

24th March, 2005
THE LADY HERA
THE CRYSTALLINE ENERGIES
Channeled by Sohrab Ardeshir

Extra Terrestrial visitation

Trance Channeling begins

Dear friends, some Universal Friends wish to visit your group. Call this, if you will, an exchange program. Each of us wishes to visit with the energies we have been working with for several, several months. We wish to feel them individually. So far groups like yours have been sending us collective energy which we utilize for work primarily to do with your earth planet but also for other inert-galactic energy work that is required.

There are many, many light workers around your wonderful planet, many banded into groups such as this and we feel the collective energies of the group. Just as, for example on your planet, when an organization sends a charitable donation to another country, the recipient only feels the collective energy exchange. We now wish to meet a few of you individually, just for our pleasure. We thank you and as we come similarly we exchange our direct energies with each of you in this room. Our system of energy exchange is just that. Energy exchange, and nothing more. We do not have notes and coins to pay you with, so we apologize for the breach in etiquette on your Earth planet. We ask you instead to work with ours for this session.

I am the first. My name is Lady Hera. I am not of your earth. I am of the mythology of another species similar to yours. And I come in etheric form, even though I belong to them, just as in many of your mythological Gods belong to you. You will find an energy signature similar to that of your Goddess Laxmi. I function on a similar manner, in my home planet, giving them abundance or rather teaching those who reach out to my energy structure how to create abundance in their own lives: Self empowerment. I take a moment now, just to receive your energies and to simultaneously exchange mine: beautiful, vibrant, soft, searching, fidgety and curious- Ah! the passion. I give you mine now.

(To 'Div') Now see abundance in your channeling. That is my gift today and I am afraid you will have to slightly channel today. (laughter) It has not been your wish but my dear one with your permission , one of us five would work best through you and not this child. If you would be willing the fourth member would be willing to come through you. Thank you.

Div: Yes of course.

Sohrab (Fourth member): So much exuberance, light and love. Occasionally getting caught up in tangles of your own creation but that little imp of mischievousness is still within you and it must always be there. Never let him escape you. I now give you some of my collective energies which will help you gather and harness your own psychic powers. Thank you. From you I take focus and reserve. I take those wonderful elements of foresight. As you have so much foresight which you constantly deny but which is there. Wisdom of the ages, tap into that which I am tapping into now. I give you a word of advice, rather than my energies which would not particularly benefit you. Simply because you have the wisdom of ages within you, explore a few of your past lives. They will release little energy pockets that will help you grow at a very rapid rate. There are many in your friend's circle that will help you with this. Call upon them, to guide you through a few regressions. But above all, go into them with courage and openness. You will be surprised what you see.

(To 'Dh') You too have so much hidden inner knowledge. You have knowledge cells stored within your inner body. Use them; open them. They contain aspects of knowledge not only about your own life and those around you but of universal aspects that you wish to now explore. Rather than attempt to gain knowledge by taking in beams from the universe, attempt instead to release these knowledge cells within your body, that lie dormant. Simply do this and you will be surprised at how much arises from within. Don't be confused, it is very easy.

(To 'Pun' and ' J') I offer you the ability to look within. My dear ones, for both of you we will simply speak, for any exchange of energy would be detrimental to the work you are engaged upon. It is sufficient for one such as me to simply be with you and acknowledge publically how joyous the beings like I am to be in your sphere. Your energy grids are glorious, and your work momentous. Accept your greatness, not that you are better than others., no. Accept that the energy work you have done over lifetimes, has brought you to where you are today. And you are fully deserving of the energy work that you have drawn to yourselves in this lifetime. No better, no worse than another. Simply magnificent in your own growth. I shall be there to watch and participate at every stage.

(To 'Sil')I thank you for the offer of your light. I accept it graciously. I offer you in exchange glimpses into our side. Allow yourself to once again dream at night. And more and more glimpses will be given of the spirit world. Simply to familiarize you with your true home, don't block them. Allow them to arise. I will aid you in the process.

(To 'Nin') Dear one call upon healers within your group to aid you. There are many who wish to help and who are indeed helping but till you make the attempt to call them, you are not fully allowing the energies into your sphere. That one step must be taken by you. This does not mean you need to call upon each member who is a healer. Use you

intuition and request anyone or ones you wish to aid you in the process. You may offer them an energy exchange, that is right. That is acceptable. But if any remain adamant about not taking the energy exchange, you must permit that. You have given them light. You have held together this group light for many years now. Allow them to offer you an exchange in their own form. Permit that too. By not allowing that you are blocking their form of blocking the energy exchange.

(To 'Kav') Dear friend, your light has grown and expanded into the areas of the unknown. It has truly reached beyond the light. We acknowledge this and thank you for your support, your help and your work with the group. We now wish to occasionally and randomly send to you those who are needed to be taken into this area of no energy. You understand what we mean. Would you be so kind as to work with them on occasion. Thank you. This is not to be one time and again. Most of those sent to you will need between one and three sessions only. And they will be sent to you rarely and occasionally. Once again, use your intuition. Many may come as energy hungry people demanding that they may be taken to this space. It is at your intuitive discretion that this be done. Use your intuition, use your discretion. Do not fear to say "No." Each time you take them on a journey, you yourself will go further and further into the unknown. That is what you are made for. I offer you as exchange – adventure. Sense of cosmic adventure.

Dear ones,(To 'Mon' and 'Rag') from both of you do I take with joy, a sense of honor, values and family. Yes, I take that from you with joy and love and in exchange I offer you our sense of family values, which are slightly different from yours. But from these energies will you expand your already existent values of honor and family values, and now you will perceive them in a slightly expanded form. You will surprise yourselves. Be different. Enjoy it. Be expansive. Shake them up. Shake yourselves up.

(To 'Kau') From you dear friend I learn self worth. I learn it from you. You have such a knowledge of this subject. You are capable of teaching one such as I. It is simply that you do not wish to explore it fully for yourself. And for that you may take many lifetimes as you wish. Our sense of time is very different to yours. I take from you your higher soul's sense of self worth. It is magnificent and I offer to you, my sense of fun. Have fun with whatever you do. Spiritual work, materialistic work, whatever work have fun. There are many in this group who are already teaching you that. Are they not? Enjoy it. Have fun.

(To 'Vin') How fervent, how brilliant how expanded. There is an inner being that is just radiant light but this inner being has clouded herself with the shells of this illusory world. (laughter) I offer to you the joy of looking beyond illusion now. No more will you be satisfied by these ridiculous walls of illusion. Every time you will come to one you will wish to shatter it. Yes and that will set you free. I see only the little child who wishes to run and play. Yes, yes.

(To 'Nan') I take from you sage energies, similar to priestess but not the same, and I offer you destruction: destruction of the old self. I offer you complete destruction. Will you take it?

Nan: Yes.

Lady Hera: Think of yourself as a beautiful instrument making music at every turn. Now change the music, completely. It is done.

I bid you farewell.

Sohrab: The second energy will not speak; will simply come in crystalline form: will appear within me: will conduct a psychic exchange between each one of you simultaneously and will leave. You are requested to ground yourself, and open your heart, throat and third eye chakras. Just mentally affirm that these are fully open, simultaneously ground yourself.

'Kh' - you will open your knees.

'J' - open your naval.

'Nin'- open your third eye further.

'Div' - energize your palms for this energy.

'Nan' - use this for your beliefs.

It has left.

Sohrab changes energies

Dear friends, I am an etheric energy crystal. I am different from the prior friend who came through and any crystalline structure is cosmic in nature and not crystalline as you know it. I exchange with you individually certain elements of your physical structure that are now redundant. I remove them and I fill the space created with cosmic crystalline vibrations. Do not attempt to harness this energy it is with a mind and a will of its own and it knows precisely what to do. It is a living entity. Each of you are now being filled with this in small pockets.

When you find that your own minds are now limiting your growth and your comprehension you may draw upon my energy which is within you and recharge your brain cells. You will find an instant rise of energies and the ability to comprehend smoother and in vaster quantities. I leave you with my blessing.