

4th August, 2005
THE COSMIC BOARD
Channelled by Sohrab Ardeshir

Connecting with your Master

Connecting with other Spirit Presences

Trance Channelling begins..

Welcome friends. Let us have a cozy chit-chat session as one of you has asked at some time or another, "Who am I connected to on the other side?"

I don't know who my Masters are. I don't know who is linking with me. Do I have an Angelic presence with me always? Do I have a dear departed relative watching over me? I don't know, I can't feel and see. I can't experience.

Let us talk today of the wonderful friends, each and every human being has, on the other side. This does not go for just your select group. It is for each and every human being. Animals and plants have a different hierarchy. First, you have your own higher self How often you forget to draw upon the power, the energies of your own expanded form? "I am small. I am weak. I am insignificant. I am nothing" is what you all say most of the time. You revel in your smallness, forgetting the mighty power that exists, so close to home. So close to home. (Pointing to the heart)

So you have your own "I am" presence. You have your own family as you are already aware, hierarchy upon hierarchy. We will not touch upon that today, the extended family. We will touch upon the direct connection that each one has. So we begin with you. You and you. (Indicating the higher and lower presences) Then you have with you, at all times, at least one Master. Even when you are six months old, you have at least one Master.

Masters, as you are aware, change from time to time, depending upon your growth level. Does that make them lesser or greater? Do you not study, from kindergarten to the **10th** Std with different teachers? Is the kindergarten teacher less wise than the **10th** Std teacher? - Not at all. Her or his energies are simply more appropriate, at that moment in time for you. And so do you graduate, time period to time period. However unlike school regimen, where it is one year or class, your Masters change depending upon the energy structure, you contain at that moment in time. The more rapidly you grow, develop and advance; there will come a change or shift in Master hood.

Does this mean that your old Master leaves you?

Never. Never. Never. It is simply that his pre-dominance of energies... it is important you understand this. We have spoken of many types of energy strands. This pre-dominance of

energy strands for the moment is reduced and a new predominance arises. So where a certain Master may have given you for example, 15 strands of his energy for a certain period of time, it is maybe reduced to 7, and a new set of 15 strands belonging to another Master may arise at a certain period in time. However, let us make this more complicated. You will always have a governing Master. For example: This child's (indicating Sohrab) governing Master is St. Germaine. This is the governing Master who has appeared to this child; at that moment in time after all the energy work he has been through over the years. Was St. Germaine there before? Oh yes, there were lesser degree of strands. So perhaps had this child been aware 7 years ago of the existence of a master he would have seen and visualized a completely different Master and that would have been correct. In fact, had he gone to a medium, the medium would have identified a completely different Master. He may have even by-passed St Germaine. No matter. Because in the great scheme of 3-D life, he has a governing Master under which there are several Masters he needs to experience for his growth. So we have added to your direct contact link, Higher self; Your Own current Master, Masters, (sometimes more than one) and your own governing Master. Then we will add your personal angel. Each one of us has a very personal angel, who has undertaken to work with you, throughout your lifetime. This Blessed One, whom only you can name, WHOM ONLY YOU CAN NAME, is an energy who guides, guards, helps and enlivens you throughout your lifetime. This beautiful winged being works with you tirelessly, silently, and for the most part with no acknowledgement, till your lifespan is over and yet these wonderful beings work joyously with you.

Just as the governing Master allows other Masters to move into place, when it is necessary, so will your personal angel, use his or her powers to attract to you, a overview, of an angelic presence that maybe needed for a certain aspect of growth or work that you may be doing. For example, in your own city, if you are choosing at this point to do work for the masses, you decide that you need the power of Archangel Michael or the guidance of Archangel Raphael. That is very individual and your personal angel will instantly know the combinations required, and will permit those strand. In fact, they will draw those strands to aid the process. So never forget, that humble, silent angel, who is named only by you, who is your direct link, your contact, beloved guardian.

Now each and every one of you has an animal and a plant spirit. Yes, even for those who have an aversion to animals? They have a particular animal spirit, which is required by them for their growth and development in this particular lifetime. Once again, as this dear child will be able to explain to you (pointing to Aruna), you may have more than one single spirit but, there will be always one particular overview of an animal spirit. The exception in this room is this child, (Aruna), who works pre-dominantly with animal spirits. She has a whole host of them, who constantly work through her and with her. For most others there is a predominant one, who once again permits strands of energy to be brought into your being and into your growth and development.

Allow us a moment. We will explain how these entities help. Similarly the plant spirit may refer to a tree, a flower, a bush, a shrub, or indeed a plant formation that does not exist on your earthly realm. It is still of that cadre.

Now you also have, supporting and loving you, at all *times*, the presence of three dear departed ones: Three- At all times. Before you are confused, understand that they may not be departed ones from this realm. Time is simultaneous. Do not think linear. So it will be three entities, who are in spirit form, who have been dear to you either as you know yourself today or even a past or future incarnation, who has left the earthly realm. The magical number, 3, again- Very magical on your earth planet. So you are connected to 3 dear departed ones at all times, who nurture you, guide you, and simply cradle you in times of trouble and strife.

Then you have at all times, a connection, with what you term as extra-terrestrial- At least one. This is for the purpose of keeping you in tune with the universe and not permitting you to become an isolated earth being, who is completely involved and wrapped up in his own existence without acknowledgement of the universe around him. Oh yes, there are many of you earth beings who constantly affirm that there is no life beyond earth, but that is simply on a 3-D level. On a higher level they are in complete connection with an extra-terrestrial.

Then you have at all times, a very strong connection for you, with a foreign planet. No, this has nothing to do with earth's astrology. It is a lifelong connection with a planet or a series of planets you have taken regular incarnation on and towards which you feel a pull. This child (Jim) will be able to work, understand and explain this aspect better. He knows the pull. He knows the pull. And dear ones, at all times, you have complete connection with all that is. Without that connection you would cease to exist not only in this lifetime, but in all lifetimes. So do you now understand that you are like a child, holding in your hand, a beautiful bunch of balloons, flying above your head, and yet you constantly open your palm and say "I am all alone? I don't see, feel or hear anybody around me." And the balloons are bobbing above your heads saying "Here I am. Call upon me and I am there. Pull my string and I am in your face and in your palms." But you say there is nobody there and we never look — Up.

Now these are just the first level connections. Each first level connection is 1000s and millions of extended families- In fact you truly are never alone. Never be alone, even if you wished it. And yet you earth beings cry permanently, "I am so alone." Now you wonder how these entities help you, even when you are unaware of their help. Let us explain as simply as we can. No technical jargon.

Simplicity. (To Nan) Remember that when you are teaching, you tend to get caught up in the joy of confusion and complexities, which are so simple to you, but not simple to others. Let us take an earth example. You are faced with a perilous task that brings complete disharmony within you. You have to face an opponent on the work front or the school front, or the life front, the family at home — front. And your insides start to churn. What happens? Instant signals are sent to the brain. From the brain, signals are sent out throughout the body. The breathing quickens, sweat starts to pour down the forehead, eyes and pupils dilate, hands start to shake and the body warms up and you get red and flushed and complete confusion reigns. Simultaneously signals are sent out by you, to all primary sources around. Each one in turn assesses the situation. See how beautifully the earth mirrors the cosmos. Is this not what happens in an office, when a crisis occurs? The boss sends out signals to all departmental heads. Department head will assess the damage and

decide which person or persons, he requires help from to salvage the situation. The same occurs on this hierarchy. So for example, the angelic presence will assess that “You at this moment in time require courage, nurturing and focus.” And your angelic guide will instantly summon the hosts of angels required, who will aid you in this process. The animal spirit will call upon the fiercest, most courageous animals, and will ask for those strands to be passed through it into your body, to give you courage, valor, focus and strength.

Your dear departed ones, simply wish to nurture and guide you. They may call upon their Masters and their friends in the other realms, who perhaps have dealt with similar situations, or who have perhaps other guardian angels or guides for the other person giving you the problem, to work in complete harmony, to diffuse the situation for both. Do you now see the chain of command spreading outward? How beautifully, where you had five to six direct connections, you now suddenly have 105 or 108 distant connections.

The tree of life spreads outwards .And yet, what do you do? You cut it off. You instantly shut —off all help by placing a shield around you. A Shield of fear. The shield of “I am not worth it.” The shield of “Who am I to deserve help.” The shield of “I deserve this, I am bad, I am this, this and this.” The shield of “I am a victim, how can I be helped?” The shield of “This is my karma and I must suffer.” Do you see how a mind creates shield after shield after shield? Each one more complex, each one more convoluted and further from the truth because even the human mind acknowledges and accepts as self created. So once you have used a certain shield, in time, it becomes outdated to create a new shield that is inventive, creative and plausible. You fool your own mind.

So the arterial system, the map through the universe is open. All are rushing to help you, but are trapped simply because you put a roadblock at every entrance to your own. And that roadblock is considered 3-D human experience. Not free-will. Human 3-D experience that you have all undertaken to experience, slowly let go off Do you think the Masters could not shatter these blocks in an instant? Of course. Do they ever? No. They respect your roadblock, and though they could simply tap it out of the way. They will stand there awaiting your call. They do not retreat. They have been summoned by you, on a higher level. They stand there awaiting your call. Now you perhaps start trying to work things through- Perhaps talking to a friend- Perhaps a counselor- Perhaps doing internal work that you do. Slowly the blocks start to dispel. If you have put up 20, three may go. And through those three, enter those particular elements or entities, who have come on that path and so you are to feel a small percent of comfort. As you feel this nurturing comfort, slowly the other block start to peel away. And that is when the light starts to flood in. However, the situation may change, in an hour, and once again, you put up blocks, and immediately they retract. See the beautiful game that each and everyone plays and yet it is perfection. It is through these games that you are teaching, yourself to recognize reality from illusion. Do you have questions?

Group Member: Can you tell us, who is our governing Master for all this?

Cosmic Board: Oh no, oh no. (He laughs)

Group Member: I thought I would just try. I thought when the going is good, let me just try...

Cosmic Board: And shall I tell you, you don't want to hear that from me! You have just been provoked to explore and touch and link with all these friends, who you have suddenly consciously discovered that you have. Because each and every one of you in this room suddenly said "I know this inside me." Do you not? Do you not? Let me tell you, I have not given you all the first links you have. There are yet more, but now those are for you to discover.

Group Member: Can you create still more first links?

Cosmic Board: Of course you can. And that is what each one of you does; joyously attend a session like this. Is this the only way? Of course not. You can create new first links by simply expanding your hearts and being in tune with the universe. The moments where you feel that little rush within you, you feel the energy rise. Those are the moments you are creating new first links. You may be walking upon a beach, the sand between your toes and sunshine upon your back and you suddenly experience a rush of connectivity. At that moment you could be creating an instant first level link. For example, with the spirit of the beach, and once that link is created it is yours to hold forever: Forever.

Group Member: How intense will that link be?

Cosmic Board: That is your choice. Can you keep equal intensity for all links? No. You play an orchestra with the links, increasing and raising one, and dropping the other. That is the symphony of life. You understand this well (To Soh) You have played this game, many a time. If you feel an attachment to another's Master... link! Create a first link. Are you taking away the love? No. You are increasing it. The more links you create with others, the more you fuse together humanity, because you cannot steal another's loved one. You are in fact increasing the love that the linked one feels, for all in his chain of command, in putting your love. As above, so below.

Group Member: When we make our blueprints, we have to go through certain challenges in life. How does the opening come to overcome that challenge? Do the entities around us help us? How can we call for them at a particular time?

Cosmic Board: My dear one... This, for us, is like explaining to a Kindergarten child the intricacies of Quantum Physics! It is extremely difficult to use your language and answer the question. We will attempt it if you wish, but to comprehend the answer, go beyond the words, and pick up the vibration of what is being said.

When you are in spirit form, you are obviously out of your 3-D self. In your 3-D, you understand length, breadth, and height. Because you are all dabbling with movement you have also understood time as the next factor and the moment you add in the factor of time, length, breadth and height, all preconceived notions change.

Now from your understanding of these four aspects, imagine yourself in complete expansion in 144 levels. Not 3-D or 5-D. 144 dimension levels. There are factors beyond your comprehension for which you have no words in your language, and it is that vastness that affects the aspects of your blueprint, allowing it to be created and then to unfold, in the best possible form for you.

Once you create your blueprint, you have factors that are automatically attracted towards it. The best and most appropriate entities of first link will be drawn by you. The sequence movement of the Masters will be mapped out by you. And every possible option for every possible free-will choice will be taken into account. For example — to make it even more simple, forgive the limitations of the words; assuming dear one, you wake up today in this house. You have a vista of possibilities open to you. From your own blueprint, you have chosen perhaps one option for today.

Possibility 1: Waking up, stepping out, getting soaked in the rain, experiencing a broken shoe and a nail in the foot, leads to pain, which perhaps takes you into shelter, in a house where you will meet an appropriate person, who is necessary for your growth and you start a relationship of any form that way.

Possibility 2: You leave the house. The sun shines. The shoe does not break, you get to office. Another series of events evolves out of there. Perhaps you offer your wisdom and knowledge to another person who gains from that and changes her path of life.

Possibility 3: Leave the home, and decide to desert all within it, never to return and take another life course. You never return. You are affecting your own life and all those around you.

The possibilities are endless.

Now for each of these million scenarios that could occur, you would need a different combination of first link elements to be used at each point. You have viewed this from your 144 dimensions, and accounted for EACH POSSIBLE option. At each instant in time, you have over a million options, and each millionth option has been accounted for, put into place by you. That is the level of your own expanded self.

It is confusing dear ones. Simply pick up the vibrations, and you will understand this better. So yes, there are options. Each is accounted for. You are never alone, because each moment is foreseen. Even uncreated moments in your life are foreseen in a burst of creativity. A paradox. But let us not go there.

Group Member: Because we are moving from the 3-D to the 5-D, we from our 144 higher levels, have kept these portals open. Possibilities open for us to shift into the 5th. Obviously it's been done in the blueprint, it's not happening by chance. So the entities, when we send an intention, get into that particular portal into the 5th.

Cosmic Board: No, oh no. Let us use our well worn phrase. "All roads lead to Rome." No matter which path you choose; millions of paths, with each one having a million off-shoots: So you could go anywhere. Each one will lead you eventually towards ascension. That is, and has to be a commonality for all in this species. But no one, no human, no animal chooses to

move backwards. So moving towards the 5th is not an option, the choice has been made by all. How you move, the rate with which you move, paths you take are your choice; each one giving you a microcosm of a different experience.

As you grow and develop, you decide for yourself on an internal level whether you wish a rushed, rapid movement towards a particular goal, or perhaps a more convoluted path. Once again, understand, this is not a singular line. Different aspects of your own personality grow at different rates. You may choose a very evolved rate for your spiritual growth. You choose a very slow rate for your emotional growth. So you may go here and here, but each one comes towards this point. So on this path you may move at rapid rate. On this path you may still be here. But you are still moving towards that same goal. So each human being has before him a network of paths, each having its own course, its own rhythm. What you are all doing as light workers is attempting to speed up the process on all the paths. And how is that? By first bringing these aspects to your consciousness in the 3-D level, which means that ... issues arise. You are suddenly aware "I am now dealing with an issue." Then by allowing these pathways to expand as has been explained and allowing you to break down defenses to allow cosmic harmony to help you move directly on that particular path. Is it now beginning to make sense?

Group Member: Can we grow and try to help each other?

Cosmic Board: Of course, my dear one. Each time you forge a link, either with your own loved ones or those around you, you instantly vibrate the interconnectivity at a higher rate and this engenders more and more love. Each time you put out what you term 'negativity', you are causing more disharmony which also spirals. This has been told to you many times. The choice is yours. Each option is still valid. Because from intensive negativity is drawn intensive cleansing. From that come focus, positive love, and oneness.

Group Member: Who chooses? Do we choose together or do we have no choice especially when choosing the main Masters? At least that's what Germaine says in the "I am" course. He says "I choose." So do we have no choice?

Cosmic Board: Remember that when you are choosing for a blueprint, you choose from a completely expanded point of view, at that moment there is no differentiation between you and the universal oneness. The lines of differentiation are simply being chosen by you as a receptacle into which you place your energies. Imagine this, if you will: Your physical body is your expanded higher self, and you look down at the floor, and realize that to incarnate there (on earth), you will soon be a disconnected speck of dust... So you say to yourself, "Aright, I have to put that much of me on this planet here, and so I am going to set up the system for it and its best development." And then, you simply pluck this much from you (Sohrab indicates a pinpoint of himself) and place it there. So there is no separation here, but the moment you are there, you are seeing yourself only as a speck. So there is no separateness. There is only oneness- Oneness with an understanding that parts of me, experience and return.

Group Member: You spoke about the options. Is it very similar to what Richard Bach wrote.

Cosmic Board: Yes dear one. Yes dear one. You have noticed a huge change in the literary content of all around you. Suddenly spiritual books are completely acceptable, to the average home, which they were not several years ago. Knowledge is changing. Your media is changing. And yes, it always reflects all aspects of your development. Have you not noticed in what you term, your film and TV today, there are extremes happening?

Complete and utter violence: Complete and utter connection. Yes, even your light romantic comedies can be completely connected. Now go beyond the visual and feel the connection.

And why these two extremes, there must occur?

Polarity has to exist. As this increases, so must this too give understanding and balance. It is only in depths of despair, that you can understand joy of oneness.

My time is up.

Blessings and greetings from the Cosmic Board.

Dear one, you have received today, information of a very complex nature Do not attempt to assimilate it all immediately. Allow it to settle into your consciousness; drawing towards you those aspects discussed today that appeal to you. And bit by bit, as you assimilate that, your knowledge will expand to the rest of the information. Dear one (To Ish), we welcome your vibrant energies.

Jim and Zan were asked to take in the energy and channel if desired.

Some of Your First Links:

Self

Higher Self

Governing Master

One or more other Masters

Personal Angel

Animal Spirit

Plant spirit

3 Dear Departed Ones.

1 Extra-Terrestrial.

Foreign Planet

Complete connection with all that *is*.