

20th October, 2005
UNKNOWN ENERGY
Channelled by Sohrab Ardeshir

Death Series:

A conversation with three souls who help empower human lives

A brief discussion:

Sohrab: Those who attended the earlier Cosmic Classes in this room may now ask [GI], who has just come, a question each about the energies of this room

Group Member: How do you feel the energies?

GI: When I came into the room, I felt it already charged and yet the balancing had to be done for the next group. But now I feel just the intent and asking is enough and it is done.

Sohrab: Speak of what you felt the instant you walked in this room today.

GI: Today I felt it was an intermingling of love. And I said to Sohrab, that even if we are doing a series on death, as we have been for the past few weeks, it is still a reunion of love again.

Sohrab: Now she is justifying what she instinctively picked up which has nothing to do with the second part of what she said. Explain how accurate she was.

Group Member: We were taking in pure energy and converting it into Pranic energy which is just unconditional love and as a group we were pretty bonded in love.

Group Member: Did you see any energy around 3 of us or 4 of us? The Prana circulating?

GI: It felt like a wreath intermingling in a circular way.

Group Member: Do you see any other energy structure?

GI: That's all I felt and saw. More felt than saw,

Sohrab: Defensive. Take a moment now. Examine the room afresh. See what else reveals itself to you.

Sohrab: This often occurs. When validation is instantly given for the first answer, individuals in 3-D set themselves up for a fall. They now have to match the first answer, and also have to better it. Do you see why we do not permit validations instantly? We did today, so that she could fall.

GI: I don't think I fell!

Sohrab: Then answer.

GI: I have no answer. So I did not try to match the first answer. Sometimes I feel, you cannot answer certain energy structures. You just have to experience them for yourself because FATE stands for 'For All Thoughts Everywhere'

Trance Channelling begins..

Sohrab (now channeling a Master): That is wonderful and extremely accurate. But for the sake of a group such as this, and for learning, it is essential that you sometimes break those barriers and actually create a verbal form, so that you communicate to others what they may wish to learn. If you face this problem, you can imagine how much more difficult it is for any master to speak through an earthly medium. Your vocabulary and words, are ridiculously limiting. It strains every fiber of our own energies to give you this kind of convoluted and incomplete information and yet we cannot reach you completely through telepathic medium-ship. Hence we have to place our knowledge in this extremely limited form that you call your language. But it is essential. It is now, after all these years of working with our words that you are beginning to feel their vibrations and to read between the lines. But it took these many years to reach that level. Beloved, speak very briefly on what you said earlier. Do it now in your own words.

GI: I was telling Sohrab earlier, about something I read in a book that I am reading now, called "What God wants." It is not about what God wants; it is about our misunderstanding about what God wants. We think he wants, this, this, this, this from us. But actually he wants and demands nothing from us, because he has already given it to us, We are his own individuated self. And therefore how can he need or require anything. He wants to empower us, and this particular paragraph stood out at me, probably because very often I am at an indecisive state myself and I thought sharing this knowledge would help others who are in similar situations: About not being decisive; about something; and then we just say "I leave it to fate." That means, you are giving your power away to somebody else to decide for you. God does not even require for you to do that. He wants you to make a decision for yourself .

Therefore you are going to be influenced by the thoughts of other people in making your decision and in deciding or choosing not to decide, or indecision, you have made another decision, when you just surrender to fate. So you have decided in another way.

So what one needs to do is, to first think of the most powerful thought that is within you. It is in your sub-conscious. Therefore you need to get in touch with that and then decide, because otherwise you say "I am torn between two things; I can't decide what to do." So obviously you are torn between that powerful sub-conscious thought of yours and the thoughts of other, which do influence you. So do not leave it to all thoughts everywhere. Empower yourselves with your own decisions.

Sohrab: Now even though she spoke and said she had just read this information, do you feel when she spoke right now that it was a link, a channeling or simply repeating words that she had read?

Group Member: (inaudible)

Sohrab: It felt like it was coming from her-Wonderful. Did anyone have a contrary feeling?

Group Member: It resonated with me, so whether it was a book or repeated or whatever, it just resonated with me and that was an answer for me.

Sohrab: Thank you.

Group Member: I read something in the morning so it really made sense to that. It said God has become a pauper because people are doing so many things for him, and it was really funny. I was thinking why it has come in the paper and same thing she has repeated now.

Group Member: Sometimes when we read or we listen to something, the moment it works for us and we understand it completely, even though we have read it or heard it from another medium, when we share it with someone else, it actually comes from within, from that feeling or space that we connect with what we have read. So in this case it came from within, even though it came from somewhere else. She was speaking from something that resonated with her completely.

Sohrab: Thank you. Thank you. Do you now see how you are all correct? A medium is one who opens himself or herself to higher level information and energies and permits the flow through this instrument in the most facile manner possible. But the medium is always dependant on the following aspects:

- 1) Vocabulary
- 2) A clean instrument
- 3) Faith
- 4) The ability to channelize universal energies and acknowledge and accept that the universe prompts him in any way it likes.

Group Member: It prompts me, because I read this a couple of days back, maybe last week, and while I was waiting for [Zar] to come, I was watching TV and it just struck me while watching TV that I had to take the book with me today and I was going to show it

after the meeting.

Group Member: Normally she is quite shy about speaking in front of so many people. Today words came out of her mouth so naturally, and so correctly.

Sohrab: Absolutely. She used the base knowledge that was provoked by the universe, to give her a springboard to use her own energies and to inter-mingle them with higher level powers, in order to speak out. You are all aware now of different levels of channeling- From a deep trance to an extremely light link. You are also aware, that more and more light workers today are being provoked to speak in a seemingly completely natural manner. This was one such completely natural manner- So what if she read the information? It gave her the basis to add her slant and allow the energies to work through her.

You have all received high-level scientific information from the various channels within this group. Most of the information they were not consciously aware of that is correct. But without their own personal schooling, without that knowledge given to them about the planets and the stars and other science and mathematical aspects that they have imbibed over the years, they would not have been able to put it across as clearly as they have. Were they to now study science, more in-depth, they would be able to access higher and higher levels of channeled information? The spadework does depend on what the instrument knows. Hence we constantly urge you, to expand your vision. Do not let yourself to safe areas. Look at science, look at mathematics. Study the human body, read about geography. Expand, allowing higher and higher levels of energy to flow in. This leads us directly into the next installment of the “Death” series, which deals with how souls on a higher level empower their counterparts on earth. Fate. Speak out once again on your meaning of fate.

Group Member: “From All Thoughts Everywhere” So that includes the other dimension too?

Sohrab: Where do you think your scientist get their ideas from? Where do you think the painters first create their paintings? Where do the musicians create their music from? Where do the story—tellers get their plots from? Let us today visit 3 souls, who have been on the ‘other side’ for an extended period in your earth terms, and who are working directly with various earth beings for specific tasks. You will be permitted to question each one and through that you will learn.

Soul 1: Hello friends. I must first describe my own mixed feelings about this process. Thought I contracted with my guide to speak for a few moments through this medium, my inherent nature, which I had on earth; and which still exists, felt “Why am I wasting my time?” Yes, I experienced that momentarily as I was in contact through this child with earth energies, and that brought back an energy memory of my own earth self, where I always felt, time was too precious to be wasted in mundane activities. I instantly accessed my own higher soul, and laughed at myself Time is such a silly linear concept. I can now expand, stretch and elongate time to suit me. So why would this be a

waste of it?

I was in many earth incarnations, a healer. For the most part, my healing was not out of great love of humanity. It was primarily for money and gain. I was not heartless. I had an innate talent that I was aware of and I used it joyously but with the financial gain always being the focal point of the healing.

Yes, you are all instantly making judgments now; do not; it is limiting. All this was a soul growth pattern that I had to experience. And I chose to place myself in incarnation after incarnation which would tempt me further and further. I got greedy and you may be interested to know that I sank further and further into the mire in each lifetime.

I actually never learnt the lessons which I had chosen to learn on earth, and so at this given instant of now, I have chosen to extend my spirit form and work with complete awareness at a slower rate than I would on your earth planet, to understand for myself the true creation and empowerment of the healing process. I am currently working on level 9 of the healing hierarchy, with a panel of 'doctor spirits' who are working constantly to provoke results among earth doctors for various viruses that you are experiencing such as your AIDS. It is we who have managed to thought-create higher and higher levels of earth cures, into the minds of various strategically placed scientists and doctors who are willing to be conduits for our information. Understand this clearly. We could with our own knowledge instantly cure your race of AIDS, but we are not permitted that level of in-flooding of information. Processes have to be gone through by many earth souls and hence we are permitted to feed this information into the minds of the various earth healers in small quantities, at intermittent levels. We are also currently working on aspects of a new virus that you have not encountered, but will encounter within the next 40-50 earth years. You may now question me.

Group Member: Are you in contact with your higher soul all the time?

Soul 1: In spirit form there can be no separation between the higher soul and the spirit entity. However, there is a minor separation as even in spirit form we are of a slightly denser vibration than the vibration of a purest aspect of the higher soul. Let me explain in scientific terms the visualization of your higher soul. Imagine yourselves, the shape of a candle flame. This is truly the higher soul. Though the candle flame is all vibration, when you look at it you see different colors, do you not? -Reds and oranges moving into yellows, moving into gold and light white. And yet the whole flame is of the same denseness but yet it is not. The areas in the spirit world are the lower parts of the flame, still slightly denser than the others, and effortlessly move upwards into higher and higher and higher vibrations till there is complete merger with the one. So yes, even in spirit form, we are in complete contact with our whole higher self, but yet within that we vibrate at a slightly lower level. When you are in 3-D form you are the equivalent denseness of the candle as compared to the flame.

Group Member: Have you been able to resolve, what you have not learnt on earth as a spirit in any way? Is the experience there, something that can literally add to your

growth?

Soul 1: Thank you, a wonderful question I am learning on this side at a much slower pace than I would on earth, but because of my expanded form I am now aware of the creative joy of the discovery process that I was unaware of on earth. Healing, when I was in earth embodiment, came to me as a natural inherent talent. I never needed to work at it.

I have in many incarnations been various types of healers ranging from a witch doctor to an herb healer to a modern-day scientist. And each incarnation gave me the opportunity to use the vibration structure that was within me, easily and fluidly. I never had to strive. For the first time, (ironically enough in spirit form), I am striving. Even on this side we are constantly creating. And here creation is of the purest essence with the purest motives in mind. I can never for an instant lose sight of that and every instant of creation that I contribute to in spirit form; helps remind me from within of the sacredness of healing. So I am learning.

Group Member: So just to follow, would you have to come back to earth to use what you have learnt?

Soul 1: It is my choice which I have not made yet.

[At this point, a group member dropped a glass, which shattered noisily. Sohrab briefly came out of the trance, and then re-connected].

That too had a purpose. The purpose was for this child to contain the energies through a disturbance. He was not able to. He will receive more and more disturbances till he can. Thank you. ...Instantly made from all souls who work on this side. We contract much as you do on earth, to various timeframes, not time as you know it, but time in energy form. We contract for various timeframes, to undergo experiences of growth, and all the in between points between these time frames we re-examine self and analyze for self whether we would move speedily on earth or another incarnation or whether we wish to continue as a spirit. This is completely chosen from within and no pressure is placed upon us by our teaching guides. We are only taught to see and analyze for self.

Group Member: Do you have free-will as we do on earth?

Soul 1: It is truly free, for we on this side, at this level, would never choose anything that would go against movement towards the light. So you may call it restrictive, we may see it as the ultimate freedom.

Group Member: Why then do we say it is faster on earth and slower on the other realms?

Soul 1: Always. Always.

Group Member: Why?

Group Member: The awareness is more on the other side as we know it.

Soul 1: Dear friend, this example has been used before. I could place before you this beautiful rich chocolate cake, but till you put it in your mouth and savor it on the tongue and swallow it down, you do not know how exciting it can be. And it is only in swallowing the cake and desiring more and swallowing more and desiring more and swallowing more that you then experience symptoms of being overweight. And it is only from those that you understand what you wish to do with your body. And you learn responsibility of taking care of your body. And that makes you question other aspects of food you take into your body, which extends then to information you take into your body and thoughts and feelings and emotions, all from one bite of a chocolate cake. Out here we can create a chocolate cake so beautifully but we cannot taste it. We know it, but we cannot taste it. You all face the same aspects when you understand something here but you do not feel it, and the distance between head and heart which maybe one earth-foot may take years to traverse.

Group Member: Lifetimes

Soul 1: Lifetimes as well.

Group Member: So that brings us back to time. (Laughter)

Group Member: There is no time on the other side

Soul 1: There is no time and so all learning is simultaneous and instantaneous. And yet we do choose the earth for other similar incarnations purely for experience, not for the speed of the experience.

Group Member: Having said that, what is your experience working with other dimension, other incarnations? Is healing work there similar to healing work here?

Soul 1: Completely different

Group Member: How?

Soul 1: (laughter) My dear friend you and I need a personal session together. I will give you an example from my own relatively limited knowledge as compared to many other healers.

For my own growth, I have been working extensively with a different dimension to that of earth, but yet which has a similar earth structure and I am working on many souls there, for their benefit and for my growth.

In their particular realm, healing is done primarily by shattering their physical forms and helping them grow from this. What you would term, 'blasting them with a gun'. Physically destroying their bodies; for want of a better word. Their entire structure,

unlike the earth structure, does not grow in the linear pattern. The more a blast is given, in figurative terms, the more they come back, more cohesive, healed and expanded. It is completely different from the earth structure.

On earth, we work towards implanting ideas in your scientists' minds of how to prevent the spread of viruses. Out there, we help them discover and introduce new and various species or viruses!

Group Member: Isn't that again the creative mind that creates the virus?

Soul 1: Viruses are one of the highest forms of creation. Beloved are you not viruses on your mother earth? And yet should we strive to wipe you out from the planet. Ha ha. You do that so well yourselves.

Group Member: There is a dimensional shift happening on the earth from the 3rd to the 5th; need to know the viruses that are going to be created. Can you shed light on.

Soul 1: I am permitted to shed light on one aspect; an energy virus is being created right now. An actual energy virus which will work on the higher bodies, just as the AIDS virus works on the physical. And with your level of growth you have to learn to hold your higher bodies together.

Group Member: Earlier you had said 40-50 years from now for another virus.

Soul 1: That is not what I am referring to. This is being introduced now. I must leave.

Soul 2: I am a crystalline being of light. Yes, even in the etheric I function primarily as crystalline; though I am completely infused with cosmic energies as well. I and my flock provoke responses in all earth crystals. We are crystalline tuners from around the galaxy. We check the harmonious resonance of your crystals. We function primarily through the crystalline bed beneath your Atlantian hills and from this we pass energy, light and vibration to all crystalline structures on your earth.

We are currently in the process of creating new energy crystalline forms on your earth planet. Just as you have a higher soul, so do all crystals. Every single crystal in existence around the universe has a higher *soul*. We are now implanting upon your earth planet, the higher soul energies of various crystalline structures that have not yet been introduced to the earth planet. These exist separate from their actual physical crystalline bodies which may be on different planets. Their actual higher soul energies are now being passed through your own crystalline structures. You may question.

Group Member: We received some crystal energy today, the crystals were energized, was it something like that?

Soul 2: No. The work that occurred today for you was separate from this but there was no coincidence, that these crystalline forms were introduced earlier and in this session.

The energy grid structure that was set up around this room was that of a higher level crystal. It had to occur today for both sessions.

Group Member: Are these crystalline energies, the ones that are going raise the vibrations of the planet earth?

Soul 2: They are one of the many energies that are working for the planet earth. They will function on your earth planet in the form of extra-terrestrials. You will start to see them now, and acknowledge them. You have already begun by seeing flashes of light. You may see them from the corners of your eyes. You may experience them as strange vibrations in your house. These forms were being used by other energy forms beneath the earth's surface. Some of the vibrations you have been experiencing and seeing are these. Not all. So these higher soul crystalline forms which have been introduced to your earth planet have full conscious knowledge and must be as such recognized and respected as alien presences. Alien not in terms of lack of familiarity but Alien in terms of not inherently being part of your earth structure, and yet having so graciously agreed to come and work for your planet.

Group Member: As you have mentioned, from the corner of the eye I have been seeing light flashes. And I have been wondering should I be visiting the eye doctor or something like that. Is someone alien in my house?

Soul 2: You have 3 crystalline presences, who you have invited on a higher level to coexist in your dwelling. Welcome them consciously. Three such friends. Not one. They function similar to the earth structure of a family. They are three akin presences that work in perfect unity in triad form.

Group Member: I have been seeing flashes since the month of May in my house. I have been to an eye doctor but.. (inaudible)

Soul 2: This particular aspect is not alien energy. You are now getting cosmic light flashes. You are tapping into higher level cosmic energies and you are manifesting them in the form of visual flashes. You need not do this if it alarms you in any way. It is simply proving to you that you are in touch.

Group Member: Not very consciously but it does worry me when I see blocks of light coming out of the corner of my eye.

Soul 2: Enjoy them.

Group Member: Thank you.

Group Member: The lights I see are sometimes just little sparks and sometimes streaking across. But that's all. I often wonder who it is.

Soul 2: Do you now see how each will have a different aspect of these energies they tap into? In her case she is tapping into these crystalline beings, yes, but as she is a healer,

she hones in on the healing energies that they are passing into Earth. So you are not actually seeing the beings, you are seeing the energy signatures, much like your airplanes leave, in the sky, which are actual healing lines. It is time that you now explore and understand the meaning of healing lines.

Group Member: Apart from seeing these flashes from the corner of my eyes, sometimes it's like a pinprick of light that I see moving across, my vision. And it stays three at times and at times its moves.

Soul 2: In your case, it is simply a reminder from your extra-terrestrial friends to connect with them which you constantly refuse to do. You must link; they are awaiting your connection Do not reject them, do not fear them, welcome them, they are your family. And they constantly prod and poke and you turn them away. Not acceptable anymore. Welcome them with joy. You will not be swept away.

Sohrab now in a light link: I am now in link with the third visitor for today. I must speak as Sohrab, and describe a series of visuals that I am being given. You are invited to give an interpretation:

1) I am seeing a golden field of what looks like corn, but it's not corn, it is very, very, vibrant- Very bright. The gold is almost too bright to look at. And within it I am seeing what looks like a shack or a house.

Group Member: What came to me were solar flares, but why the house was there I don't know.

Sohrab: Would anyone like to add to this aspect of solar flares?

Group Member: Drops of...(inaudible)

Group Member: Cosmic energy.

Sohrab: Is that what you are getting? I am not going to validate what you are saying. I am just asking you to explain it.

Group Member: ...(inaudible)

Sohrab: Thank you. I will now describe another visual.

2) I am getting the same. Let us call it an ear of corn but it's not. It looks like that, its bright gold, and I am seeing an ear of corn and a pitcher. An old stone kind of pitcher, filled with water, on a table A rough, wooden table.

Group Member: These are the elements of the ear of corn that we have, is the light gold that you see there, is what we have to strive to achieve. Bring out the light within us to the fullest. And we have to do that by nurturing and respecting the water.

Sohrab: Thank you

Group Member: It reminded me of Abel and Kane.. (inaudible)

Group Member: I am getting the gold corn as a new energy which we have to allow into our homes- New energy.

Sobrab: Now this is the last visual I am getting of this series.

3) What looks like an undersea picture, deep under the ocean and I am seeing a light emerging from somewhere. I can't see what the light is.

Group Member: I am getting, look for divinity in the most regular things that we don't look for: In your homes, in your fields, in your corn, in your water, under the sea. It exists everywhere. Look where you don't.

Group Member: The elements are deep within us working for us expanding our growth.

Soul 3: I am a telepathic implanter. My function in the spirit world with my colleagues is to place any aspect of information that is required to be passed from spirit to earth consciousness, into various peoples' minds. Yes, it sounds invasive, but it is joyous. And my colleagues and I work in a vibrational form that is best received by you.

For those of you who are very creative in the mind, we allow the implant to occur in a very vibrant pictorial form. What you call daydreams, fantasies. For many others we work in dream state. For yet others, who have an extremely scientific bent of mind, and refuse to acknowledge divine information, we work in the most cunning manner of all. We place before them text information, or we bring them into the orbit of other scientists who are provoked to speak aloud to them, so that they say "Ah ha I have received this information. And I am now so clever; I am able to take it further." And they never acknowledge the synchronicity of the information being given to them.

Group Member: Archimedes Principle!

Soul 3: Do you know how many apples we had to drop? (Much laughter) Before he finally woke up! We almost killed him. You laugh, but do you know how much we prod each and every one of you who refuses to look at information that is virtually thrust down your throat.

Group Member: So we have no mind of our own?

Soul 3: You have a beautiful mind of your own. We are allowed to give it little tweaks, nothing more. We are never permitted to be over-invasive, or in any way to control your thinking. That would be completely unacceptable. We simply lay at your feet the image we wish you to see. And we allow you to interpret it as you just did, the three images, the way that is best for you. Most of the time you wander off down a path that

is completely incorrect but in doing so you explore so much of life, and your own psyche, before we coax you back onto the path.

Group Member: So if I am getting a telepathic vision, how do I know it is a telepathic vision than my own mind imaging something?

Soul 3: That is the test you have given yourself by choosing to incarnate on this planet. We did not choose it for you. You had better ask yourself that question.

Group Member: On a scale of 0 -10 how fast are we progressing in accuracy of identifying

Soul 3: Are you asking personally or as a group?

Group Member: Whatever.

Soul 3: Friend, we cannot judge that for you. We have no permission to judge that for you. We simply lay the information at your feet and we allow you the option of so many choices to guide yourself through this beautiful path you call life on earth. Just as a school child is exposed to so many subjects and the choice must be his, at the end of schooling, which field he wishes to explore, so is it with us. We offer you these tantalizing visions, of different aspects, we intuit would be akin to your structure.

For example, your structure, completely hypothetically, maybe akin to 5 aspects of earth life: healing, creative art, music, mathematics and carpentry. We lay aspects of these before you and permit you to juggle the processes of exploring and enjoying all of them, or any of them.

Her structure may not be akin to the mathematical line in this incarnation. We do not put those structures before her and she will find them, but she has no affinity to that aspect of earth life and so it is.

Let us warn you, however, that when you receive confused images of family and loved ones, those are generally thought-created images implanted by you yourself in your own mind and they are not given by us. Our images are always of the light and have perfect clarity. It is only your minds that confuse them.

Group Member: If I give you permission to prod me more, would you do it?

Soul 3: Do not give me permission to prod you more. Give yourself permission to open up to the images more.

Group Member: I never remember anything of my dreams.

Soul 3: That is not your fault. Why not explore the images through your heart completely consciously, through your channeling completely consciously, through the spoken word completely consciously. Why must you wait for the dreams? It may not be

appropriate at this given instant of now for you. Instead of looking at areas that don't seem developed for you, explore those.

Group Member: How does this telepathic thought work between two people? Somebody is sending you a telepathic thought and you are picking it up. It's not my thought; I know it's not my thought. I need to know a little information on that. Do you help that?

Soul 3: Let me explain this in earth terms. Because you all have sight, physical earth sight, you are able to stand up and look at her and say, "I clearly see her blue shirt and white skirt and the shade, color and texture of her hair." Ask a blind person to describe this and with touch he will say, "I can feel the texture of her outfit but I cannot tell the color." And you say "How can you not see the color, it's so obvious?"

What you have all lost over the years in linear time is the ability to be completely and fully telepathic. An ability that is latent in humankind. Humankind has the full ability to be telepathic. And all children, depending on their conditioning, remain telepathic from the point they are born till the point conditioning truly sits on their little brains.

The first few weeks and more often than not, the first few months, they are completely telepathic. Now what occurs when you practice telepathy? In energy terms, you pour thought forms in the form of actual energy molecules, out into the universe.

Now that you are all getting more and more sensitive to this, when you place a thought form, which particularly refers to another, an alarm bell sounds in their vibrational sphere. Just as your door bell rings. And they answer the doorbell. But if they are deaf, they will not hear the door bell; that **is** what happens when you too put out the same thought. When you intuit someone is going to call you upon the telephone and the phone rings. The alarm bells have already gone off

My time is up.

Sohrab comes out of channeling but remains in a link

Sohrab: The master is not going to channel through me today, but he is in link with me: Do you have any questions about the three friends?

Group Member: Since I was just told about the three aliens in my house, I would just say I welcome you and in what way can I ask for help?

Sohrab: I am intuiting that they are very strong presences, who have come to your house at your summons. You don't have to help them particularly. It's a mutual benefit society. You are giving them a place to anchor their energies to do whatever work they need to do. And simultaneously they are giving you energies for your house and for you personally. You are being a host; you are being a joyous host who has opened your house and heart to these wonderful beings. I am getting the feeling that just enjoys the energies, they are very powerful, very high level and very intuitive energies. You will

probably start feeling over the next however long they are with you, more and more affinity towards crystals, crystalline structures. if you want to put them out in your house, wear something, go with it. You don't have to, just if you want to. But you are revisiting very high level crystalline energies and higher soul energies. Nothing to be done, just enjoy them.

Group Member: Can you tell me whether my age makes any difference to what I feel and hear and see?

Sohrab: It has absolutely nothing to do with it. These restrictions are entirely self-imposed. "I am too old to deal with all this; the information is at too high a level for me to deal with at this age. You youngsters can grasp this faster than I can"

You are seeing everything in terms of age. And in doing so, you limit yourself. Your form is so expanded, but the trouble is that in this incarnation you will just not accept it. You will have to go back there and then decide to see it yourself, because you are just not willing to accept it. Only you can change that. You might as well accept it before you go over to the other side. But it doesn't matter either way.

Group Member: About the telepathy things and dreams, you said that sometimes things are laid out in our dreams. What about dreams that you have had, are so real and say with you and you can remember them like I have this experience of maybe 10-15 years back but I can recall them as if they just happened.

Sohrab: I am going to answer this in two parts. What I am being told is first of all, if they are very old dreams that you still recall with great clarity, there is an aspect which you have not dealt with or looked at yet and you need to look at it. Because once you have finished with it, it will sort of fade and mute itself. So there are aspects of this dream that you need to explore, if it is still clear after all these years. You need to go deeper than you have gone so far. Get help with it. Go to someone who can provoke this- A dream analyst.

Dreams can be pure premonition. Dreams can be what our friend told us today which are implants from the other side. Dreams can be emotional aspects that we have put into thought form so that we have to face them and deal with them. Dreams can be so many things. There isn't just one kind of dream. And of course dreams are also astral travel which we remember sometimes. Our task when we are drawn to any particular dream is to first examine and find out what it is; which one of the various options it is; and then to go further, depending on that.

For example if it is a purely precognitive dream, you don't need to go forward. You are just being given a premonition about something that will happen. You don't need to take it any further. But if it is an emotional issue, which you have manifested in a dream form then you need to look at it, because then you have to work something through.

Group Member: It's a very lucid dream but yet when you try to make sense of it, it doesn't make sense. When you are trying to understand what it is trying to tell you.

Sohrab: Work with somebody. I think it's something that's coming up from your past that still needs to be looked at and I don't think you have touched it as yet