

6<sup>th</sup> October, 2005  
DR LANG  
THE ARCHANGEL URIEL  
*Channelled by Sohrab Ardeshir*

## Studying Your Own Body Energies

### **Summary:**

Dr Lang channeled through Sohrab, and using a volunteer from among the group, taught the group how to study a person's VARIOUS energy bodies, for imbalances, and then how to correct these.

Trance Channelling begins..

(First part inaudible) ..Can be corrected, have no fear. It is also for the learning for those in this room.

**Group Member:** (referring to [Pez], who was asked to sit in the center of the room) As usual, I had this feeling that you want to take off before being complete harmony with your own self

**Dr Lang:** Thank you, precisely the issues that you are going through. There is a great desire to raise your levels of energy. There is a hunger, from within, and there is an element of competition with others. Once again, this is natural and experienced by most mediums. Do not feel you are being singled out. It occurs more often than not. Therefore the energy structures that you have are constantly being left in a state of rifts and breaks as you force yourself to move forward before having surrounded yourself in gentle settled energies. Now let us examine different aspects of his energy.

**Pez:** Would you please tell me what I need to do for this?

**Dr Lang:** Allow them to learn too. You have offered yourself as a volunteer. You must not get ahead of yourself Let us now examine just his personal grid. Focus on his grid.

Would anyone wish to speak?

**Group Member:** In three-dimensional our terms, his energy is grid is zigzag. So it's just going zigzag, zigzag

**Dr Lang:** What does this indicate to you?

**Group Member:** His grid is not in total formation.

**Dr Lang:** There are indeed energy imbalances that you are picking up, the visualization is simply appropriate for you. Who would like to indicate where the imbalances are? (A group member indicated the right knee)

**Dr Lang:** Thank you. Any other area?

(A group member indicated the left shoulder)

**Group Member:** What I am seeing is blue and then I am seeing the grid, is not allowing the white light of the cosmic energy to penetrate into him.

**Dr Lang:** That is a different aspect beloved. But it is also accurate. Yes, thank you friends. There are imbalances, in this area, over that shoulder, over the head and behind the right hip.

**Group Member:** I am seeing energies leaking out in a huge

**Dr Lang:** They are rifts dear one. Yes, energies are inter-mingling where they should not. That is correct. The 'leaking out' that you are observing, are the energies shifting from one dimension to another.. This is because he refuses to allow a containment to take place, before he moves to the next level. Let us now all work collectively on him, sending him energies, to align and heal his grid. Do this however you wish. Son, receive these energies and initiate your own healing at the same time.

**Dr Lang:** Beloved friend, may we request the two of you to approach him and work closely? Kindly work upon this rift; kindly work upon his shoulder and knee. All other continue to support their energy work. Their personal energies are the most appropriate at this given instant of now for him, that is why they have been selected.

Son, you are not receiving, open up joyously. You are resisting help. When you intuitively feel that your work is done you may return to your places. Now let us all once again examine the grid and see how it feels and looks now. Proceed. Does anyone wish to comment?

**Group Member:** Sir, now he is totally covered with white light and he is now totally protected.

**Dr Lang:** The healing has now truly begun. The grid is not in perfect shape yet, you have observed that, but the healing has begun. That is all that was required today on this aspect of his body. Now shift your focus and examine his veil of spirituality.

Does anyone wish to comment?

**Sohrab:** Speak beloved. You are learning now to speak out in public, are you not?•

**Pez:** Yes.

**Sohrab:** A great task for her, to speak her truth without fear of being suppressed. A great and courageous move on her part and we support her. Speak.

**Group Member:** Sir, he is not letting his spiritually energies come naturally in. He is trying to grasp and pull it towards him, like most of us let it come naturally.

**Dr Lang:** (now speaking in a light link) Let me explain this . . . The spiritual mesh, the veil, can never be damaged. It is always in a state of perfection. It is perfection, because it is the most appropriate combination of energies at any given instant for the growth of the person. Therefore if it seems thick and impenetrable, it is because the person needs that denseness to grow outwards, to grow beyond himself The spiritual veil ( I am being told) instantly changes because there is this perfect blend of master energy, your own energy, cosmic energy and earth energy. And so it's always perfection. What [Ruk] described is very beautiful, because there are elements from within this veil, which [Pez] has intuited that he needs right now... but he is not accessing them. That's what's happening. So there are literally strands from this veil, which come into our physical human body, which is up to us to take or reject, and [Pez]'s combinations are a little off. Its not that he is not drawing, its just that they are a little off

**Pez:** Am I getting energies I shouldn't be?

**Dr Lang:** No, not at all. First of all I want you to understand that when I am speaking to you and if I say something unpleasant please don't take it personally. You have offered yourself as a volunteer, and we are learning here with no judgment.

**Pez:** Sure, sure. Not an issue.

**Dr Lang:** What's happening is, you are functioning on two levels. The higher [Pez] which is very much in contact with the 3-D [Pez], knows perfectly what is needed, and supplies the right energies in 3-D. [Pez] in 3-D is like a little child, who picks up one toy and flings it aside, then picks up another toy and flings it aside too. He doesn't even look at the toys. That's what happening, rather than taking what coming and appreciating it and learning it and loving it, and then going onto the next step.

In your anxiety to progress quickly, (and please understand this is not conscious, it is an unconscious internal desire to leap), you are missing steps along the way. You are literally missing energy steps. We are going to help you today to draw in the appropriate energies that you need right now. What they are I don't know. That's for you. I think it may be beneficial and this is Sohrab speaking, I think it may be beneficial.

Go back on your own spiritual progress and see what you have actually studied, (for example Reiki, your Mediumship) and then explore these energies one by one, giving focus to them for a while. I am not asking you to go back and study your Reiki symbols, not at all. I am asking you to sit one day and just welcome these energies of Reiki fully and completely. And keep doing that till you think you have taken enough. It may take a week, it may take a

month. Then move to the next step. What is happening is that you are 'dabbling' right now and you are confusing yourself

Let us all focus on [Pez], visualize this veil around him and see the veil as having beautiful energy tentacles that are going into [Pez]'s physical body. Let us just energize the veil and [Pez], so that he can draw from the veil the energies that are the most appropriate for him now. It's done; it's as fast as that. That's how fast all of you work. It's just done.

**Group Member:** [Pez] are you still ruled by the head more than the heart?

**Pez:** I don't know. Because if I were to think I would say the heart rules me.

**Group Member:** You think.

**Pez:** I think.

**Group Member:** But I just saw you as if you are raring to go. That desire, your intentions are all noble and good but you need to be complete within also.

**Pez:** What is that thing I need to be more complete with?

**Group Member:** That's what we just told you, don't dabble. Complete one, and then go to another.

**Pez:** Because I have learnt many energy systems and..

**Group Member:** But don't try to give before you know it completely.

**Pez:** Ok

**Group Member:** You really have to feel it, know it, in every part of you before you can give it to someone. You are in a hurry.

**Group Member:** This may not sound very appropriate right now because you.. (inaudible). Just this is the message. You have the freedom to give meaning; you have the freedom to interpret. Just know that. You have the freedom to interpret and everything is not the way it is supposed to be according to anyone else. The discordance is because you do not recognize and you do not accept your freedom to give meaning. That's why.

**Group Member:** You know this reminded me also of what we talked at [Sar]'s place and I was telling you about it. I was just doing a little exercise which I started doing on my own and what I do is, I sit and I just think of a person and I start studying that person's energy. And I just did it for him. I said you have a lot of interest but you don't know how to focus on them. That's what I was getting about him. Secondly that he is very restless. There is a lot of restlessness created in him because of that, and it's coming out in the form of irritation towards maybe a particular family member or somebody around. That is what we were

discussing before we came here and this is exactly what is being said today.

**Group Member:** Also once when I actually, according to our conversation with I would like to call my personal angel, and I think it was the first proper conversation I had with someone from up there, and I asked for a message and the first thing I was told was focus. And two three other things I was told to do but I remember focus. And somehow I didn't know exactly what it meant.

**Sohrab:** I think now you are getting a sense of it?

**Pez:** Yes.

**Sohrab:** Also please understand that you are sitting here in the center as a representative of almost everybody in this room. This is probably for every single person; I know it is for me. Otherwise this combination of people would not be in this session today. So we are all learning through you about our own issues as well. Thank you, thank you.

**Group Member:** What is the blue and gold light, the other aspect of what I saw?

**Sohrab:** Around him?

**Group Member:** Blue

**Sohrab:** What I am getting at this point is, this is unique to [Pez] and he has created around himself right now, a very staunch hierarchy, a wonderful hierarchy of friends, Angelic friends and guides. That is the basic mass of blue that you are seeing, which is representative of all his friends that are here. [Pez] has summoned to himself a host of knowledgeable teacher who are waiting for him. He is holding them off. Around it, the gold you are seeing is pure cosmic energy and there is a third level that you are not seeing, the band between him and the hosts who are surrounding him. This is the void that he is creating in his energies. He is distancing himself from these because there is a part of him, in his own body, in his own cell structure, that feels "I am not worthy, I am not ready, I am not deserving of these energies." That is why the separation. [Pez] we are going to finish the session now and I would ask you to totally open up to the energies that all of us are going to give you. Please can we collectively focus on [Pez] and just send him love and light so that he finds in his own cell structure the ability to feel worthy.

Sohrab get back into a Trance

**Dr Lang (in trance again):** Dear ones, we thank each and every one for your joyous participation in today's session. Oh yes, even if you sat silent, you participated beyond your own conscious knowledge. (Pointing to a particular 'silent' group member) Your personal energy strands were used very particularly upon him.

This session was simply to teach you how to sit and check your own various energy bodies for imbalances dear ones! Most of you tend to sit and just look at your grid, which is not enough. You need to now go beyond that layer and look at many other layers. There are

many, many other layers and dimensions. Yes, as you know you exist simultaneously in this dimension and others. But that would be for another class, where we would teach you how to work on your own self in other dimensions and how that impacts on your current physical. Beloved friend, you are now on the road to focus and worthiness.

**Pez:** Thank you, thank you all very much

**Dr Lang:** We expect you to work on self. The healing has been initiated, now you must work on self, to take it further. We assure you however, that focus and energies will now start to fall into place.

**Group Member:** Thank you.

BLESSINGS FROM DR. LANG.

Draw upon my energies. I will aid the process of healing. Joy and light from Archangel Uriel.