these friends, just like when you share your friends with others, of course you can.

Group Member: *Suppose people are not from this group but are spiritually inclined, do they have a counter friend like we do?*

Sohrab: Everybody has one. Every single person. Whether you are in spiritual group...It like saying in Earth even the worst person has so called a friend. Everybody has some person in their life. Its not for you to judge the level of various friends. Because each person.....There are beings on other side who wish to learn of every aspect of human behavior. All friends are not for the purpose of becoming guides. In our case, because we belong to a spiritual group this group of friends are specifically guide oriented. Each and everyone of these friends is going to become a guide at some point. But for many people on Earth who are not spiritually inclined, and just functioning they have a friend link up for other purposes. The soul that is linked with them may have gone through similar experiences and is trying to learn to better himself at that level you see. It could be for other purposes that we don't know about not necessarily for spiritual purposes. Each one has a friend in some form, some learning curve. And it has to be symbiotic, so each would learn from the other. As one increases vibration the other's vibration has to increase.

Prz: *If my vibration decreases does it affect them similarly?*

Sohrab: Here is something you don't know Pervez, your vibration never decreases, it can only increase. You will feel slumps at times. Your actual basic vibration will never

decrease. What happens is there is a deliberate hole that appears in it into which you sink yourself for the purposes of some growth to raise yourself even further. Its sort of like a take off platform, we go through this. Every time we go through a deep slump its to propel us even further up. Once we get to that level we can never actually come back here. Another little slump would occur to take us still further. So actually if you were putting a rating on your vibrations and you on the scale of say 7 , you can never go back to 5. You will always be at 7 but a stretched 7 that dips and then shoot to 8. That's what it is. And no you cant pull them back and they cant pull you back.

Prz: *Does this friend of mine some aspects of joy and happiness with him, and if he is a Master why is he going through the whole thing again and trying to learn from somebody like me?*

Sohrab: I am being asked to give you a very earthly example. First of all he is not going to answer why he has changed his vibrational level. That's not for you to know. It's a little high level reason.

Look at somebody like Mother Teresa, she could have had a very comfortable life abroad and yet she chose to come and live in poverty to do something so she lived as a beggar herself to accomplish something for herself. That's the sort of comparison. I am not saying it is Mother Teresa. Or there are people who come from very, very affluent society who choose to marry into extreme poverty, and they are happy that way. They are not doing social work but they choose to give up wealth and riches to live on poverty line because they wish to join their energies with that partner. Its not for you to judge why. They do it for ore Or there are people who come from very, very affluent society who choose to marry into extreme poverty, and they are happy that way. They are not doing social work but they choose to give up wealth and riches to live on poverty line because they wish to join their energies with that partner. Its not for you to judge why. They do it for personal growth.

It's a very difficult thing because even in our sphere its kind of normal to give up everything and be a pauper- Very difficult choice. But many people do, it is all for personal growth. It seems like its just happening but its not its actually chosen. So your guide has done a similar thing and what they want me to tell you when you do this on an astral plane its even more dramatic that when you do it here, because we are in touch with energies and then when you reduce your energy levels for the sake of learning it's a very noble thing: Personal choice: Noble cause for the person.

Prz: *Is my friend connected to the energies of joy?*

Sohrab: Sorry I am getting no answer.

Group Member: *They aren't supposed to have an emotional*

Sohrab: No, no don't mistake that Sheila. What I was feeling, they very much have emotions like us , its just a very bigger level involved. You know how children experience extremes of everything. When adults look at little children howling or laughing. Our emotions are little more refined than theirs because we see the bigger picture, because they just feel. There is no logic to their feelings. They have all anger, all fury, all happiness. So we are a little more advanced. Same way they are a little more advanced. So they feel but not at the outer controls that we feel as us earthlings.

Group Member: *Is it possible to raise lower vibrations of someone who you love or is a part of your life?*

Sohrab: Our soul quest on earth is to raise our vibrations. It is a misnomer to think that we can raise other peoples vibrations. Or by raising or lowering our vibrations it affects others. It does have a chain effect but what happens is our soul quest is to actually raise our own vibrations. As you do that you automatically affect those around you. You have no right or control over the level to which they raise their vibrations, in tandem with that. Specifically with your own family assuming that you were talking about that you quest is to only raise your own vibrations and those around you have to be affected. They cannot not be. But then you have no control or right to say "you should match me." That is not in your sphere and you cannot do it. That is our....as light workers we have a bigger sphere, mostly have the responsibility of raising the vibrations of their own family. As light workers we have the responsibility of raising the vibrations of everybody we come in contact with, without forcing it, but by simply being at a higher level of vibration in their presence, consciously. It has to affect them. We must affect them. There is a difference by grabbing somebody and pulling them and just saying "Come with me." What we do as light workers is say "Come with me."

Nan: *I was told that I connect to this friend of mine, and I don't know I have connected to this friend of mine. Now with me is I connect to a lot of friends out there. Masters, or dolphins or unicorn or, so how do I know its this friend I am connecting to?*

Sohrab: Now that you have been given this knowledge connect to this specific form. Ask them "I want this friend to connect with me right now. Touch my shoulder, be with me, let me feel your energies. Let's have a chat."

Nan: *So if I need a lot of love energy, somewhere some place a dolphin key chain, or a dolphin picture, or something will come. When I need the love energy. And now that you are saying that maybe its not the dolphin, its some other friend, you know.....*

Sohrab: No, They didn't say that. They said because you are sensitive very often you have mistaken this entity for somebody else. But if you specifically call upon dolphin energy I guarantee you , you will get dolphin energy. Now you have been given one more thing to specifically connect. Now that you are aware of your friend, you will be

able to distinguish between the friend and the dolphin, which is now the ready time for you.

Energy sent to various people.
