

29th September, 2005
MASTER KUTHUMI
Channelled by Sohrab Ardeshir

The Tree Energies

Trance Channelling begins..

Why are different chants required on different days? Would you care to answer?

Group Member: On different days, the energies also are different. Accordingly those chants are required.

Sohrab: Of course. Not only are different chants required on certain days, but different rhythms of the same chant are also required on different days. That is why, many times you will also observe discordance, flat-notes, lack of musicality and yet on other days, there will be complete harmony and synchronicity. These chants do just what your prayers do. They simply align your vibrations with the energies of this room, which have already been pre-decided, for the session that is about to commence. Each must work with the other in complete harmony. It may interest you to know that on certain days when you are individually disharmonious, we use these vibrations to align you. And yet on other days, when you are harmonious, we deliberately provoke misalignment in certain people, so that the work happens better. oh yes, sometimes you require disharmony, to learn harmony. harmony though conflict.

Before we proceed with today's session, let us welcome two new friends to our ever growing group of mediums. The two guardians: This beloved one (GI), and the one who is *not* present (Yez). And dear one (to GI), the task falls upon you to communicate with him, and convey this information to him. He will resist, he will fight, and he will struggle. You must calm him down. He will respond to your energies. The work will now commence in slightly different forms. Let us speak of you first. HOW would you like to work?

GI: In the best possible way, for the growth of all and myself.

Sohrab: Wonderful, but we are offering you an earthly choice.

GI: But this is earthly, as well as the other one.

Sohrab: She knows all the answers. (laughter)

GI: And they are correct.

Sohrab: You are right and ready for further work. You may choose. You may take your actual painting work further, if you wish. You may now begin sessions of counseling if you wish, or you may work as a trance medium, either through the written or the spoken word. Where would you wish to go? These are but, four options. There are many others.

GI: When we have too many options, we don't know how to choose. And when we have too few options we grumble also.

Sohrab: Take a few moments.

GI: definitely my paintings to begin with.

Sohrab: The safe route.

GI: And then the counseling.

Sohrab: That is, what we hoped you would say. Because we intuit, *you* are ready for the counseling. Both guardians must now work one-on-one as counselors. Each of you will work slightly differently. You must both undertake at least one session a week. And at this moment, no more than five in a week though even that would be excessive. We simply give you a wide range to work within. You dear one, just as the other, must sit for a few moments before the session commences, link your own master or masters, link with your own higher soul and link with the higher soul of the person who is appearing before you- Three conscious links. This applies to both. You may invite the person into your house, your room, your orbit. The sessions may proceed however you wish. They may actually be simple chit-chat sessions over a cup of tea. They need not be channeled, but must be in link, in complete link with your own higher soul; your own master and the higher soul of your friend.

Both of you have been working sessions like this already. **It** is not anything new. **It** is simply that you must now have the courage and focus to not only acknowledge your work, but to dedicate the session to your own higher self. Each of you will dedicate the session to yourself. Do you see how we work? Not to your master. to yourself. only then will you both understand the power of self. How can you be separated from the other energies? **It** is not possible. But for your own growth, dedicate love, joy and focus to self.

GI: May I ask a question?

Sohrab: Of course.

GI: Would you say that in a way, I have already started this? Unconsciously? Via e-mail?

Sohrab: And you may continue long distance if you wish. But that must not be an excuse. We require between 1-5 personal face to face sessions. Dear one, the first question the other guardian will ask is, will they come to me? If you put out the intent, they will come. They will come. You may both frame your invitations to all. However, you may offer a structured counseling, simply offer friendly advice. Take a few moments, before you construct your e-mail to all, and allow the words to flow from you. Invite them into your sphere joyously. Once you start this energy cycle dear one, you will find automatically the work through the paintings and other energy work will extend itself outward. Do you have any other questions?

GI: Initially I know I am asking for total guidance and help from you all, knowing full well, that my higher self is there, but I want both to begin with.

Sohrab: You command it, and it will be done, but you must command it. Your own higher self, and your own third dimensional self, must conspire to command it. **It** will be done. Will you be able to convince the other?

GI: I have to try.

Sohrab: It will be done. Welcome.

GI: Thank you for the *honor*.

Sohrab: You are both so ready. These two friends, dear ones, have so much love, light and knowledge to share with others, and their greatest strength is their complete inability to judge. They do not have judgment within them, inherently. The judgment that they sometimes display is completely is completely phony, and is simply judgment that comes from social conditioning, which they feel they must exhibit to others, otherwise they would not be normal. But they do not have judgment within them. They have complete understanding of others' experiences, not weaknesses, experiences. And that is what makes them magnificent counselors.

GI: Thank you for the grace.

Sohrab: It is merited, it is earned, it is your right. It is that which makes you the most appropriate for that kind of work. This child's other abilities that make him more appropriate for this kind of work. Nothing is better or worse- Different avenues of service initially. Dear ones,(to the group) we may ask you to help , by possibly asking one or the other of the guardians for a session. Give them a little encouragement.

Any further questions?

GI: (Inaudible)...they will come?

Sohrab: And they will be answered.

I have to practice, what I just preached to you, which means for now, a segment of this session, I have to speak to you, as if I am Sohrab. I am actually in complete link with Master Kuthumi and my higher soul, and individual higher souls in this room, and let me tell you, the light is quite dazzling. But I have to still speak to you, as if I am just Sohrab. This is going to help you, (GI), to understand how work can take place.

If you all remember , last time a Master came and spoke to us, and said that very often, a group gets together and collectively draws to the session, information that *is* required by all of us, otherwise we would not be here, either on a conscious *or* on an unconscious level. It's interesting that today, what we have drawn collectively, mostly not consciously, is a desire to understand nature, the forests, forest energy and the whole ecological balance. Sounds a bit much for one session, but there has been, I am being told, some kind of inner soul yearning that all of us have experienced recently. Possibly because of all the trials and tribulations we all go through in a city like Bombay, where we have a soul yearning to go back to the purity, the vibration of nature. Now this may be conscious on some people's part, or this may not.

That doesn't matter. As I am speaking, take a moment, check yourself, and see if this seems right. I would like us to start by consciously visualizing, in this room, a magnificent tree. Each one of us can see it differently; however we wish to interpret the energies. But we are actually collectively building a magnificent, ancient tree of wisdom, right here in the center. Let us all, either with eyes open or eyes closed, however we are comfortable, start visualizing and drawing energies into the center, building this tree, right here.

Take a moment, the energies are very scattered. Everyone is trying too hard. Take a moment to just center yourself, and link with our own beautiful group energies. *Even* for the newcomers here. Just link with the energies of this group.

Now there is a collective balance. Collectively, let us start drawing ancient forest energies, right here, into the center of this room, and let us collectively construct a magnificent tree of great wisdom, knowledge, strength, beauty, courage, joy, oneness. Visualize this tree going up, up, up , way up into the sky. Its branches and leaves extend outward over all of us. It is the most vibrant, most exciting energy tree you have ever been under. And each one individually and collectively is responsible for its growth. Kaushal, I would like you to visualize personally and privately, you do not have to speak out. I wish you to visualize a beautiful center in the tree, with its energies moving up and down, throughout the trunk , just like it has its own chakric system.

Thank you.

It's important for all of us to note how smoothly and easily this energy tree was constructed by us. It was almost instantaneous. The reason that you were asked to continue sending energy to it was because your own levels of doubt kept coming in and every time a moment of doubt came, energies were removed, from the tree by you. It

took a short while to stabilize. But the actual construction was perhaps done in about three seconds. This is the level of power we all yield individually and collectively.

And we need to be aware of it for many reasons. Not only for us to believe in ourselves, but also for us to learn responsibility. Negative thoughts, as has been said to you, are flying around this earth planet so strongly right now. They are creating an environment which is thirsty for more negative thoughts and that is why so many of us, self included, have been finding these last few months so extremely difficult, to keep our thinking positive, we are all constantly wallowing in pain, misery, negativity, the bad aspects of life, failure, lack of self worth, feelings of worthlessness, dislike .etc etc.

This is because there is a hunger in the energies around us. We are simply supplying them with that, giving them the negativity that they wish to feed off. As light workers, we all have to be aware of this and we have to consciously change each negative thought we put out into a positive thought form. It does not work by easily saying "cancel, cancel, cancel" as most of you do, that is just a convenient excuse. You have to actually visualize the negative thought you have put out, and actually enlighten it, with light. Light is simply vibration, change it. Yes, this is a very, very difficult task.

it may be interesting, if each one, just as an experiment for self, took a sample day and actually wrote down exactly every time they had a negative thought and the number at the end of the day. You will *find* it goes *into* the thousands, in one single day. And please include negative thoughts about self in this list. You will find they are the most frequent. Be easy on yourself. Do not now, add to this negativity by inflicting more pain and suffering on yourself, and "see how bad and weak and unspiritual I am" No, no. Use this as a very positive learning tool. First observe the negative thoughts. Slowly start to change them. You will find, if you put your conscious energies and attention to this aspect, that slowly a shift will now start to take place. Let us also remind you, that negative thoughts, are also ones, which contain the element of confusion. "I don't know. I don't know how to do. I do not understand." Those are also considered, in your third dimensional sphere, negative thoughts. Before we proceed, do you have any questions?

Group Member: Without saying, "I don't know, or I don't understand ", can I phrase it differently? "I need better understanding of a certain thing." would that become negative too?

Sohrab: I simply wish to open up for example, my energy channels to universal information that exists out there for all. I wish to extend my conscious level of knowledge and embrace this aspect that I have never looked at, in his life before. Do not be too hard and fast, find your own rhythm. The moment you are aware, the moment you are aware acknowledgment begins, and the change, the shift must happen. This does not mean dear friends that you ignore what you see around you. There is much chaos and confusion, and pain and selfishness in your city, of course, of course you have created it and you have drawn it and it is increasing.

Acknowledgement of that is not dwelling in the negativity. Understanding and wishing

to move through it and make a change is very positive. How will you make a change you do not acknowledge it exists? So you must acknowledge. But do not dwell. Do not dwell.

Group Member: Because we give it more power?

Sohrab: A perfect example to learn from is this one, when he is driving his vehicle. Perhaps you need to take a few lessons, and watch his anger levels rise astronomically. And then the games begin between him and other drivers, who he wishes in his own ridiculous fashion, to make aware, but he is not making anyone aware. He is simply punishing them and it does not work, and it causes more harm, more pain and more confusion within him. Take a ride in his car and you will learn. It is all subtle, it is not spoken. It is all said in the thought form but those thought forms are very powerful.

(GI), once again I am speaking as Sohrab, understand that I am being allowed today to go in and out of a trance. You can if you wish, when you are working with the *one-n-ones*, but *you* don't have to. You can just stay joyously and speak as (GI).

Group Member: It's very difficult for us to understand that thoughts are very powerful; I mean we are just in the process of learning right now. And it's very difficult to contain that thought form, so what do we do?

Sohrab: That is precisely the session that is now about to unfold. You will learn an aspect of this, by truly experiencing the energies of the tree. Take a few moments, *go* within. Allow your own energies to open and expand feel yourself light, expanded, floating, joyous, in a state of complete equilibrium. Yes, you all are still aware of your cares of day to day life. Simply allow them to drift to the back, permitting yourself the joy of equilibrium. Connect with the magnificent energy tree, in the center of this room. Feel it radiate its own energies outward into your chakric system, into your heart chakra and simultaneously into the other individual chakras. Allow yourself to connect and be filled with this magnificent energy.

As you grow with this energy, you feel your own structure becoming a magnificent, tall, stately, spreading tree. Experience wind in your leaves. Experience rain upon *you*. *Feel* the nutrition and vibration of mother earth entering *your* being through your roots. Feel your rhythm of understanding of nature, all animals' plants, birds, and humans around you. Understand that you own expanse, your own energies are far beyond them. Feel the energy radiation that you have; vibrate it outward constantly. You are the tree. You are in the midst of an expanded forest of energies. There is great silence. There is great joy. There is great energy. Be. Just be. Feel the energy of sunlight vibrating you. Feel the energies of rain expanding you. Feel the wind, moving you. Feel the earth and water nourishing you. Just expand.

Now gently draw your energies back into your own physical body, keeping this magnificent expansion, but now simultaneously being aware that you are in third dimensional human *form*. And as you draw these magnificent energies into your *own*

form, allow a complete merger to take place. Visualize yourself sitting beneath the tree that you just were. Leaning against it, merging energies.

Now gently release those magnificent energies and come back to full consciousness. When you feel contained in your body you may gently open your eyes.

Dear one, let us ask you to describe, what your own thought processes were when you were the tree.

Group Member: I felt powerful, I felt strong, I felt ancient, I felt eternal.

Sohrab: Did you feel good?

Group Member: Very good.

Sohrab: Did you feel connected?

Group Member: *Very* connected.

Sohrab: Did you experience the magnificence of the tree energy over human energy?

Group Member: Yes, if found it magnificent

Sohrab: Completely different?

Group Member: Completely different.

Sohrab: Do you now see how a tree just “is”? The tree does not wish to give you fruit, nor does it wish to deprive you of its fruit. It just bears fruit. It does not wish *you* to sit under its shady branches, nor does it wish you to leave. It simply provides shade. It just is.

Group Member: It’s by its natural self.

Sohrab: It experiences no complications, no anger ,no fear. Yes, you are all aware of the fear a plant experiences at the point of being cut. But that is not “Fear in human terms. It is the very natural process that any being experiences when making a shift from one form to another. In human kind and of course in the animal kingdom, it is much more pronounced. But in the case of the plant kingdom, generally, the tree itself has offered its energies and has permitted you to cut it down. That is the giving-ness of this expanded energy, once again, not for you or against you. Simply because it understands its own natural cycle is at an end, and therefore it just offers, because it does.

Group Member: May I ask a question?

Sohrab: You must now discuss this.

Group Member: Man has cut so many trees; you mean the trees gave themselves for the slaughter?

Sohrab: Dear one, there has actually been an ecological imbalance that is taking place and has been for a while. Once again, the tree spirits do offer themselves. They do not wish for this imbalance. But they understand that it is part of the growth process of the human race. And this is peculiar only to the human race. The animal kingdom and the bird kingdom, do not harm the trees. It is only the human race. The tree souls, the tree spirits, (and yes, the trees do have individual and collective spirits) offer themselves as part of the growth plan of the earth. Collectively of course they wish that the balance would be right, but they understand because they just are, that an imbalance has to take place before balance is brought about. And just as you spoke of harmony through conflict, human kind must wake up to the imbalances they are creating else they will simply destroy themselves.

That does seem the most likely path, at this point in time. But remember, as light workers, anything is possible. Anything is possible and change can happen! Do any have an experience you would like to relate?

Group Member: I felt that the tree was there, the roots were growing wild to be able to reach at the earth and to keep the soil together so that it doesn't.. (inaudible), and that is an important part of the tree while it was growing, the roots were growing faster than the top. And then (inaudible)

Sohrab: Thank you. Every aspect of the tree, its growth and development, if studied by human kind, would be of benefit. The roots that you just spoke of, spread outward to receive as much nourishment as they can and simultaneously, they use their power and their strength to contain the soil within. Humans have the same ability, to extend their roots outward, in thought form, to study, gaining knowledge, offer love and joy and to receive the same. Your roots are more energy oriented. Now it is up to you, how you spread these roots, for example within your own family. You can spread them joyously, allowing a loose but a confined area to be within you, the family unit, and yet not squeezing all within, to conform to your expectations. The moment the roots squeeze, the soil will simply move away.

The trunk of the tree shows complete and perfect alignment of the chakric system. A tree can never be misaligned. Alignment is always perfect. Yes, it may physically *grow* at an angle but it does not affect its inner alignment.

The branches which spread outward, are your branches which move into the cosmic realms, and make contact with your own past, present and future, and draw those energies and that knowledge back into your central trunk which, if you permit it, will come flooding in and be an inherent part of who you are. Do you see the roots extending in earth life and the branches extending into the cosmos?

The fruit that you bear are not just your children. Oh no, they are your deeds. They are your deeds. All that you do, that is your fruit. Learn from the tree.

The reason you were given an expanded version of the plant kingdom, today, was simply for you to understand that actually plant energies of this form are more extended and more vibrant than even human energies. Does this make them better? Of course not; It makes them, simply, different. You have now the knowledge of energies, to be able to link, wherever you want, with whomever you wish. Why not explore your own earth planet? Why not explore the energies of all aspects of your earth planet? You may be surprised.

If you chose to sit in complete link with what you term ant energies, you would be surprised at the focus, dedication and expansion that you would experience. If you were to *sit* and link with your elephant energies, you would receive a completely different form of expansion. In fact an elephant, though so large physically, is a very small contained, being within. This does not mean lack of self worth, it means focus and containment. An elephant sees himself as a small being. Yes. but a small being in the best possible sense. Not in lack. Not in lack.

Group Member: The period I visualized, was made of gold...(inaudible). Each one of us, was holding a piece of cloth which was tied to the trunk of a tree and. we were circulating and moving around, and dancing. And one by one, each and everyone 'of us gets to be the tree... (inaudible) ..

Sohrab: Thank you. understand, that each of you, would have a slightly different visualization, that is simply because you have added your energy strand into ancient tree energy strands and the formation that you will receive and interpret with your own third dimensional mind, will be unique to you.

In his case, let us explain, that he was able to see and visualize it in its most pristine cosmic form. Tree energies of your earth, are very high level cosmic energies. The movement, the cloth, the movement of all those that you witness, *was* simply aspects of the cosmic dance. But you knew.

Group Member: That chant was the same as the one we started with.

Sohrab: Why was a different chant requested through you today? What energies did the new chant add, to facilitate this meeting? Answer.

Group Member: Awareness of the energies of the environment, that's being destroyed and how they have. Because what I saw, on my tree, was that there were birds of every kind on it. *Even* birds of prey, were protecting the tiny ones. They didn't eat them. And at the foot, there were the big cats, along with the rabbits.

Sohrab: Do you witness non-judgmental-ism? The birds of prey, what you would term as negative energies, in perfect harmony with the other birds, nurturing them because

you understand that the polarities *must* exist. Without light, there can never be darkness. Without darkness there can never be light.

Group Member: But the human comes with his.. (inaudible) of doubt. And when he sees this perfect picture, he throws his tools down, falls on his knees and ..(inaudible).

Sohrab: Thank you- A beautiful step: One light worker's visualization and creativity to change and uplift energies. Thank you.

Group Member: How do we control the thought forms?

(Another Group Member is permitted to answer)

Group Member: If we know that thought is also energy and therefore it will travel and it is alive. If you remember that , then you will be able to control your thoughts a little more easily, because it is a live energy, which will travel and energy traveling in circle comes back to you. And also negative forms and forms a matrix or a ball. So what I have done in the past, is between that and the earth or humanity, try to create a matrix of positive thoughts, as a shield of negative thoughts. If you can remember that it may help.

Sohrab: Was this so difficult to channel *for* her? And yet it was done 'as you'. We have a little task for you, and for any here who wish to do it. Link with this tree energy as you just did, so full; so beautifully and so easy, and then allow your human mind to come in. See what happens to your thoughts. You will not be able to function the way you do in third dimensional reality. The thought forms will automatically be affected by the energies and change. Do not take our word for it.

Experience it for yourself. Make mistakes. The moment your thought forms do continue in the same way understand that you are not in full link. Take a moment, get back the link and repeat the same thought process, and see what happens, and see what happens. You will find your energies changing.
Any further questions?

Group Member: Why do you want to control your thoughts? I am asking just out of curiosity...

Sohrab: Allow her, her processes. Allow her, her processes. Go ahead and control them. And fail miserably.

Group Member: I can't control my thoughts.

Sohrab: Before we end this session, we wish to link very briefly with one more aspect of the forest. Go within, go within. Expand your own energies as you did outward. Allow yourself to be in the middle of the *most* beautiful, pristine forest Deep within. You are in an area never seen before by human kind. Around you are trees and plants. There is a water body. And there are animals and birds of all kinds, and yet in complete harmony

with one another. Visualize the scene and allow yourself to be in this forest. In the center of this forest, you see before you a tiny red flower. It is like no flower you have seen before and yet it is a flower. First examine it from afar, feel its vibrations. Now draw your energies to the centre of the flower. Go within it. You are within this tiny flower and you are fully expanded. Feel the immense expansion and vibration of this flower. Gently remove yourself from the flower and move your energies backward away from it.

You are still feeling its vibration, but you are moving further and further away. And now you are allowing these energies to return to your current physical form. Gently open your eyes.

Son, we would like to ask you if you would share anything that occurred while you were within.

Group Member: When I went in, the powers there was blending of the... (inaudible) within me seem to blend. And the redness of the flower seemed to dissipate and grow into all other kinds of colors as well. It didn't matter which color was what, everything was one.

Sohrab: What did these energies feel like to you?

Group Member: Floating, gentle energies.

Sohrab: Thank you. Would anyone else wish to share an experience?

Group Member: (inaudible).. very healing. Stalks were so thin and so frail, that I tried to get into the flower but I felt that the flower might just break. So I stepped down, held the flower ..(inaudible)

Sohrab: Anybody else?

Group Member: It's a very small flower, but when I got into it, it just covered me and enveloped me and I felt small and the flowers were big. It started giving me its energy and its love.

Sohrab: Would anyone like to describe the energy they experienced in any terms?

Group Member: There was love all around, and there was a beautiful perfume that covered my whole body. Completely covered with love.

Sohrab: How beautiful is the human mind! Everyone is viewing this energy from a different aspect. And in your case dear one, very correctly assessing, that you did *not wish* to enter the flower at this given instant of time. You interpreted it differently but your energies did not wish to go within them and so you did what was the most nurturing, which was to energize the energies that you did not wish to experience. This so-called flower was actually an extra-terrestrial implant upon this earth. There are many such implants. It was a portal, taking you and allowing *you* to experience energies

in an area in deep space- the color, the visualization, the love, the nurturing all an area of deep space, of great growth and regeneration. There are many such portals around your earth, some placed in what you would term a small flower, others in rocks, and others in vortices. These are generally not permitted to be found by human kind, but they permit the astral and other forms of journeys, that light workers such as you take. Even when this child works in a trance and requires you to accompany him to an area of deep space, he may unconsciously link with a portal such as this and actually carry your energy with him, through it, as a conduit.

Two aspects today- of complete and perfect expansion: One through the wisdom of the tree: One through not a flower, but a portal.

Group Member: (inaudible)... consciously or subconsciously.

Sohrab: This time, you took the personal challenge of exploring and deciding for self, that you do not wish to go there. The choice had been given to you.

BLESSINGS FROM MASTER KUTUMI.

Sohrab comes out of channeling

Sohrab: When they instruct someone like you to start working or you, you must start working, don't we have individual choices of saying no? I just asked that question in my head. And I am being told to explain to all of you, that of course you have an individual choice, but please understand that whenever something is instructed like this, it is because you have already made that decision on a higher level. But your conscious level is resisting it. And so it's just, they are helping open the door. But they are not doing it for you. If you had not wanted to this on a higher level, would never be asked to do it. This goes for you, for (Yez) and for you just now. And please explain this to (Yez) too.

(Nan), you are going to have to explain to (Neh) about plant energy. Help her with this. She needs to explore this for the moment-Just for herself. Plant energy; flower energy.. Look up the old transcripts, whatever your knowledge is also. Just understand this little better. There is something triggering off in her for this just now.

Group Member: In the movie, Lord of the Rings, there is a lot of it about the trees, the spirit of the trees and the environment. Trees how big, I mean its shown symbolically, but for a movie it is definitely, its importance.

Sohrab: I am being told very clearly, that there are many, many spirits, just as humans have individual guardians, guides, and a host of other friends, trees also have *not* only individual guardian spirits but collective guardian spirit. There is always an overseeing spirit for an area of the forest; if not the whole forest. But generally, it is divided up. It's very much like our own system of central government and city government, state

government- Goes in that kind of hierarchy.

Group Member: Like the spirit of the area and ..

Sohrab: Actual separate elemental set for the plants; separate elemental set for the rocks, the water. The water element spirit guardian of the forest is different to the water element in the city.

Group Member: Certain tribals have actually sensed and made this a part of their religious ritual. The Masais for instance, will not want to break the ground or cultivate anything because they don't like to cut. The red Indians before they kill an animal they ask permission, for that. In South America, the Shamans actually take an intoxicating drug called.. (inaudible), which they go into a trance. In the trance, they communicate with the spirits of the plants. And you can imagine, there are more than 250,000 varieties of plant life on earth. And big companies like Pfizer and Hoechst with all the resources will take decades and decades to find all the discoveries they have found simply by stealing them from the shamans, who have got them by communicating (inaudible).

Group Member: The bark flower remedies also.

Sohrab: Bark flower remedies, I am being told, would not have worked for the human race, at an earlier time. Trees, plants etc emanate enzymes which are used not only by *themselves* but by neighboring plants for healing. So if a plant is ailing, a tree may have exuded a certain liquid, to help heal that plant, through the soil and up into that plant. There is a whole network that exists like this. It is now because of the human level of vibration that is collectively being raised, that we are being permitted to understand flowers and use it more and more because now it is effective for us as well. Now we are actually able to use it in our bodies. It would have no effect several 100 years ago.

Group Member: I was wondering why I am sitting in this class. Suddenly every morning, I connect to this tree outside my window. Is there any reason that I just connect to it? Am I being healed by that tree?

Sohrab: Its one of your biggest masters. I am not permitted to say more than that. You need to find out what I mean. There is energy in that tree that is one of your governing masters. And that energy not only stays in that tree, but also *moves* out of it sometimes, to be with you.

Group Member: Before we came in she told me about my paintings that she saw in Pune, and all three are trees.

Group Member: and I just love those

Sohrab: I am asking this same question, why am I in this meeting, because I have no particular sudden desire for trees in the last two or three **w**weeks. There is in energy terms, there is actual nourishment we take in on a constant basis from plant life, even if

we are not in middle of plant life. Now this is interesting. Just as we have food cravings and our body tells us we want salt or something, and of course if there is an imbalance, we take in too much but your body is indicating what you need. In energy structure we have actual plant cravings, where we need a deep forest energies, we need coastal plant energies, we need meadow energies. Each area of plants collectively gives out a different energy. Let's take the same species. Forest flowers are different energy as a collectiveness to the flowers you get in the cities, to the flowers you get on the hillside, to the flowers you get on the beach. Same species, so called, but each collective have different energies.

Just as races of humans have different characteristics. On a very vast energy perspective, we actually eat energy food, every single day: Prana. And the energy structure, our own grid, demands what we need and in that case, there can be no imbalance, unlike us who go off when we choose you eat foods. Energy knows exactly what it needs and how much. And so at different phases of our lives, we draw combinations of this plant energy, and many other energies, not just plant, we are studying them today, to our being to nourish us. All of us, in this room, in the last 3-4 weeks have been strongly on plant energies. That's why we are all here together.