

22<sup>nd</sup> December, 2005  
THE MASTER KUTHUMI  
*Channelled by Sohrab Ardeshir*

## Energy Structures of the Human body

Trance Channelling begins

**Sohrab:** Welcome dear friends. Are you aware of how you proceeded to chant today? Would you like to describe to us, how the chants felt to you?

**Sitter:** Initially I think there was a lot of apprehension amongst them all but I think they fitted in beautifully eventually.

**Sohrab:** Anything further? Would you like to describe the chants?

**Sitter:** Sir, initially I was scared because I could see the vibrations going all over, topsy-turvy, there was so much of disturbance, but gradually when we went through nearly 3/4ths of it and it was settling and I said "Oh God, it is settling and it is settling absolutely beautifully, and Om Mane Padme Om, my group was taking it up from there and they were all chanting it. So it was a great pleasure and peace.

**Sohrab:** Thank you. A wonderful metaphor for how we all behave in life. Here is our friend the guardian who is trying to take responsibility for what is going wrong in her view and trying to take responsibility for this child's (Sohrab's) energy. Then there is the group leader who is feeling responsible for her group. And then of course there are energies in this room that must be contended with.

A beautiful analogy for you all to learn from; Yes, as you both described very aptly, the energy structure of those chanting in this room continually wavered. There was fear, there was apprehension, there was a certain amount of awe, there was disbelief, there was wonder, and unknown to most there was an actual physical reaction to the high level energies within this room.

The bodies in here began to vibrate at a higher level from within and unconsciously many in this room resisted that sudden increase of vibrations. It is natural. It is understandable, as the body continually attempts to keep you on an even keel, unless you make a conscious decision when chanting, praying or meditating or being completely joyous to raise a level of the vibration within the body. This is how all of you fight energies on a daily basis. When you step out of the security of your home, instantly you are bombarded with vast quantities of energies that pass you by on the street. Instantly your bodies react and you either recoil from within causing a constriction at the solar plexus area, or you join in, as you often do, when you enter a party, where you give of yourself to the strange new level of vibrations

that suddenly surround you.

Which is right and which is wrong? There are no rights and wrongs. It is simply how you wish to function. When you give of yourself energetically to the energies that are around you, you literally ride the waves, floating on top joyously and you will find your own energy structure moving to such a high level of vibration that you begin to have what you term “a wonderful time.” This happens when you are at a party, when you are at any kind of celebration that you are enjoying. When you participate in a friendship conversation, when you get together with those you enjoy being with, each time you fly on their energies. And you take your own to a new higher level of vibration.

If however you recoil from the energies, your structure begins to put up defenses, and instantly you begin to feel miserable and have a bad time. It is as simple as that, and mostly it happens unconsciously. And you say to yourself afterwards “Why did I feel so miserable today? I don’t know what happened.” It is simply this.

Now you will say, “Should I merge my energy with all that are around me at all times?” of course not. That would be giving away of yourself where you would slowly start to lose the structure that is you, and you would start to become the structures that are around you. This happens when you are with a group, shall we say of colleagues, who hold for example, an opposing view point than yours, and instantly you want to be one of the group and you start agreeing with them, even when your own inner core says “That is not for me.” At that moment, you are foolishly giving of your energy structure, you are giving of energies that should be yours, and you are giving others your power. Remember this, share your power gloriously, but do not give it away to anyone. Not to your husband, not to your wife, not to your children, not to anyone. This child has learnt this lesson so beautifully, no doubt she has spoken to you of this. Power.

Let us first talk of power, today. You may question.

**Sitter:** You just said, “don’t give away your energy”. But even when we don’t give in and contradict the person, then also I feel that I have lost energy. And then also we are not at peace with ourselves.

**Sohrab:** A wonderful example, a wonderful example. Let us explain this in two ways. First we will explain it in terms of your actual energy structure. Then we will explain it in terms of what happens.

Your energy structure surrounds your physical body in the form of a grid, in the form of your aura. In the form of emanations that come from you. You are aware of all of this. You are aware that the structure has color, vibration music, patterns, sound, light, and above all it has an infusion of you.

The you that is past, present and future. The big “YOU”. And this big you which resides here, has decided in this incarnation, to come into this part of you, to go through experience and learning in this particular lifetime. First be aware that there are many other “you”s existing simultaneously in different lifetimes and dimensions, all going through different experiences that are required by the big you. This is not the only incarnation. There are more, many,

many more, simultaneous.

So this little you has a beautiful energy structure, vibrant, alive, empowered, that is connected not only to the big “you” but to all the other “yous” that exist, simultaneously. Now, this energy structure, any energy structure, is meant to vibrate gloriously, joyously, at every time sharing with all around the beauty of you.

When you give away your power, you are not shining it for others; you are simply detaching portions of it and placing it in another’s grid. That is not required. The instant you do that, an imbalance is created in this “you”. This imbalance has to be filled. Generally, living in a third dimensional world, it is filled with what you term, negativity. This whole, this vacuum in the “you” is filled instantly by what you term negativity, and that changes the color and the pattern of the grid at that instant of now. As this changes, it affects all the other “yous” simultaneously.

So as you start feeling drained, and used and embittered and victimized, all the other “yous” in different dimensions start feeling the same way. Do you see the havoc you are now creating? But when you joyously share of your energies, without giving them away, you are simply merging your field, not only with your loved ones, but with all that you come in contact with. You are not giving away your power. You are joining power with others and that can only mean an increase in your vibrations. This is a simple explanation, energetically. Now let us examine what actually happens. The most common, the husband and wife, who fight: let us use that as an example. Here are two beautiful energy structures that have come together for their own purposes, and to learn from one another always, else you would not be husband and wife, in that union, in this lifetime.

Does this mean you have to stay together forever? That is not what is being said. The energy union that takes place. Both are very vibrant souls who choose to intermingle their energies joyously for the sake of their growth, and for the sake of expansion of self. In doing so, and in intermingling, they are also giving each other the appropriate lessons that the other person needs. They are pushing the correct buttons. It must happen.

The instant you step back after a fight and you look at what has just occurred, and you truly take responsibility for what you have learnt and what you have taught. At that instant, the balance is complete. The energy structure is there. You have not given away or grabbed from another any energies. You agree to disagree. You postpone the argument. You decide to continue to work on the issue. These are all your third dimensional coverups, for what is really occurring.

But the instant you expand yourself joyously in energy terms and you truly give of your energies and you truly understand that this argument or fight is for the growth of both, you instantly repair the balance. Easier said than done. But you are all now at a level, where you are capable of not only understanding this but implementing it. Else you would not be sitting here listening to this discourse. Thank you.

Let us have your view on power...

**Sitter:** The toughest thing that I have faced in life is, initially it is the stubbornness, we have got to give, so we give in suppression. It is also explosion, later. then it comes down to indifference, forgiveness and then lastly forget it and go ahead with love. But that's not happened in my case still. To do it with love, is very tough master.

**Sohrab:** What do you have to say?

**Sitter:** Well I just recently had an experience. Now knowing where I come from. To keep that peace, you say you are sorry, even though I know I am right, at the same time I know I am not giving my power away. I am saying it because you wanted it. It makes you happy. I am saying it. At the same time I am keeping my power to me. And all I did was, I left it to the universe to work it out knowing fully well, that in a little while he is going to come back and say "I am sorry." Which he did. Not that it made me happy or sad or anything. But that realization, by sending him the light, and sending him the love, as you said, it is difficult. There was peace. Then later you talk about it. You talk about it when everybody is in a peaceful mind.

**Sohrab:** She declared her power at the instant she said "When he came back to me it did not matter, happy or sad." She understood his growth and her own. Thank you. Let us have your view on power.

**Sitter:** I always used to give my power away before, but I understood what it meant, and what was happening in me, and I am very much aware of it. And it's working with me, in the sense, I don't get affected as she said, anytime there is a fight, but there is no fight actually now. Earlier it used to be a cold war but now its not like that we do talk about it and I know where I am at this level. So I don't get affected by that. Now I say that what he says is his truth and that's fine with me it doesn't affect me.

**Sohrab:** Thank you friend, and let us assure you that a cold war is an extreme form of a fight. All the games that you play.

**Sitter:** does this mean that if two people don't get on they have to stick together regardless of what?

**Sohrab:** Oh no. Oh no. a good question. But only one that can be answered by them, themselves. There comes a time in certain cases, and once again let us use the husband - wife analogy for the purposes of this session. In certain cases, there comes a time where between the husband and the wife, the energy exchange is complete. Yes, it is over and it is now dead energy between the two of them.

If they are in full expanded form they will understand this from within, and they will joyously move apart. It does not matter whether they choose to use your earthly law of moving apart in the terms of a divorce, or whether they simply retract energetically from one another and continue to live in the same house. It matters not, as long as the energies are moved apart. But in many cases, in fact in most cases, there is an energy contract between a husband and a wife that is 'for life'. They intuit, that the two will teach lessons to one another on an on-going process reaching a crescendo at certain points and a trough at others, moving up and

down and up and down through their entire lifetime,. No counselor, no friend, no relative can truly know what these are; only they can.

Can they make a mistake? That is your next question. Oh yes, they can. But if they make a mistake in your terms SO WHAT? So what? One door opens, another door closes. If, for example (and we use our two hypothetical married friends again) they have not finished their energy work together but they intuit 'wrongly' that their time is up, and they part company, instantly the universe will supply them both with others who will give them the same lesson.

And these others may not appear in another marriage/partnership. They may be in terms of a friend, a business colleague, or indeed even a disease. But be aware, that if they choose to move away from each other before the energy is over they will, in all likelihood; receive that same energy at a slightly accelerated level. No fear. No fear. It is simply the universe's way of tapping them and saying "Hey there wake up and look at this issue!" And the instant they understand and work through the issue, it is gone. It is gone. That person will vanish from their life or the issue will cease to be an issue between that person and them.

**Sitter:** So Master it is better to work out the issue then have an accelerated form later?

**Sohrab:** Only you can decide whether that is correct. But whatever decision you take, and each and every one here takes this decision on a daily basis, not just with your spouses, but with all relationships around you. You choose to continue to work on those relationships or to let them be. The choice is always yours. But be aware that if you do not look at an issue that is rearing its head, it will continue to rear higher and higher till you are forced to look at it. Speak.

**Sitter:** When two people decide to live separately, why are they unhappy then?

**Sohrab:** Because:

No 1. They have not detangled their energies from one another, the first thing you must do.

No 2. They are constantly feeding each other with their energies or trying to grab a piece from the other person's grid. Even when they have divorced, moved apart, separated. The energy detachment is not complete.

When your own energy structure is vibrant, full and complete at all times, this would never occur with anyone. But it cannot be that way, because you are human and you have chosen this third dimensional experience to overcome this. So each of you, in different degrees, must give away your power. The game is to learn, how to not do it anymore. Confused? It is the choice you have all made.

**Sitter:** If they have left this undone in this lifetime, or have incomplete energy exchanges, would it mean that they would continue this in another life, in another incarnation, in different circumstances?

**Sohrab:** Most definitely, but not necessarily with one another. Not necessarily. Let us give you a practical example. It may seem trivial, but let us use it as a point of demonstration. A couple live together: one is extremely neat, the other is extremely messy. They drive

each other crazy for a lifetime. The neat one begs the untidy one to fold his or her clothes and tidy their effects. And the other one says “Why are you so uptight? I prefer living in a casual, informal environment!”

Who is right, who is wrong? It is simply that their energy structures are completely dissimilar on this issue. And they must function as they must. Have they come to learn from one another? Of course. Not just tidiness or untidiness. They have come to learn how to compromise, how to understand another’s perspective, how to perhaps sometimes surrender self to another joyously and in full power, not out of weakness, by truly doing what another one wishes, because they in complete strength wish to experience that. In complete strength, not out of weakness. And a host of other issues, that manifest in physical form, in neatness verses untidiness.

Now, if they are not able to accept each other completely and joyously without necessarily changing their own structure, but truly accept the other joyously for what her or his choice is, the likelihood is they will have to repeat an aspect of that. They may choose to reincarnate together, to work this one out but more often than not after one lifetime, they will both view the areas they have seemingly not grown in, and they will find minor differences that do not match each other. So they will recreate similar but not the same structures in another lifetime possibly, in fact probably far harsher, to learn the lesson. But take heart, dear friends, the instant the lesson is learnt the karma is over, the slate is wiped clean.

Even if, to cite an extreme example which has been given before, you are a racial bigot, and in your fury as a Hindu, you have killed several Muslims, it does not mean you have to be killed that many times as payback. You have to simply reincarnate, and understand within yourself, that all are equal, there are good and bad people and it has nothing to do with religion. The instant that realization comes upon you, the karma is over. You do not have to now be murdered yourself.

It is a very forgiving law. The law of karma. It only demands that you grow, expand and learn. Now: Only you impose the law of karma upon yourself! No external force does this. There is no harsh God or guide saying “you WILL learn these lessons.” You choose the level of lessons you wish to incarnate and learn from, and you choose the severity of that incarnation.

In fact, the guides often advise a soul who is about to incarnate, NOT to choose several lessons in one lifetime, and often the soul is impatient and goes against the advise of the guides, and overburdens self with too many lessons in one lifetime. And then when he or she is in an incarnation, he says “why did God strike me down with so many afflictions?” You were the God who struck you down, no one else. Take responsibility. And remember: It is easy to learn!

**Sitter:** It’s not easy to learn, it’s very difficult to learn. Is there any law which will make it easy, to forgive. It’s very difficult. To love, to forgive.

**Sohrab:** Let us take forgiveness. What is forgiveness to you?

**Sitter:** if someone makes a mistake, let it go but it's not easy for me.

**Sohrab:** So you are instantly saying you are above the other person? They have made a mistake and you are right. What is forgiveness to any of you? Speak.

**Sitter:** Accepting the other person as you are.

**Sitter:** to forget

**Sohrab:** Oh no, not to forget, that is suppression. That is suppression.

**Sitter:** To realize that we also do the same thing.

**Sohrab:** that is part of the answer.

**Sitter:** putting yourself in his shoes.

**Sohrab:** Yes, that is part of the growth. Putting yourself in another's shoes, and viewing it. That is part of it. Forgiveness is one thing alone. IT IS THANKFULNESS. It is thankfulness to the other person FOR GIVING you that experience. That is when you have forgiven. When the person has struck you down and you are able, from within, to thank him for having given you that experience, then the cycle is finished.

**Sitter:** I want to strike him back.

**Sohrab:** Let us have some views. Speak. How does one learn this lesson?

**Sitter:** Can I give you an example? Well I thought I was very close to this person and I felt she stabbed me in the back. After a while I did forgive, but the whole thing happened again and I turned myself inside out, and I questioned — why when I have forgiven? Then I realized that I hadn't forgiven it from here. It was superficial forgiveness.

**Sitter:** I cant produce a superficial forgiveness also. I want to take revenge.

**Sohrab:** A wonderful, honest answer. Let us appreciate her honesty. And that is how all function. Do not put yourself above her, All function that way at times.

**Sitter:** I too felt like giving back.

**Sitter:** But Master there are times when it really comes from your heart and I say "yes, I forgive you because you have given me this experience. I do say that and it has happened quite often. But again maybe 2/10, 3/10

**Sohrab:** Let us take those 2/10. How have you got to that process? You have spent years and years bringing yourself to that level of readiness, to say "Thank you for the experience." How have you done this? You have done this by first detaching yourself from the

experience, not at that moment, but at a slightly later point.

The willingness to examine it. That is the first step. The willingness to examine. That brings awareness. The instant you step back from the situation and you look at it from a wider perspective, you begin to see the two players upon the stage, yourself and your opponent. Then as you continue to work it and work it you must, that is your experience.

You begin to put yourself in another's shoes. You start to view the situation from the other's perspective. It means pulling yourself back and saying 'how did that person view me at that instant?' if you are truthful and this will take a little while, you will start discovering aspects of yourself that is viewed from the other person which are not very pleasant. This is not to put yourself down, oh no. it is to simply understand the perspective from both sides.

Then as you are willing to view it from a wider perspective and to accept two different view points, two different views, you start to see the balance and the role play. It is simply a game. Then you look at self very hard, and say, "why did I react and not respond? What caused me to fly of the handle in any form?" be it anger, be it tears, be it silence. It is all a reaction. It is going into oneself and not saying a word. Hat is equally loud reaction as is screaming back. Then you examine and look bad say "What did I need to learn from that situation?" and when you have truly, truly come to that point, then and only then can forgiveness begin. But it is not easy.

**Sitter:** But most of the time I feel I am not guilty, I see myself

**Sohrab:** Absolutely, it is not a question of guilt or innocence. It is a question of what situation. Let us not look at mistakes. There is no right and there is no wrong. It is all a series of experiences. Experiences from which to grow for you and for the opposite partner. That is all. As you said, you perceived, a friend wronging you and stabbing you in the back. That friend would have perceived you as being an uncaring friend who turned her back on her. It is all a matter of perception. No one is right and no one is wrong, and if your energy structure is full, you will joyously be in the presence of that friend, offer your energies for healing and growth but not give away of yourself. All you are doing is grabbing energies and in turn

**Sitter:** The trouble between two people and they affect their children thereby. Is that permitted? Doesn't it have an effect on the children?

**Sohrab:** Of course, of course it must and in that is the growth for both, the children and the parents. You are now asking, is this harming the child? It is meant to harm the child. Else it would not happen. Why is it that some families have children who are damaged by parents who are quarreling and some families do not? It is because these children have chosen to experience that and these children have not.

Yes, there can be a free-will choice even having chosen this, to change their plan and not go through that, in which case, the children will find away of distancing themselves from the parents or from what is actually happening around. That is when the child builds walls and



goes within. That is also a form of damage. But it is drawn and chosen by the child.

Now, if in that set of examples, the parents evolve at a higher rate and begin to realize that arguing in front of the children is damaging the children, they will stop that. The children will also begin to evolve and realize that they do not need that experience anymore. However, if the parents have evolved and ceased arguing, but the child's higher soul still wishes for that environment, the child's higher soul will create it outside. Then the child will be attacked by bullies. The child will be persecuted by another from outside. A teacher, a friend, a student. Such is the glorious tapestry of life. No experience is random.

**Sitter:** Nothing happens by accident.

**Sohrab:** But everything happens giving you the opportunity to grow, learn, evolve and change your plans. Yes.

Let us now do some work for your group and the others in this room on empowerment. There are many who are depleted in this area and require attention.

Take a few moments and go within yourselves. Allow your bodies to relax. Only enough energy to keep yourself upright on your seat. Relax the shoulders, the third eye, the chest, the arms, the stomach, hips and thighs, knees, ankles and feet. Relax the backbone. Feel the relaxation moving through your physical body and feel your wonderful bodies vibrating, relaxing with high level energies. You are all still tense within your head. Relax the skull. Relax the forehead, the third eye, and the eyebrows, relax your eyes from within, relax the back of the eyes, relax the inside of the nose, the cheeks, the mouth, the lips. Relax the tongue, the roof of the mouth, the gullet. Swallow and allow yourself to relax.

Now check your own bodies, and if you feel tense in any particular area simply release it. Let us now energize your chakras one by one. Each one will do the work for himself or herself. It will be simply guided by us. Fill your base chakra with vibrant light. Do not worry about the color. Just fill it. Feel the base chakra expand. Feel the energies coursing upward into the hara chakra. Many blockages in the hara. Release the hara chakra. Release the area of your stomach, your belly-button, your groin. Let the energies fill and expand outward in all directions,. Move upwards, upward into the solar plexus and feel this vibrate and push outward in all directions, filling with light. Many blockages ear friends, in the solar plexus. It is the area of great energy blows to your structure. It is often the area where you often give away your power from. Fill it. Let it replenish. Soothe it. Let it vibrate outward in all directions. Breathe now into the heart chakra. Fill it with air, with light, with love, with vibration. Open the throat chakra. Expand it. Move upward to the third eye chakra and feel a very powerful vibration and an energy emanating from the third eye. In all directions. Now, allow an energy beam to enter your crown chakra from the universe and let it course through your body filling and energizing each chakra turn by turn, starting with the crown chakra, down, third eye, down, throat, down, heart, down, solar plexus, down hara, down, base chakra and all your chakras are now vibrating in perfect alignment. Feel your own energy structure... that is the energies that emanate from all around your physical body, now expand outward in a glorious, glorious energy of light, sound and vibration.

Let your energies expand outward from your physical bodies through your 12 body system, out-through your 12 body system. Body No1,2,3 expand, expand, 4,5,6 expand, expand, 7,8,9 expand, expand, 10,11,12 expand, expand and out to the universe. You are now a beautiful expanded being of light energies. Be with these energies that are uniquely yours. This is your personal energy structure. It reflects the biggest you. Feel it. See it. Experience it. Just be expanded for a few moments in complete joyousness.

Now in this complete state of joyousness, place before you any one person whom you perennially have problems with, be it husband or wife, child or friend, place that person before you and just visualize them standing there. Just allow your expanded energies, to be fully expanded bathing them in this light. You are not angry, you are not sad, you are not upset, you are not happy. You are simply expanding joyously. Remember friends, joy is not happiness. Happiness implies sadness as well. Joy knows nothing else but joy. It is complete joyous expansion. Just be joy. Continue to radiate the energies outward in all direction and particularly to the person in front of you. Do not have any expectations. Just radiate your light, now you will release that person joyously, and you will place in front of you, any one person, whom you dearly love. Once again, you will bathe that person with your light, without expectation, without sadness, or happiness. You will just be radiating your light. Now you will slowly return to full awareness, and you will gently open your eyes, but you will continue to radiate this energy from you. Be expanded beings of light and be in full consciousness. Look around at one another and acknowledge the light from each one. Be in light, do not loose the energy. See how easy it is to be expanded and be conscious. You may describe some of the auras you are seeing right now. Choose two. Explain it aloud.

**Sitter:** She is glowing with inner strength and there is a light waiting to come out.

**Sohrab:** What color or colors do you see?

**Sitter:** I see gold.

**Sohrab:** What does gold signify to you?

**Sitter:** Strength and power.

**Sitter:** I am not able to pick up anything.

**Sohrab:** Would you like to attempt this?

**Sitter:** No thank you..

**Sohrab:** There is complete soul connection for our friend, with several past life friends. Her expansion has moved directly there. It is not as much in this physical, as it is in long distance connections that she has re-established. It means nothing. It simply validates for you how you can instantly expand. Would any of you like to describe another's expansion or aura as you see it now? Take a risk. Take the risk.

**Sitter:** Who should I? I can't see any colors.

**Sohrab:** You will answer without thinking.

**Sitter:** Blue color.

**Sohrab:** Vibration you feel.

**Sitter:** Gold.

**Sohrab:** do you get a sense of whether he is on this planet or above it?

**Sitter:** I feel he is in space, he is no there.

**Sohrab:** What is his connection there? Do not think, speak.

**Sitter:** inaudible)

**Sohrab:** And she claims that she does not see! Now you will glean more information and you will pass it onto him, at a later time.

BLESSINGS, BE IN JOY, MASTER KUTHUMI.