

11th August, 2005

UNKNOWN ENERGY

Channelled by Sohrab Ardeshir

Accessing the 5th Dimension

Trance Channelling begins..

☐: (To Nan) : Would you chant “Om Mam Padme Hum.” Thank you. Did you notice an energy change from the point it started to this point? A Fresh chant has been added. Would you like to describe in human terms the change?

Group Member: Yes, it was ok, but very discordant and not coming live. “Om Mani Padme Hum” was totally alive and instantly the energy shift was there.

☐: In the structure, what did you feel was different?

Group Member: As I said, the first had no current. It was floating along but when her vibrations were added, the spirals just started.

☐: Thank you. Take a moment and sense the room as it is now, compared to what you had set up. Then describe the difference to us.

Group Member: Initially when I first came into the room, it was balanced; probably not completely. It gained a little with the “Ashem” and the “Yatha” but after the “Om Mani Padme” there was total balance. We are as we are.

☐: Thank you. Let us have another round of the same chant, at double speed now.

All will attempt faster “Om Mani Padme Hum.” Thank you. You describe in your terms, what is different. Don’t worry about highbrow energy terms in your terms.

Group Member: The energy has become higher.

☐: No, you are trying to please me now. Tell me how you feel different?

Group Member: More lively.

☐: More lively means, a higher vibration in your being. You are also feeling more amused. (laughter) which is good, because this rise in the energy did provoke a certain vibration within you, because of an increase in the level of laughter, of joy of amusement. Thank you.

Friends from your perspective of energies, what changed from the last chant to this?

Group Member: I felt like getting up and dancing.

■: See he is speaking from the heart and why didn't you?

Group Member: (inaudible)

■: Did you feel different?

Group Member: I am all the time feeling happy just now, and a lot of laughter in me, lot of liveliness. So I think that current went into the chant or mantra. Am I going through some energy shift?

■: Of course.

Group Member: I am feeling a lot more joy and bliss.

■: It is a long tunnel. The process has been occurring for several days and the stages in the progress will keep changing- All part of the same shift.

Group Member: More fun? (laughter)

■: You will have to ask her that.

Group Member: Ok.

■: How would you like to describe, the entire change in the room, since you entered in your terms?

Group Member: Actually, I would like to start from backwards, the one that we just did. You know the action was like to start clapping along with the beat somehow, and we were just trying to restrain from making noise now. That's what occurred towards the end. In the beginning we were more reverent and more like poised and say in "Ok, we got to do this right." I guess we have to enjoy it.

■: Thank you. Let us have one more. This time very peaceful, at whatever speed you like. Allow internal stillness, peace, to set the tone for all to join in.

Group Member: I will try.

■: You will do it.

Group Member: Hare Krishna

■: Find the stillness within you.

Group Member: Getting the stillness, I am too lively.

■: First find the stillness and then allow it to emerge at whatever rate it wishes. Not the speed that matters, it is the stillness. Connect with your Lord, and feel his stillness within you.

Group Member: I am playful just now.

■: Within that playfulness is complete and total stillness. Proceed.

Group Member: Hare Rama Hare Rama

■: Now keep this stillness, and allow the playfulness to creep into the tone, keeping the same stillness as the core.

Group Member: Hare Krishna

■: Where is the playfulness? That's it. Now sing.

Group Member: Hare Krishna

■: Thank you. Thank you. Why must these be mutually exclusive? Why can you not find complete stillness within whatever emotion you are going through? Even chaos. It is when you find complete stillness within whatever you do on your 3-D, the level, you have successfully merged **3rd** with the **5th** That is what each and every one of you now is attempting to do and it is so hard. (laughter) It is so hard to be playful and still.

Group Member: Did I get it right?

■: You went towards it. And yet being playful at first, being spiritual and serious was so easy, but there was no stillness in any of you. Now be still in this laughter Laugh loud and be still. You can (laughter)

Group Member: I will try.

■: That is your particular personal growth and it is a phase, each one sitting here is going through. Each one in this room, including this child, are learning, now to completely merge, 3rd and 5th and each one is getting more confused than the one on his side. And it is confusing because each one often finds it easy to exist in the 5th. In fact, you find it easier to be in the 5th than in the 3 dimension. Is that not so? Is that not so? Where do you vanish to and not want to come back? And when you are back you continually say "I cannot reach that." Vanish back there and do not want to come back. Need we say more?

There is one who anchors herself in 3—D reality, hoping it will draw her back to complete consciousness, yet she keeps see-sawing, up and down the two realms, and that is natural, natural at this phase of your development.

Here is another who vanishes continually and does not wish to come back, and then immerses himself in 3-D humor and pleasure. There is no separation. They are completely merged, and the pleasure and sensation of the 3-D will be heightened, when there is a complete merger of the 5th and 3rd.

Group Member: Nothing to say to

■: I don't see. I don't feel. I don't experience. What more can we say, when you do not even acknowledge us sitting in front of you? - Because I do not even exist in your scheme of things. No, my dear one, your balance in fact is beautiful. You are able to exist, there and here, at a very merger at this point in your time, but the 3-D aspect continually takes over. Immerse yourself in it, hoping to ground yourself in this reality. There is no need for grounding any more. You are a perfect blend. Allow the balance to take its own course. Be there when the call is there. Be here when the call is here. But be in both places simultaneously in joy. You are confused, this will be clear later. A good balance. A good balance. Both have understood instinctively. You through great work. A good balance. Help the others understand.

We have here two other victims of the pull from the other side. We are joking. Not victims, willingly flying off at all points.

We have another here, who is either there, or remains here, and she says, she is not there.

And this one, is in constant flux, of her own making, needless to say.

It is a joyous blend that can really exist at this level of vibration. Do you not see how beautifully you have earned this right? Each of you have worked ceaselessly, tirelessly and with complete focus, to attain a level of vibration where you can exist in 3-D and 5-D simultaneously. The 4th D as has been explained, is the portal gateway, the wormhole, each and every one of you is now experiencing and going. You are in that central portion and moving up and down, which is as it should be, but now you need to extend outward figuratively and have a foot in ether dimension. So you instantly connected with both: So easy to say, so hard to do. You are all shouting internally. Of course, but that is your growth. Who would like to volunteer, how deep you are able to straddle both sides of the dimension, existence?

Group Member: I was just getting this in my mind, that don't say that you can't have your feet in two boats and you that you have to ...

■: You place the limitation on yourself. We do not.

Group Member: I also have another thing which comes up, which speaks of ballet. We are trained in ballet, sometimes to do that and it's a very precariously taught step but you do manage somehow. Little bit of practice, or shall I say lots of practice and you can do that, but I am quite out of practice with it.

■: What a beautiful analogy. Just as it is with music, dance, poetry or art, you do not look

at one element. You take in perhaps a 100 elements simultaneously and you can straddle a 100 realities, at that moment, effortlessly. And it is the joining of these elements, that you take in, vibrate with, that art form. Do you listen to just one note at a time? Or you hear them all simultaneously? And it is that harmonization, beautiful mélange, causes a ripple effect in your vibration raising you to a new level.

Group Member: I am in fear of the 3rd and magnificence of the 5th fluctuating between two of those polarities. As you said, I am in a constant flux of ...

■: So what is your question?

Group Member: How do I get the balance?

■: How would you advise her to work?

Group Member: I didn't get the question.

Group Member: The question is that I am in fear of the 3rd and the magnificence of the 5th How do I get balance? I want to give up the fears, but I cannot give up the fears. The 3-D pull is very much there but the pull of the magnificence is also there.

Group Member: I would say, what I do with my own, is I have total faith in the universe and my Masters, so I let go. Whatever happens, happens.

■: Thank you. And that is all that is needed. So be in the fear, be in the magnificence. Be in it. Let go release it. Experience it, be in it. The moment you are in the fear, where can the fear go? It cannot attack you any further, because it is around you, you have acknowledged it. The moment you have acknowledged it, it lessens. Magnificence on the other hand, the more you acknowledge it, it grows: A beautiful paradox of the universe. The more you acknowledge the magnificence around you and within you, the more you become it. The more you acknowledge fear and negative aspects, as you term them, the less they become. It's a divine gift. You wish to speak.

Group Member: What I felt was, creating rainbow bridges of bright color. A clear bowl, bedecked with flowers and the flowers, through the flowers there is music and music in the rainbow colors as it straddles both dimensions.

■: Do you see how each has a certain rhythm follows. There is no fixed methodology. But there has to be first within you an acknowledgement that this needs to be done. That has to come from you. No master will take that away. No Master will break that fear. You have to acknowledge , you wish to straddle both. Then comes the process of just doing it. Then comes the process of just doing it. How do you find your own methodology? The best way to teach yourself how to do this is to learn from your experiences, of when you have succeeded. Each one of you has many instances in his or her life, where you have felt complete connection with the divine, a huge opening of your heart and your energies, the same time have been aware of being in 3-D reality. Not when you are in deep trance, but when you are simply connecting and are simultaneously straddling the two. Dredge into

those minds and find those points. Those points where that rush of creativity rises up within you, perhaps when you are experiencing energies at a sacred sight. Perhaps when you are listening to a piece of music. Perhaps when you are simply breathing fresh air and looking at the sunset. Re-experience those episodes for yourself. The moment you re-create them, suddenly understand, "I did this effortlessly. No effort was required on my part. It just happened." No, it didn't just happen. You permitted all your energy structures to be merged and opened simultaneously. You permitted your grid, to touch the universal grid. You permitted all your energies to flow and inter-mingle with no judgment, criticism or decision as to whether they be harmful or positive for you. You simply opened. And at that moment, the energy rushes in.

Do you have questions?

Group Member: I want to know right now, right now, at this moment in time, if our energy has reached the **4th** dimension, are the planets working astrologically on us? Is the blueprint working?

■: Of course. Everything occurs simultaneously. They are not just working upon you. Of course, the energies inter-mingle. How can interaction not take place. As you open yourself up to a certain level of vibration is received by you and a circuit is formed which continually grows and grows to higher and higher levels of vibration. Speak.

Group Member: Do portals open for us?

■: You create them to open for you. They do not miraculously open.

Group Member: So if we have **4th** dimensional or **5th** dimensional consciousness, the **3rd** dimensional astrological factors will not work?

■: They simply transmute and move you into the next level. There is no end of one *and* beginning of another dear one. When you are on a path or road between two cities, can you say where one city ends and the next begins? No it is a continuously flowing growth path.

Group Member: So the tunnel which you told us. Can you put light on that for us to understand?

■: The term tunnel, that you have been explained in the past, even in the terms of a wormhole through space, of course exists, but the terminology is for you to comprehend movement that actually happens in a wormhole is, there are two areas in space, completely different vibration, energy structure, dimension, Masterhood, elements. Everything is completely diverse. Were these two areas to physically touch, there would be in your terms, an explosion, and neither would then exist. This is explained in very simple terminology. Therefore these two areas are not permitted to touch directly. They are kept in the same place, in different dimensions. In your terms, you would see them perhaps as here and here. They are not, they are here and here. Different dimensions so they do not touch. There is on this very room, on this particular floor, a different dimension and beings sitting simultaneously and having a different level of spiritual discussion right now. The connection

between the two is what you term a wormhole, where energies flow. The inception point of the wormhole is the energies you are familiar with and slowly, new elements are added in till it becomes completely the next energy, and that is the exit point.

When you physically go through a wormhole as in traveling through space, your physical molecules actually change and acclimatize till you exit at the other point. Most of you however do not travel physically through a wormhole, you travel energy-wise through a wormhole and at that time the energies do the same thing, just your physical bodies remain in your own dimension. Confused?

Group members: No.

Ask questions.

Group Member: As we all evolve and the universe evolves with us, do all the dimensions also merge together eventually?

☐: That is what you have been experiencing. You have been experiencing possibilities for the future. They do. As every element, in every different reality, in every different universe grows, to use your terminology, raises its own vibrations towards the source. As it does that, the energies get more and more similar, and more and more familiar. And so slowly as the energies get similar and familiar, they start to come closer, closer, closer and finally begin to merge. This is what you term group consciousness. It is the same. As that occurs, of what you term, million, million, million of years. Species will also start to resemble one another. Each will evolve to a similar narrowed down field of species. And slowly they will get more and more into light form as you term it going back to the one Godhead. You are on that path.

Group Member: I have not understood time, as you know it there and we know it here. Can you give me the right meaning of time?

☐: Dear one, there have been many, many sessions given to this group on time. We are unable to do justice to that answer today. May we request you to go and research it, after which you may indeed ask this question again, and further illumination will be given to all.

Group Member: Next week they are saying there is an influx of divine light that is coming onto the earth. Could you please shed light on it.

☐: Take courage.

Group Member: As you are aware, the Lion Gate which is now opened, we have certain energies, which are being received and there is an opportunity for all those who are willing to receive these energies, because the portal remains open till the 18th of this month. Anyone who are willing to participate and add to these energies which are available to us.... I am sorry I am not able to completely express myself, where I ...

■: Continue. She will explain later. You will explain from your level of connection now.

Group Member: In the past we have been explained about the grid changes that have taken place, where one is moving on physically to this change to the **5th** dimension, and these accelerate during this period, should we choose to make use of these energies which are being made available to Gaya now. And these will also help in accelerating the individual growth as well as the growth of the planet.

■: Thank you. As has been explained in an earlier session, energy vortexes on your planet, are now changing. New energy structures are now being merged, with the old, growth is taking place, and each structure as you knew it a year ago, is now completely different. An example was given, of a certain tomb in your city. In that place, earlier existed only cosmic lower level energies, now a high influx of a higher realm cosmic energies, beyond cosmic energies have just been introduced. Just been introduced. In the space you call new energies are about to arrive. Within the next two to three months, there will be a complete change in those energies. In your own city, new cosmic centers will arise. Areas where there was prior no cosmic energy. The whole planet grows as the

■: Let her work. What occurred in here?

Group Member: Discordant, disruption.

■: Why? She is being trained. Why?

Group Member: (inaudible)

■: That is the only time we will get you. What is the point of finding you on guard?

Group Member: Thank you.

Sohrab: Take a moment, and allow yourself to visualize what just occurred for this child. It is simply part of your training.

Group Member: It was abruptly discontinued to make me

■: Just

Group Member: Thank you.

■: As humans and all species collectively grow in vibrations, so do they attract to them higher level vibrations: Points that are sensitive to energy in your earth planet, like receivers, the higher level energy and start emitting it outwards. This in turn, raises the vibrations of those on the planet and the cycle continues. This in a nutshell, is evolution of the species. Higher and higher movement, which is what was explained to you in the merging of the dimensions.

Further questions.

Group Member: How do dreams help? I mean sometimes dreams are so easy, that you feel that you are experiencing past, present and the future at the same time. And yet when you come out of it, it's not really a dream? How does dream evaluation persist?

👤: Beautiful question and one which would require many *sessions* to answer. You are already aware that dream state occurs at many levels within your consciousness. We will today only address one. Let us leave aside, the point where your own consciousness is only giving you signals perhaps in the form of shapes or images, conscious information that needs to be dealt with or is arising. Let us leave aside those aspects of a dream and talk today about dreams when they are in their most pristine form, when you are truly, truly connected and doing what you term, dream. At that point, you are of course in complete astral connection. You are freed of many, many aspects of your third dimensional life. Firstly, you are naturally freed- of the restrictions- of this dense body limitations. Its limitations to move instantly across the universe: Limitations of pain, of its own capacity. You are then dealing also ... This was not a test. Genuine disconnection on his part. This will occur from time to time particularly with the level of energies he is holding today. Just contain it.

So you are de-linked from the body. You are also de-linked from all human mental conditioning. Should and shouldn't. Can't do this and can do that. Society will frown on me, if I feel, think, say, this. So you are freeing yourself from all third dimensional fetters except for the silver cord that binds you to your physical body. You are then moving into the astral, where you are in your most pristine form. You are still you merging at times with your higher soul, but not becoming it. There is still a level of separation from the higher soul. But at the same time, you can exist within the higher soul, merging and yet being separate. A perfect merger of 3 and 5th dimension, except that you have left the physical behind. At that level of perfect merger between 3rd and 5th, you now start to visit, experience, and create realities, that are needed for you to experience. Some simply for energy purposes, to help you raise your 3-D vibrations, simply for that. At other times, it maybe work you need to do with another spirit, to bring back to both your physical bodies a level of consciousness that you did not have before, and it does not happen in one night. It sometimes happens over years because, the moment you return to the 3-D physical you cut it off. And so you move back and tirelessly work once more, in the dream state, to help plant conscious images into your mind. These and many, many, many other tasks are done in the dream state. You study, you grow collectively, you teach, you learn, you spread knowledge and wisdom, you assess aspects of yourself which you are permitted to see. Not the Akashic records, but other aspects in between which you are permitted to see, in your own life, assess and come back to perhaps do a small course change. If there are certain emotions that you are grounded in, and are not conducive to your growth, you are permitted to give yourself a little tap, a little nudge to move into the right direction. Have you not noticed, many times in your life, you have been seemingly stuck, with a certain aspect and suddenly you are free. Why suddenly? Its not sudden. Years or months or weeks of work that you have done yourself on yourself. And just that opening has occurred on that day which has come to your notice. You also teach yourself to change opinions about conditioning, in dream state. Slowly you move into an opening of conditioning. And also my dear, you are

simply exploring the universe around you, of joy. Many times you just go on a holiday. Now dream responsibly, dream responsibly.

Group Member: Sir what do we do consciously now, that helps us open these portals?

👤: What you are doing my dear, In this merger, is merging the conscious with the unconscious. The more you are what you term, in this line, the more you are forcing yourself to work consciously and unconsciously. Let us give you an example. Watch this child right now. Are you aware that he is in a trance and yet he is conscious of who he is. His level of trance is light today. Observe it. He is now speaking very much as himself, in his own language, making his own mistakes, and yet he is aware of the full link. See good, I am also speaking now as Sohrab. But this is not the Sohrab who was outside having lunch, this is a very connected Sohrab, who is aware of the problems in his own life but at this moment is able to release them completely, not worry or fixate on them. Somewhere in the distance, he has to deal with them, but he is in complete 3D-5D connection. It's getting lighter and lighter as he is talking. He is being brought out of this to demonstrate this beautiful merger that you are all working existing at all times.

Group Member: can we consciously ask ourselves to dream?

👤: Of course you can. Of course you can. But understand that your own channels if you wish, may not be sufficiently widely opened for you to remember every dream the next morning. You can request it, but very often do not remember it for two reasons.

(1) The channels are not widely opened and therefore the moment the dream is over and you come into wakeful state, you put that wall down between the two. You put down and do not allow it to surface.

(2) You are not meant to remember that, because it is detrimental to your growth. Sometimes you are only meant to get the vibrations of what you have gone through, in the physical or mind, but not get the actual events. Let us try and explain this with an example. Perhaps you need, on a certain day, to face a very difficult task and you need courage. Let us try and bring this down to the most simple level.

You need a lot of courage. In dream state you may dredge up a memory of yourself, in a past life, where you have been an extremely violent warrior, where you have slaughtered, killed and maimed hundreds of human beings, willingly, joyously and with complete passion. If you are permitted to remember that the next morning, your social conditioning of this life would kick in, and you would start feeling humiliated about yourself, disgusted with who you are, repulsed, by the fact that I can be this, a rather detrimental effect on you. If you were not permitted to remember this, if you were only permitted the energy of the power you yielded, courage and focus you yielded, you would be able to complete your task on that day quite effortlessly. That is why sometimes, it is hidden from you. Not always, but sometimes. Yes, you can indeed program yourself to dream consciously, to recall whatever is best for you to remember the next morning. Yes, you can.

Questions.

Group Member: Difference between dream and trance.

■: A dream as we have just discussed, this form of dream is very similar to a trance- Very, very similar. However a trance engendered by a conscious decision on your part is for the sake of doing a certain amount—of work. Dream is generally engendered by you sub-consciously and is work for self. That is the primary difference.

■: Now I am finding it really hard, because they are making me stay in a very light trance, and I have to still give you the answers. This is part of my training also. Go ahead.

Group Member: When a Master says, he shows us his cosmic form, what exactly does he mean? I am talking about the Krishna in the Gita where he shows us the cosmic form. What is the difference between the “I am” and the “cosmic form”?

■: It leads directly to what we have just been through. The form that you are shown, by any Master, any energy, anything, is the energy level that you are ready to receive. So it actually doesn't matter, where Krishna manifest to you in the cosmic form and to me in the form of a physical being. It is the same Krishna energy. You are ready for this level. I am only ready for this level. As you grow, the energy form will keep changing. It will keep changing. Now, hang out the old form, you are hanging onto energies that are dead to you. They are useless. Grow with the form. Each person will receive a form, most appropriate for them.

Group Member: Do we have a cosmic form?

■: Of course. What are we doing in our cosmic temple? That is your cosmic form. Imagine an entity so powerful, that you would be blinded. Just imagine if the sun was outside this door, and we would open this door wide. We would all be instantly blinded, because the energy would be too strong for us to take. But if we were able to place the sun energy just outside this door, and we just open the door, a tiny crack, we would be able to feel the vibration and see it, and our whole vibrational level would start rising. As it would rise we would be able to open that door a little more and a little more till, at a point in our lives we would be able to see the whole thing. Now for example, if I am at a vibrational level where I can see the sun, only through a pin-hole, Kaushal can see the whole sun, when we describe it to all of you, we would be describing seemingly completely different energies. She would say “I see this huge mass of light.” And I would “I see a point and a beam and different vibration” We are seeing the same thing. We are seeing different levels of the same thing. That happens to us, with any energy, any Master, any connection. Also what happens to us, when we are dealing with different human beings. We are only picking up, that level that we are willing to accept from that person. That is why, when we are cut-off and feeling isolated, and depressed, everybody around us seems to reflect that because we are only picking that little, little channel that they are giving out, of that aspect which then resonated with us. The moment we are wide and expanded, we would be able to look at a beggar with his joy and brilliance. As above, so below.

I need to end this session now, I cannot hold these energies anymore, so one last question if anyone has one.

Group Member: It is something I read yesterday, of a Sufi lover, somehow found his way to God, and when he knocked on the door, there was a cry from inside, "Who is there?" He said, "It is I" and he stated his name. There was no reply from inside and the door didn't open, and he stood there and he stood there and he wondered why, He was back home and he kind of meditated and he realized. He goes back again, knocks on God's door and God says "Who is there"? He says "It is thou". The door opens...we are..

🌅 Thank You