

1st December, 2005
THE ST GERMAIN
Channelled by Sohrab Ardeshir

Death series: The Method of Dying

Trance Channelling begins..

Sohrab (in a trance): Would you kindly chant Om Mani Padme...? Thank you.

(To GI) A special energy grid was created for your loved one. He is cradled in these energies. He is blessed, he is at rest. You knew that. Thank you.

So much confusion... when will the series end? What is coming next? (he chuckles) In today's session, we lead from this topic to another. Over the past several sessions, different aspects of what you term 'death' have been examined. You have all learnt, imbibed, and enjoyed the energies. Let us today allow this topic to move into its natural conclusion, by first discussing different ways of exiting this earthly plane and why they occur. From this we will help you all experience the death of an aspect of yourself that you wish to release today.

Let us first start with 'natural death', where the person seemingly falls asleep, or just leaves. Why does the exit occur in this smooth fashion? Is it karmic, is it because they have garnered many good deeds in past lives?

Each method of exit is specifically chosen by the soul. To give that particular soul the FINAL living experience that he or she needs to propel him into the astral *state*. In the case of those who choose a smooth and easy passing, it is simply that they do not wish to learn anything specific from this exit method. They have garnered whatever experiences they wished for and they simply leave. It is the same for animals to move over smoothly.

Now let us examine other aspects of exiting. What would you like to talk on first?

Group Member: When somebody is murdered.

St Germaine: A very courageous experience that both the murderer and the murdered victim contract together to experience for their own individual soul growth. The murdered victim may choose this for several reasons.

Yes, it truly may be a karmic 'payback' experience. This particular soul may have inflicted murder, seemingly randomly in the past, either in this lifetime or in another and *now wishes to move* through this experience by first UNDERSTANDING EXPERIENTIALLY for self what it feels like to be at the receiving end. This includes not only the physical symptoms, but the fear, the panic, the feeling of helplessness, the feeling of being vulnerable, and aspects of having to surrender to another's will. And so the murder victim chooses this vibrant and dynamic exit, to understand in the flash of the moment what it is to be the victim. And in understanding this, the karmic debt is over. It does not have to be repeated.

This is not the only reason to be murdered or to experience murder. Many brave souls choose this as 'thrill seeking' energy that the soul wishes to go through. Do you not on your earth plane have adventure sports where some feel the thrill of the plunge, of a soar, and others shy away from it? This is simply because those particular souls that enjoy it choose to experience that for a reason as well and the others, who move away from such sports, either do not need the experience or judge the experience to be a disservice to that level of growth that they are at. Understand, it is the same with murder. It can be that the soul requires this kind of 'negative vibration' to suddenly experience a growth spurt, and instantly after the murder the growth spurt occurs and the soul is in an expanded form where it receives full knowledge of what has just happened.

At yet other times, the soul is testing itself. Can I move beyond this experience or will I carry this grudge into another lifetime? And so it gives itself the experience at the last possible minute of earth life and exits so that the experience resonates in the astral and still can be carried by the soul into a new lifetime. These are but a few reasons.

Now let us move from murder to the quintessential accident: The plane crash, the car accident, being trapped in a burning house, being drowned So gruesome to each of you. And yet each experience is often specifically chosen by the soul....

Sohrab now channeling a visiting soul:

Soul: I chose to exit this lifetime in a house collapse. I was trapped for 7 earth days before I exited the earth plane. I experienced this for one reason alone. In many past lifetimes, I have been a careless builder, not just building physical structures to live in, but setting up structures of other forms as well...Structures in the home life which I contaminated; structures in the business world where I used my power and influence to gain personal, financial aspects. My only focus, in several lifetimes, which continued to increase from lifetime to lifetime, was self-serving purposes of faulty structures. The final structure that I destroyed was that of an unhappy family life where I chose the structure of a family, a wife and several children and I continued to ignore and neglect them for my own selfish purposes.

i was not able to break this pattern. Each incarnation I chose, I truly felt I would be able to grow beyond it but I only fell deeper and deeper into a pit of my own digging. Finally the masters and guides offered me this option, which I joyously chose. The physical

house I was in collapsed and this was followed by 7 days of contemplation in complete isolation before I exited the earth plane, and in the last 3 of those 7 days, I was able to now move beyond my pattern. It is no longer a pattern I will ever repeat. I joyously share this with you, to explain this aspect that you are studying.

I am being told to tell you that not all who die in this manner have my personal issues. Each has another. In some cases, they require solitude because they have enforced this on others. At other cases, they required an understanding of integrity of the internal (emotional or physical) structure. They had permitted their internal structures to collapse, time and time again. One such person purposely causes his internal organs to atrophy. He took no care of his physical body as he felt he would gain more 'attention' by causing a personal physical disruption. He too experienced the house collapse scenario, and finally exited, but he has not learnt. He will now choose another form to teach himself. Farewell.

Sohrab (now channeling St Germaine): Drowning - another fearful word. And yet it may surprise you to know that many, many who drown are most comfortable in the water element and have chosen this as a joyous means of departure. Not all, but many. They are cradled once again and the water element and instantly a womb situation is created in their inner vibration which calms and comforts them and in the actual process of drowning they have returned to spirit in the way most nurturing to them oh yes, drowning can be comfortable. You never thought that, did you? And yet others choose it for a million personal reasons. What else would you like to discuss in departure terms?

Group Member: If I have a fear of water or if I have a fear of a train accident, dying in a train accident, what is it mean? Do I have to go through it, or have I been through it before?

St Germaine: It is a resonant fear either from a single past. life or a series of past *lives* where similar past life methods have been chosen or similar experiences have been chosen for a reason. If the fear still exists, the most benevolent method of working it through is to examine what this particular fear brings up in you in this lifetime. If you truly examine that and work upon those issues you do not need to manifest the situation. If you do not, you may choose in a free-will choice the situation either *in* a fatal form, or a near fatal form, to learn an earth lesson. why not learn it without the physical experience? Save yourself the trouble and pain. In rare cases, it is simply a hangover from past lives which you do not need to deal with in this particular lifetime, but is simply an energy impression which you still carry. Only you will be able to distinguish whether it is this or it is an issue you need to work on.

Group Member: What about people who already have the knowledge of the method by which they are going to die? My father knows and I do too. What is the use of that? How does one use that?

St Germaine: My dear friend, a beautiful example. First there are those who know, without a doubt, how they are about to exit. For example, the one you call the Jesus,

who always knew of the impending crucifixion. In a soul such as his, he understood it complete and yet part of his task was to EXPERIENCE THIRD-DIMENSIONAL HUMAN ANGUISH AND SURRENDER TO A HIGHER WILL. HIS OWN HIGER WILL, NOT 'GOD'S' WILL.

it may interest you to know that one of the major earth lessons for the one you call Jesus, was the merger between his own third dimensional and higher self, exactly the same path that you are all on right now. The merger. He had to experience this for his own growth as well and yet he was this expanded soul that you know of. Imagine having to live with this, every moment of his existent earth life. He had to accept self. He had to accept it fully and at the point he fully accepted it, he exited the body, at that instant. So in many cases, it is this.

In yet other cases, it is a glimpse of a possibility. It is not a certainty, and it is given to the earth person as a clear window, guiding him, indicating that if he *continues* on a certain path without changing himself, this would be a probable outcome.

But the moment the window is given you can change it. You can change it. Now you need to look at the method, if you have this visual, and you need to find out what this *means* to you. And it will be unique for each person. How does this exit method make you feel? Why have you chosen this exit method? Do you still wish to take it at your level of growth? If you do not wish to, change it! —Free will in its finest form; Free-will in its earthly third dimensional form. Not free-will on a higher level: Free-will at this level— Breaking the shackles of the conscious mind.

Another reason (and a common one with many) is an imposition of a past life exit, which seems to be a reality in this life and has nothing to do with it. It is simply an aspect of self in the past that you have not yet looked at. Work on it, the fear and the vision will disappear.

Group Member: There is no fear; there is complete joy in the experience.

St Germaine: Free-will. Choose it. Another extremely common reason is the most appropriate exit method for that kind of soul. Mountaineers will choose to go in the snow. Air men will choose to die in the sky. Swimmers will choose to go in the water element. It is the most nurturing for them and yet from another's perspective it is the most terrifying.

You understand. In your case, dear friend, it is the combination of two. It is the most appropriate and yet you have a free will choice; choose it or not. Your father does *not* have a choice. He has chosen that method and he *will* stay with it. The last few moments of his life he will experience free-will again, but the probability is he will stay with his method. Yours is not that course. Is this clear?

Group Member: Did my father choose how he exited? I feel he controlled it all and it all worked out beautifully.

St Germaine: Explain the situation to the other Group Members.

Group Member: My two grandchildren were about to have their Navjote. Just on the 14th he started going downhill. He did not want to be a burden to anyone ever. He was touching 90. He still got up in the morning at 3, shaved, •had a bath, did everything by himself, sat in meditation with Yoganandaji and everyone in that lineage, and it was just the last 4 days that he wasn't able to do it himself. But he had told my son on many occasions "I will be there. I will be there for the function" And he willed himself to be there. He came for the function for an hour or so.

This was on the 19th and 22nd he left, very peacefully. But on Monday, the day before, the 21st my children had all gone to Udwada after the Navjot and in the morning, I felt he wanted 'to go' but he realized that the kids were not back yet. And he always wanted to know that everyone was safely back. So he waited. We all had a joyous evening. Tuesday early morning, he decided to go, before he could become a burden to everyone.

He was an early riser and I am terrible at that, in the mornings. I didn't want to get out of bed, but something pushed me out of bed and in the morning I draw my curtains apart and bow to the sun. I say Om Namah Shivai etc etc but that day all I said was, I bowed to his higher presence, maybe I felt where he was waiting to say his final goodbye to me. I just bowed to his higher presence and said "Dad whatever you decide is fine with me." But just before that, an hour or so before that there was a tremendous calm and peace that came over me, while I was still in bed, and I thought that it was Daddy getting better. But actually he had made his decision then to leave and it was just waiting to say his final goodbye.

St Germaine: He was getting better!

Group Member: Yes, he was getting better. The moment I finished bowing to his higher presence, I got a call from his house to say "Come down immediately." That was it. He went so beautifully. I think he orchestrated the whole thing. And I trusted the universe completely and totally, to let it all work out.

St Germaine: Thank you. Let us explain this from a slightly different perspective. Yes, in your third dimensional terms, he used his free-will to 'hang on' and complete the tasks that energetically he felt were essential for his growth.

What actually occurred, in energy terms, was that the energies of the prayers generated at the ceremony followed by the energy of other prayers, WERE REQUIRED BY HIM to give *him* the boost to leave in the most appropriate and 'whole' manner possible. Those energies requested him to wait. The prayers, the vibrations and the joy energies generated at the function, were necessary for his personal growth. If they had been detrimental to his growth, even his desire would have been overridden by his higher self and he would have existed at an earlier time. They served his purpose as well.

In doing this, he released from himself energies that will forever be with your grandchildren. He has implanted the seed of his vibrant energies within them, which is required by them for their growth!

You, with your power, facilitated his release at the final moment. He didn't release you. You released him and at that instant he joyously exited. You did the greatest service you could do to him and to your own family.

Group Member: That's what I wanted for my mother too.

St Germaine: In this case you were ready, energetically, to do the deed. The burst you felt was YOUR OWN ENERGY BURST. This burst gave him the 'lift' he required to move. You cradled him and supported him energetically till he was free of his earthly bonds.

Group Member: When my Mom passed away on the day of my Master scriptures' want to know what happened then. She didn't wait for me, but she passed away and that was a special day for me.

St Germaine: My dear one, in that particular case, a window opened unexpectedly for her which she had not foreseen. Instantly, instantly energetically, she was attracted to that particular window and she knew from the bottom of her energy being that it was the most appropriate not only for her growth, but for her development. She gave you that experience deliberately. She brought out from within your feelings you didn't consciously know you had. More confusion, more pain and other related feelings that she would not have brought out in you had she gone at a later date. It was her final gift to you.

Group Member: I have a query; Riyadh had known the day before he was going and he said this to his friend. How did he know he would be going?

St Germaine: My dear one, most beings on your earth planet, human and animal alike, sense "the end", that a smooth energy flow is now beginning to emanate from them which is now going out from them and into the universe.

In general energy terms there is a circuit formed between each one of you and universal energies. The more you give, the more you are replenished, and that keeps you not only physically whole but in third dimensional form. Towards the physical end of your earth life, if you are energetically sensitive, you will feel the flow emanating from you at a more rapid rate and less coming in. For those who are fearful of death, they will attempt to hold on to these energies and feel fear, abandonment, confusion and hopelessness. For those who are in tune with these energies, they will joyously accept this flow, understanding that they are going to be part of the larger merger. In your child's case, dear one, energetically he was completely ready to release. In fact his release from the energy perspective was pure joy and you supported him just as she supported her loved one, with joy, openness and understanding. You could not have given him a better structure.

Truly, my dear one, your growth, your learning, and your understanding of universal truths, in this current lifetime, has been more accelerated than any past lifetimes. You are aware of this. You will henceforth only be 'a being of radiant light' — whether you choose an incarnation or not. Your own inner light is now so strong, it can never dim. Be in complete joy. You are energy — joy. The feelings of depressions and lackluster that you are experiencing are the shells of the old you that you are not willing to release. The instant you open your energy palms and release them you will only be joy and light in physical. Be aware of this. They are old habits and old shell energies that have no place with you anymore, and yet because of third dimensional familiarity you tend to hold onto what you know so well.

Group Member: When you spoke of fear of death, then is this fear of death because of some past *incarnation* where a soul has had a bad death which has brought about the fear of death?

St Germaine: Let us explain this more clearly. There is no such thing as 'a bad death'. Each method is chosen.

You are aware of other methods of exit where people seemingly vanish. That can be a high level energy being who can simply dematerialize or it may be, for example, as has been pointed out to you before, scientist of a high order who choose to understand inter-dimensionality, by simply crossing the borders of the rifts between the dimensions. They seemingly vanish and these people can be found no more. They have made a jump in time, space or dimension. Each one chooses for himself what is most appropriate.

Now, when the event of death and the method is extremely powerful for that particular soul, a certain memory imprint is left in the soul, which can re-incarnate *in* the cell structure of the next lifetime, particularly when the soul chooses to incarnate in a dense third dimensional form such as you have chosen. Had any of you dimensionally incarnated this time around, in a fifth dimension or higher energy level, you would not carry any imprint with you. But then without those imprints you would not grow as fast as you are growing right now. So those imprints are also allowed by you to work through certain issues.

Let us give you an example. There is one in your group, who has spoken out before who has very clear memories of experiencing 'sati'. She has spoken to the group hence we cite this example, and she remembers being led to the funeral pyre. She has many fears associated with this event. It is thanks to the prompting of this particular soul imprint that she started a vital search in this lifetime, which has lead to growth, development and an understanding of herself and the universe. She has understood that in this lifetime she has no need to be fearful of this experience. There is no question of that experience being repeated. It does not exist in her society in this timeframe. But yet she carries that emotional memory, that imprint, which has spurred her on to grow at the rate she has grown. Now she is releasing that memory. How perfect? Even issues and exits from past lifetimes can be of help in the future.

Now let us give you all a few moments to think about a certain issue of self you would like to kill, to destroy, and to move beyond. Take a few moments; it maybe something small, like impatience; it maybe something larger like troublesome relationships. Choose what you will. Choose one.

A sacred fire has been created in front of you. The purple-gold flames of St Germaine's violet fire have been created within this room, by you. You may stare at it for a few moments, eyes open or closed, and feel its power starting with you dear friend, you will state either verbally or mentally, what you wish to place within the fire; one word or a short phrase.

Group Member: Mentally.

St Germaine: Proceed. Place it in the fire. Scream it out mentally. Place it in the fire. Scream it out mentally. Place it in the fire. Scream it out mentally. Place it in the fire.

Group Member: My illusions I want to be rid of them.

St Germaine: Place it in the fire. Place it in the fire.

Group Member: My issue of non-communication with my nuclear family.

St Germaine: Place it in the fire. Friend

Group Member: Self doubt.

St Germaine: Place it in the fire. Again Again. Again.

Group Member: (inaudible)

St Germaine: Scream it out mentally. Place it in the fire

Group Member: (inaudible)

St Germaine: Place it in the fire. Watch the fire and watch your issue blaze with St Germaine's purple, violet, gold flames. These are vibrant, violent flames that blaze the issue, and as they blaze the issue they blaze an area within your physical body where you have contained the same issue. Allow the flame within your physical body. Allow the flame directly above your crown chakra. Allow the flame to blaze above your upturned palms. Allow the flame to blaze above your knee joints. Allow the flame to blaze behind your tail bone. Allow the flame to burn above your feet, directly above the arches.

Allow the flame to now consume any part within you that is still holding the energy of this issue. Feel it cleanse from within. Allow the flame to leave your physical body at all points and return to the center of this room. Allow St Germaine's violet essence to fill your body soothing, darning and nurturing it. The flame in the centre of this room is

now being removed and the entire room and your physical bodies are now being filled, with the purple, violet essence of St Germaine. Allow the cleansing to occur. Gently return to complete consciousness, understanding dear friends that this issue has been now removed from your third dimensional physical existence. If the issue arises in the future, it is the shell , it is the shadow of the old patterns, that you are hanging onto. Instantly acknowledge that it is a shell and does not belong to you. If you refuse to acknowledge this, the shell will become the pattern once again and you will draw it back into your third dimensional existence. The choice is yours.

You may use this methodology to blaze other issues in your life. Do not attempt to blaze more than one issue at a sitting. It will confuse your energy body. And also do not blaze more than one per week. You will not be able to handle the energy depletion that you will physically experience. Use this coming week to joyously release this particular pattern that you have chosen and understand that whenever the issue arises you are looking at a dead shell that does not belong to you. Laugh at it. Scorn it. Play with it. Dismiss it. **It** means nothing.

BLESSINGS. LOVE AND LIGHT FROM **ST** GERMAINE.