

22nd September, 2005
THE ARCHANGEL MICHAEL
UNKNOWN SOULS
THE FIRE FIGHTER NEW YORK
Channelled by Sohrab Ardeshir

Death Series After-Death Encounters with Souls A New York fire-fighter speaks

[SUMMARY: Archangel Michael acts as Guide to a three souls who had passed over. Our group was allowed to question them, and learn from the answers.]

Soul 1 had just passed over

Soul 2 had passed over a while ago, and had just awakened from a healing sleep

Soul 3 had been on the other side for a while.

Trance Channelling begins..

Guide: Good evening friends. Have you ever wondered how we choose the subject for discussion at every session? Is it done randomly? of course not. It is time you understand how it works differently for each kind of session. For example, your Sunday meeting is very much like a spiritual school. The topic, the subject matter and the level of information given, is preset by the Masters, and is determined by the energy level of the Group Members in the room. The information is always two steps ahead of your energies, to pull you up, to encourage you to grow those extra two steps. But not 5 steps ahead, where your energies would not be able to reach on that particular day.

However, a session like this, which is more a growth session, works slightly differently. Of course the masters and the friends, who work with your group, assess the energies in the room. Frequently they provoke certain energies to come. You are aware of that. Frequently, they push certain energies out. You are also aware of that. But in a group like this, the topic is generally chosen by the 'call' from that set of people at that particular time.

Now, is this call conscious? Very rarely. Very rarely. But if the Masters view a certain subset of your full group, and assess that they need a certain energy to come through, (for example a high level extra—terrestrial energy), then that group is 'rounded up' by us and given little *taps*, to provoke them to attend, and simultaneously, a lesson is actually prepared •by the Masters, which is appropriate for what the group desires on a higher level, of course the Guardian is also guided by us to select the correct few.

Have you noticed that sometimes, the entire group seems a little despondent? Individually and collectively, they are not sure why they are experiencing this

despondency, but there maybe a thread of commonality on a higher level that they are not aware of. Of course we are, and hence, we are able to give you the little boost you require, where consciously you are unaware of why, or that you even needed it. But at an unconscious level, you have called for it. And so when you leave this room, you feel slightly more peaceful and energized. And even then, you are not aware, except on a higher level, of what has happened.

Today, a slightly different format is going to take place- Once again, called for by you. Isn't it fun to know that when you come to class, you have actually asked for the lesson? There has been an inner need, from this group, to go back to basics, and to once again, revisit the process that human beings go through when exiting their physical form, and moving over to our side. We will give you all the opportunity to speak with two, possibly three spirits, who have come to our side, at different time intervals. And by questioning them, you will learn a little more about what you term the death process. Feel free to ask whatever you wish. Now, enjoy the class.

Soul 1: (weeping incessantly)

I have come of choice. I am with a guide who says I will start to heal through you. I am confused. Thank you.

Group Member: It is so beautiful where you go, why do you feel so sad? We are told that the world of spirits is a beautiful world, why are you crying?

Soul 1: it is beautiful but I am missing those below and I am not able to be with them, the way I was before, and that is confusing me.

Group Member: Are you a spirit who has just left the world very recently?

Soul 1: I have just come. I have not gone to sleep yet.

Group Member: Am I permitted to ask the name or any of the details?

Soul 1: You want to know how I came? Disease. I came through heart disease, and I was on a table being helped and I suddenly felt this pull, and I left, and I didn't want to leave and I was trying to go back into my body, but my body could not support me anymore, and I tried to go back into other bodies and nobody would take me. (Now weeping louder and louder)

Group Member: but aren't you now with your loved ones?

Soul 1: But I *want* to be back on earth.

Group Member: Is any member of your family here, today?

(The Soul withdrew)

Guide: Dear friends, you were permitted to speak to him for just a few moments. This

was a young spirit, who had just come over. His healing will now begin. Understand that he is more confused than in pain. Dear one, it was not the pain of separation; it was the pain of confusion he was experiencing. He also came from a religious background that gave him no belief in the afterlife. He is even more confused.

The guides and his loved ones are with him right now, and will shortly place him in a healing sleep. He, in all likelihood, will be placed in a healing sleep several times over. Each time, when he awakes, he will assess his own levels of healing and place himself back in sleep if he wishes. When he is completely out of the series of healing sleeps, he will then be in a frame of energy, to communicate more clearly with his Guides, who will then truly help him begin his healing process. Do not feel sad for him, do not feel pain. His was a natural level of confusion that many experience. Of course his beloved friends and family were around him, but he was not willing to acknowledge them. He was not willing to look at them. And so they will wait patiently in energy form, till he begins to 'see' them. You were permitted this, for your growth, and he for his. He most fervently desired was to regain a few moments of a physical body experience, before being put into a healing sleep. We granted him that request. He is now more at ease, and will willingly accept healings. Do you have any questions before we proceed with the next friend?

Group Member: So is it better for us to know about death before we leave the physical body? Does it help us?

Guide: Always, dear one. But no matter what your concepts of death are, whether you visualize heaven and hell, whether you visualize Jesus Christ or Mohammed, it *matters not*. You will always be eased into the process. You create for yourself *an* energy visualization of what you are most comfortable with, conceptually. Does this mean that it is unreal? Not at all. Not at all. It is just your human mind giving shape to universal energies that exist out there to make you most comfortable.

Group Member: Isn't it a fact that in everybody's life there are two or three exit points ' in time, so far as death is concerned?- In each and every person's life?

Guide: of course. Dear one, remember that time, on your third dimensional world, is linear. Hence you perceive the exit points as coming at various linear intervals, in *your* lifetime. From our perspective, where time is *simultaneous*, and *not in* sequence, the exit points exist all at the same time. And therefore from a higher-soul perspective, you are able to access and assess each of these exit points simultaneously and make your choice. But from your earthly perspective, this one for example, who just spoke, took his second exit point at the earth age of 56. It may interest *you* to know, that he recently passed over to our side, from a hospital in your city. We rejoice and welcome him, and you mourn.

Group Member: I am aware of somebody from my family who is passed on. Is it because I remember them or is it because they just come to be with me?

Guide: You never 'just remember' someone. Never. Never. Never. Even one whom you 'just remember' on earth, friend. It is because you are getting more and more sensitive to energies that you are not only emitting, but you ...(inaudible) A frequency matched. As that person possibly connects with your energies, you simultaneously connect with their, with a single thought. A single thought. At that instant of connection, there is a hook formed, between the energy strand you have placed into the universe, and the one the friend has placed. - whether the other one is alive or not in your perspective. The instant this energy hook is created, a vibration is sent back, stronger and stronger between the two beings. Let us use human beings as an example. If you are energy sensitive, you will pick up that vibration and it manifests, in the form of thought, or a sudden smell that you say 'reminds me of a perfume of that one.' Or a sudden visual that you look at and say this person looks like that friend of mine.' It matters not how you receive the message. You receive the message. So the instant you 'just think' of someone in the future, acknowledge this joining of energy strands, and simply send back love and light. If you wish to act upon it, you may. You may pick up your telephone and call them. If they are on our side, pick up your spiritual telephone and speak to them.

Group Member: Sometimes we get a very sad feeling and we know that there is some death going to happen. Is that also a kind ...

Guide: It is the same my dear, it is the same. Each one of you, if viewed as a energy body, would be like your earth octopus; not with 8 arms, but with millions of energy arms, that extend outward from your energy center. Each of these energy arms, as has been described to you in the past, extends outwards for various reasons. Some to gain inter—dimensional, universal, cosmic knowledge, others to help. others to heal, others to connect, and so on. So for example, when you are experiencing internal sadness, as you term it, you are extending that energy arm of sadness into the universe, which automatically hooks up other similar energy strands. so if you choose to wallow in your sadness you will draw to yourself energy strands of sadness from all those around, not only your planet, but your universe, who are experiencing that sadness. And you will multiply it a million fold. That is why we tell you put out good thoughts, and you multiply them. But the same must work for the other side.

Group Member: How was he trying to get into other peoples bodies? I didn't get that part and (inaudible) accept it?

Guide: Dear one, it is a very natural phenomenon that occurs when a soul is seemingly jerked out of the body. In the process of what you term natural death, where there is an easing out of the *spirit*, and the silver cord is gently severed,' the soul can progress instantly and effortlessly towards the light- Once again, your visualization. However, in many cases, such as violent accidents, death, or as in this case, where the dear one's physical body suddenly gave out on an operating table, the spirit was jerked out of the body rather rudely. At that instant, a moment of floundering occurs, just as would occur, if you were forced under water. That instantaneous floundering before you accept the new level of energies. In that floundering, it is extremely common for the soul to first attempt to get back into his own body. When he senses that is not possible,

as the body has now released all energies, the next step is to try and enter a body at random, in the room, just because the soul is floundering. Not with any desire of possession. Instantly the energies of the other live bodies reject the soul saying “No, this does not belong to you.” It is at that time, that the soul start to move towards the light.

Group Member: How long will this take before he moves on, and how do we know whether they are still there?

Guide: Dear one, there is no answer we can give you. That is entirely dependent on the soul’s perspective of growth, development and desire and cannot be measured in your earth years. A soul may choose to stay on our side for what your term hundreds of years, and yet another soul may , yes, reincarnate within a few earth weeks, from your perspective, but that is entirely dependent on the soul. May we now permit the next friend? You have a question?

Group Member: You spoke about the soul floundering, but doesn’t the soul know at that time, when it passes over that it is rid of this cage and it is going back to the original place? Why *is* the trauma there; the soul *possesses* the knowledge that it is going back to its original form, to soul maker?

Guide: How harsh you are on your own self? Allow those few moments of confusion, dear one. The trauma of moving from one form to another, whether it is being born, or whether it is what you term exiting the body, is indeed traumatic for any human soul. The soul is not genuinely confused, but it is the remnant energy that has been emitted from the physical 3-D existence, that is still clinging to the soul, that causes that confusion. But in energy terms there is no differentiation between this, and this. Slowly, in a few, few, seconds, of your earth time, that short a time, the external husk starts to peel away. And slowly the light from within which is the soul, shines forth, and brings peace and understanding. But the process for different people is different. Particularly for a soul, such as this one you just experienced, who was a firm, firm believer in rigidity and not accepting of the afterlife. The confusion, at being able to see, feel, and experience, yet not be in his physical body was completely bewildering. For such as you, who are aware and have been aware for a long period of time, this would never occur. But would you flounder? You would. . .for those few seconds.

Group Member: But then why is it , that it is said that some of the souls are given rest or something, there?

Guide: Dear one, that occurs. Not always but most of the time. The soul you witnessed had not gone into the rest period yet. We will now introduce you to you a soul who has just emerged from the rest period. Still fresh, still unsure of life as it is on our side, but who has now come out of three separate rest periods

Sohrab: (As he tries to link) The Soul does not wish to enter my body as he feels a contamination may take place on his part, so we must respect that. He will talk through me in link. This is a complete free-will choice on his part and we must respect it. He is with me, and he is speaking through me. You may ask him whatever you wish.

Group Member: What did he feel while he was resting? Was there any feeling or was it a void?

Soul 2 : When I arrived here, I was also in great trauma. I had come from a brutal slaying. I had been molested, and I had been cut with a knife, several times. And so, when I was literally dragged out of my own body, I was in great trauma. I was welcomed by three beings who I didn't know, and two other beings who I sensed were from my own soul family, but once again, I refused to acknowledge. I was instantly placed in a deep sleep. At first, the deep sleep was literally forced upon me. That was because I was in no state to make a decision. The first level of deep sleep in my case and please understand, I am also being told by my guides, this is individual to each soul, so I will only speak of my own. In my case, the first level of deep sleep felt like a void; it was complete unconsciousness.

But somewhere within that, I knew a healing was taking place. I could feel an inner vibration in my energies that was taking place, and I could feel a central core, of energy warmth, spreading outward throughout my energy body. I was then brought out of this, and I began to acknowledge with joy all those around me. I was suddenly welcomed by many, many of my own family members. And then I received a little shock. I found many of those who had come to joyously welcome me, were those whose deaths I had caused. I couldn't understand this at first, but since understanding is not necessary and I was able to sense everything in energy terms, I suddenly could feel their love and warmth, despite what I had done. There was a kind of caring from those I had killed. This just overwhelmed me and it is that energy that put me back into the second level of sleep.

In the second level of sleep, I was able to be more conscious than I was the first time. But it was very image oriented. I could see and feel but I could not think clearly. However, huge amounts of healing and regeneration were occurring within *my* energies, and I could feel I was healing, and so were those souls around me. I came out of this energy once again and I thought I was healed and ready to proceed with my life on this side, because I had accepted where I was. I had always believed in the afterlife. But I was told "No", I needed to go back once more, for a shorter period of time, for some final work to take place. This time I joyously and willingly accepted it. I have no consciousness of this period. It felt like a flash I am now ready to work with my guides and my friends, and start a new life.

Group Member: Do you know whether you are planning to come back to earth, or are you going to work on the other side?

Soul 2: I will not come back for a long time. There is much work I have to do on this side. I first have to understand way I behaved the way I did on the earth. I have to understand all the motivations *from* within me. I have to understand without judgment. I have to understand my own records and I have much learning to do under these magnificent guides around me. I cannot assess when I will come back, or if I' will come

back. All I know is at this point I wish to be here, and I wish to joyously expand.

Group Member: When you said family member. Who would you call family members?

Soul 2: At first I also asked myself that question, when I saw them, because I had not known them. Then I realized that these were my dear family members who had existed in all my life times- most of them not on earth- I just knew them. I knew them from energy, even though I could not recognize them from earth.

Group Member: Do you now accept that in death, there are no enemies?

Soul 2: I think I have learnt that. I think I have understood that. I am being told by my guides, that I have to look at myself. I need to examine why I did what I did. Some of it was karmic, some of it was free-will, and some of it was necessary for the others. I am still a little unsure about this aspect. I need to study it further.

Group Member: As you grow higher and higher, how long does it take before you to reach the Parmatma?

Soul 2: I do not know. I have not gone there. But I intuitively feel from the energies within me, that the journey upward is what I want to experience. It is so magnificent, to be able to experience everything from within. I do *not* need to ask, or look or see if someone is my friend. I can feel it instantly. There can be no lies. There can be no hiding. Everything is so vibrant. I never knew this.

Group Member: How would you describe where you are now and yourself?

Soul 2: I can only say that I *am now* living in complete joyousness. You may wonder why I keep using the word living, but I am living for the first time. I am living in so much joy, that I am able to look back at myself on earth and see that anger within me, and see the violence that I perpetuated, and I am able to understand it, but I cannot feel it, just now. And that is wonderful. I have never felt this free, this joyous.

Group Member: Have you seen your Akashic records?

Soul 2: Not yet, but I will shortly be taken there.

(Soul 2 withdraws)

Guide: Dear friends, this was another soul who chose not to actually speak through this one, by inhabiting his body, but gave this one the experience of having a full link. A full and complete link, without actually holding his energies in this body. It was a learning experience for both. Do you have questions?

Group Member: Did Sohrab get the joyous feeling the person was experiencing?

Guide: Indeed he did.

Group Member: We are told that a soul that passes over goes through a tunnel of light at lightning speed? Is this correct?

Guide: Dear one, that is the most common visualization that humans go through for many reasons. Almost all of your earth religions speak of the light. And what is this light? It is a sudden sensitivity that you have created in that moment to cosmic energies. If you were that light oriented right now, you would be able to look up and go towards the light, even though you were in physical form.

Group Member: And not pass over?

Guide: And not pass over. However, when you are moved out of this physical denseness, the soul, your soul, is suddenly released from its clutches. It experiences itself in this amazing mass of light. Always remember light attracts light. Now for most, the most exciting, comfortable and desirable imagery is the tunnel of light. Yet others with other conditioning may never see the tunnel, they may simply see their own visualization of God, be **it** actually God or be it their manifestation of God, which is the Jesus, the Mohammed, the Buddha. And they will actually see his energies extending towards them, in a hands-open position. Others will instantly see themselves in heaven. Those who are in great fear or anger or self hatred may actually visualize hell. Hell fires. All of it is the energies that you interpret the way most appropriate for you. But yes, let us say the most accurate visualization is the tunnel of light. That is actually what is happening.

Group Member: Do they see any angels with harps?

Guide: You will hopefully see a host of angelic friends!

Guide: Whenever a soul actually exits the physical body, there is always, not just one, but several others from our side who go to meet that soul. It is a combination energy of the Master in connection with the physical soul at that period of time, and as many loved ones as are drawn by the call of this soul emerging from its body. There is an energy call and it is responded to instantly, by many, many energy friends. Now, at times when the soul is evolved, and it has been in an evolved state such as you are, it will instantly understand and accept the friends. But if the soul is not evolved, or the 3rd dimensional hold is very strong, it will not accept the presence of those ones. And then it will appear to the soul that there is no one around. But there always is Always.

Group Member: Regardless of how high they have gone, in terms of dimensions or realms, would they still be there?

Guide: Always. But you do not have the choice of who comes. The likelihood, dear one, is if you have been connected on earth very closely to your spouse, your dear children, or very close friends, those will instantly respond. But in certain cases, when those loved ones are working on a very high level, on a certain project, they may not instantly

manifest in full energy form. They will always manifest a part of their energies there. Do not think in terms of the physical anymore. You can be in 20 places at the same time in energy form.

Group Member: What is the most effective way to lift them up towards the light?

Guide: Just as you already do as light workers, sending loving thoughts is the most effective way. Yes, your earthly prayers can help. But not if they are random prayers, done by a random human being. The prayers generate a vibration, which if directed by you, will have great effect. Hence having sets of prayers done in a temple by a stranger because it is the seeming thing to do, has very little meaning. However, the same prayers, done by the same stranger, but DIRECTED BY YOU, will have the greatest effect on the departed soul. Do not forget that their body is now pure energy. Pure energy is instantly affected by any vibrations sent out, good or bad. So when you think of your departed ones with love, it instantly gives them a vibration equivalent to your earth massage. They start in energy form to vibrate with it. And they are instantly aware of where those vibrations come from- Instantly.

However if you hold them back, with self indulgent pain and tears and trauma, they feel the corresponding pull and once again they often retard their own growth to help *you*. Hence those who are grieving excessively, feel the presences, because they are actually holding those ones back. Now does this mean you should not grieve? of course not, you must grieve, but then move on. Learn dear ones from an expert, an expert. This one is an expert. (Indicating Neg) Learn from her how she was able to fully mourn from within and simultaneously release. Another expert.(indicating Sil) Learn from them; simultaneously working through your own emotions and release; understanding, as you weep and sob, that you are only feeling sorry for yourself and you are not sorry for what has occurred to the other. You need to keep that understanding within you, and simultaneously experience your grief. Holding back grief will not work.

Group Member: And this applies to natural disasters where there are groups moving on?

Guide: It is precisely the same. How many times have you light workers been told, "Make no judgment, feel no pain. Just do what is necessary. Send out love, light and energy. Do what is physically possible and simultaneously accept that all those who went, chose to go." Chose to go, even in that manner They chose to experience death by drowning, or flood or earthquake or fire. Empathize, do not sympathize.

Group Member: i just wanted to ask about connecting with my higher self... (inaudible) when we pass on, is that connection immediate or is that also a process of time?

Guide: It is immediate dear one but it is also a process. what happens, when you shed the physical, is that you are now (in your terms) just a bundle of energy. There is no form to keep you within its confines. You are now a mass of pulsating energy. You start to familiarize yourself with your own energies. Simultaneously you realize that your energies are just not this big, they are that big. But still because of the third dimensional

hold on your body, there is, in your 'energy' mind, a separation between the two forms of energy. And as you start growing and refining these energies that have just been released from the physical body, the energies start growing and refining and merging and suddenly you understand that there is no separation. so yes, it is beautiful and it does take a small amount of time.

Group Member: Is this why they refer to themselves as we?

Guide: Always, always.

Group Member: That means the higher self and ..

Guide: Not only the higher self and the lower self, but also no separation between Masters. No separation. In fact, the only time they say or I say "I" is to lower myself to a human level, to make it more personal for you to understand because the word "WE" becomes rather royal in your terminology.. And once again creates a separation between the entity speaking and the human being. We do not want that. I do not want that. Allow now, the third and last energy.

Soul 3: it is my privilege to speak to you. I was one such as you, a light worker. Not in the terms of a group, but yet I had my group. I was one on your earth, who saved lives. That *was* my spiritual group. And *during* one of my *exercises*, to save lives, an instant flash came upon me from within that I must release my body and work from this side, continuing the work that I was involved with. And so I did. I had no trauma in my passage; in fact I stayed on your earth plane for several days, of choice, working to retrieve souls who were rapidly coming over. And only then did I proceed with my guides and my family towards the light. I was put into an extremely brief period of sleep but I did not need it. I chose to simply experience it, but I understood, I did not need it. I came over at the time you called it 9/11.

Yes, my group of friends and I simultaneously received an angelic calling. We were in the service of Archangels Michael and Gabriel and we received an internal calling and all of us shed our bodies at the same instant. For those of you who wondered if we felt pain, we did not . It was an instant shedding. And because of our joyous knowledge of this side, there was no confusion. So many of us who died as firefighters, went through no pain- It was instant. You may now ask any questions.

Group Member: What did you feel about the pilots flying those planes?

Soul 3: I have so completely understood that all played their roles in this game, because they had to. There has never been any anger on my part towards them, even when I was in earthly form. At the moment when I answered the call of duty, there was no animosity. I experienced an inherent, internal understanding of the rhythm of life. As I said, I never belonged to a group such as yours. But our group was also a group of light.

Group Member: Was this in your blueprint?

Soul 3: I don't know yet. I have not come to that level of examination. I *am* prepared to accept it completely, without question.

Group Member: Some of us are yet holding anger and resentment for what happened on 9/11. How do we evolve out of that situation?

Soul 3: If we accepted it so easily, why do you hold onto pain that is not yours? It doesn't belong to you, release it. When you hold onto pain that does not belong to you, you never reduce the pain of others, you simply double it. But when you hold onto joy that is not yours, you do double it!

Group Member: What stage of learning or understanding are you going through at present and what now?

Soul 3: As I said, I required very little sleep. I have joyously been spending much time on this side, with all my past friends. My family and my guides. I have understood and I am in the process of learning my connection with the angelic realm, which is very strong and has always governed me.

It may interest you to know that on the earth plane I had no knowledge of my actual connection with the angelic realm but for some reason I always connected to statues and pictures of the angels which were in my house. In fact, it was a joke between my wife and me. And yet, I knew I needed them without even questioning why. It was a reminder to me, *on* an internal level. Not on a conscious level. So now, as I did, when I first moved over, I have continued to help and rescue souls who are in trauma, and who are moving over from the earth plane, to our plane, not just in a fire, but in any form of instant death where there is confusion. This is part of my job and I joyously accept it. And I balance that with what you would term 'soul recreation' at all times.

Group Member: Do some souls choose not to come back to life on earth at all?

Soul 3: Many do

Group Member: and then they get stuck?

Soul 3: There is no question of being stuck. It is a personal free will choice. The reason that incarnation takes place, either on your earth planet or on other planets, is that by going through physical three and five dimensional experiences, you grow faster. On our side, the learning and wisdom is instantaneous, but because we do not have the obstacles that you have, our learning curve is slower. It is your choice and your individual right to choose whether you wish to extend your individual learning for a longer period, or to complete it in a shorter time span. Impatient souls tend to come to the earth plane and then vibrate!

Group Member: I am curious to know why I was physically brought there the night

before. This happened not just with 9/11. This happened on many other occasions.

Soul 3: You were brought there to release an energy that aided the events in taking place. Now accept it, in complete balance. You did not **cause** it. You, and several others, aided the event to take place with your energy bursts, because this *was* meant to be. You asked. Now do not seize up in fear. Receive this answer in balance. Accept it.

Blessings from Archangel Michael