

12<sup>th</sup> January, 2006  
THE HIGHER ENERGY OF SOHRAB  
*Channelled by Sohrab*

## Reincarnation Planning and Considerations

[A group member [Poon] who has completed her training will engage in a short channelling session at the end]

**GI:** Thank you, Sohrab and Silla, for opening your hearts and home to us. Thank you, Mother earth, for having us, in spite of what we have done to you. And most of all, to each one's higher self as someone said "Man know thy self first and you will know God" - which I feel now, which is so true. We begin our chants with a lot of joy, so that we can fill up the entire planet and the universe who will hear us today. At the end of Sohrab's channeling, [Poon] will be taking a short question/answer session.

**Sohrab:** [Poon] has been told by the Masters that she is at the end of her training. She has been training with El and me for a while. She has been asked by the Masters to attend my next five sessions. And to answer, briefly, a personal question of each person sitting in the room. In fact this time I would request you to ask a personal question and not deeply spiritual, esoteric questions. Also please accept that she is at the end of her training and support her with your energies when the time comes.

Trance Channelling begins with his higher soul link

I am in a higher soul link and I am being asked to speak to you as an expanded version of myself. I particularly thank you for that lead-in, [GI], as it has particular relevance to this particular meeting, though you don't know this consciously. The reason that the scheduled group cancelled today, was because THIS particular set of people was required for this first meeting of this New Year. And I truly thank each one in this room, for being here as each one of your particular energies are required for my growth during 2006 and you are here today to give me your love and support.

I truly thank you. Yes, even you! (Indicating a newcomer)- Someone who does not attend my meetings regularly but has committed on a higher level to come here and be with me today. I truly thank you and each one of you for this. It is on your energies that I will ride in this coming year and it is on your energies that I will progress to higher and higher levels, and in my progression, you will also ascend. That is why this group came here today.

In case any of you are wondering, "why me in particular?", I would like to explain, that this has nothing to do with how long you have been coming to my Thursday meetings or your personal connection with me. It is to do with your own personal energy signature and the level of vibration that each of you has attained. I have intuited that this level and

combination of energies are what I require for my growth and for the meetings this year. So it is truly a joyous merger for all of us.

Even when you are not sitting in my room, you will be a part of my meetings for this year. And I truly thank each one of you for this. Thank you. You are doing me a great service today. I am now being asked to explain something that came up, twice-over, in my one-on-one sessions yesterday. It has relevance to what [GI] you spoke of today. As you know, my one-on-one sessions are always private. I do not reveal what information is given to the person, but in this case it is neutral information that is beneficial to all.

What was explained to our friends yesterday and what is about to be explained to you now, is that we believe that our third dimensional self is the lowest in the hierarchy of our own 'selves'. We understand the concept of the Godhead, the Monadic form, the soul group, our own higher soul, and we now understand about our third dimensional form. But what is about to be revealed to you, which is really interesting, is that there are lower parts of each one of us that incarnate individually when we incarnate. I will explain this with a practical example.

Let us take a "[GI]". [GI] has spent many, many, many lifetimes working through several issues, just as we all have. Hypothetically, let us assume that [GI] has spent 20 lifetimes working on racial hatred. It is one aspect of her that she has been unable to solve, 20 times over. But she has other aspects that she also wants to overcome. So perhaps in this lifetime, [GI] decides, "I got so bogged down with this aspect of racial hatred, which I have not been able to solve in 20 lifetimes, let me incarnate a part of myself, in a lower vibrational form, lower than the third, which exists not in physical form but in heavier denseness than us."

In a different realm, that part of [GI], the 'little' [GI], is going to ONLY work on the aspect of racial hatred. That will be that little [GI]'s function for this entire lifetimes and nothing else. Whereas simultaneously, this [GI] in third dimensional form, is going to be working on several other issues that she wishes to tackle. So there is actually a mini [GI], in existence concurrently with her right now, a lower vibrational form of her (though not in physical form), in a different reality, who is working ONLY on the aspect of overcoming racial hatred. And there can be MORE THAN ONE 'mini [GI]'s' created by her higher soul, in a particular lifetime, each working on an exclusive growth aspect of self. And from the perspective of the 'little [GI]', this third-dimensional form is the higher soul. Do you now see the responsibility you have to self?

The beautiful part is that this third-dimensional [GI] will never be given conscious awareness of what the 'little [GI]'s' are working on in this lifetime. Never. Because if she is given conscious awareness of, for example, racial hatred, she will do her best to overcome that, which is INTERFERING WITH THE JOURNEY of that little [GI]. Just as our higher souls can guide us but cannot interfere with our work, so can this higher soul not interfere with the work of 'little [GI]'. But this higher soul can help the 'little [GI]' by raising her own vibrations and growing. AS SHE GROWS, SO DOES LITTLE [GI].

**Group Member:** So we can solve our issues by fragmenting?

**Sohrab:** That is done when you are planning your life-chart, your blueprint, when you are in spirit form. This doesn't happen every time, but it happens very frequently, that we choose smaller parts of ourselves to work exclusively in a lower form. Now you may ask, "Does this hierarchy have a past, present and future?" No. The third-dimensional form of any of us, are the ONLY forms that have past, present and future.

This mini [GI] is created once, by [GI], when she is in spirit form and planning her blueprint for THIS lifetime. So while this [GI] is alive, little [GI] is alive at that same time period, working on that one issue. When this [GI] moves back into spirit form, automatically 'little GI' will follow and merge. Then big [GI] will examine her life and see whether her 'little [GI]'s aspect has been solved and if it has not, she may choose, at a future date, to reincarnate and RECREATE a new 'little [GI]' with the same issue. But that is a recreation, and it is not a past of a little [GI]. So there is no past, present and future for the little parts of us.

Simultaneously there can be no past, present and future for our higher selves, because there is complete merger, and in the higher zones there is no time. So it is only we, in third dimensional form, that experience past, present and future.

**Group Member:** Can the higher soul give us two or three different lives at the same times?

**Sohrab:** Yes, you can actually incarnate in several lifetimes simultaneously.

**Group Member:** Are all of these going up together at the same time?

**Sohrab:** Absolutely. Since the aspects of past, present and future only apply to the third-dimensional form, but no other dimension does, when you are in spirit form and you are planning to incarnate, you can choose, for example, three simultaneous incarnations, one in the stone age, one in the future and one in the present. And they all exist concurrently, learning different aspects of what is required by your higher self this is simply an extension of that. The little [GI] is also a form of an incarnation created by the big [GI] for a specific task.

**Group Member:** Is that specific task also being done in the same past, present and future, so in the present for this [GI]'s incarnation?

**Sohrab:** You have to understand that when you view this from a third dimensional perspective this question must arise but actually there is no answer, because 'little [GI]' exists in a different dimension which does not have past, present and future. So from this [GI]'s perspective, 'little [GI]' exists in her present. From 'little [GI]'s perspective there is no past, present and future, and therefore this is just the unified higher soul.

**Group Member:** I don't understand this lower dimension. What is it like? Would it be something like the earth? And if it is racial hatred would there be other people involved in this racial hatred?

**Sohrab:** Let's understand it from a wider perspective. When you are in spirit form and you are planning your blueprint for the future, you choose aspects that you wish to discover or

learn from about self. You may choose, for example, to learn about patience, loving others and honesty—Three random choices for this example.

From a higher perspective, you generally choose a framework that would give you the most appropriate set-up to learn these three aspects. Therefore, you may incarnate in the 12th century, in the current, or in the future depending on the set-up that seems the most appropriate for you. There are many other factors that go into your choice of the set-up, such as soul groups. But let us not go there today. That will confuse the issue. So you have decided to learn honesty, integrity and love. You decide that the current century is the most appropriate as there is complete greed and avarice and so you opine that it would be the most appropriate to learn, for instance, business integrity.

Simultaneously you have isolated a portion of your growth,(for example, racial hatred) and you feel that you do not wish to merge that aspect with the other three aspects that you have created here, in this reality, as that is an on-going lesson that you do not seem to learn. So you isolate it and you create a lower reality where that part of you is constantly bombarded only with this issue.

When you create a lower part of yourself it is generally in the realms that you know of as “hell”. Troubled spirits, pain, torture. Do not get worried here now. It is not fire and brimstone, not at all. It is a realm of lower vibrational entities, all of whom are growing with this aspect of singular focus. So you may choose to incarnate a part of yourself in this lower realm where there is very little thought process. There is more intensity of feeling so you will feel great racial hatred and you will place yourself in a situation where other similar spirits will constantly turn on you and attack you to engender further this aspect of racial hatred. It does not have to be racial hatred as you understand it in this third dimensional world.

When you are in a realm where you are constantly being attacked by others and all you feel is blinding hatred for them, there has to come a point where you cannot take any more, when you hit rock bottom, and it is at that point, that the learning begins. Then that part of you says “I have hit out for ages and nothing seems to be working, how else can I approach this to alleviate my situation?” and it is in that, that the first spark of understanding comes in. There is a hierarchy of masters, other than your own masters, who function with these lower dimension creatures, helping them also move toward the light. The instant that aspect is learnt and internalized, if the higher third-dimensional portion is not exited, they will simply fragment and be absorbed by the higher soul. But more often than not, there is a spiritual understanding between the two parts and this soul will exit at the point that the other soul learns the lesson. Is this clear?

**Group Member:** Will [GI]’s lower soul be inhabited in the third dimension?

**Sohrab:** No. It is a completely different dimension. We use the word higher and lower only for your understanding. Please understand that this is only a different aspect of YOURSELF vibrating at a lower level. That is all.

**Group Member:** When 'mini [GI]' is made, is it when she decides to take incarnation? That's the time it is made together or after when she is not.

**Sohrab:** It is made by her own higher soul, at the point she is creating her blueprint. Let us explain this a little further. When you make your blueprint, you first decide the various issues you wish to tackle in the next lifetime. Masters and guides are always on hand to help you, to urge you, to nudge you in the right direction and to guide you, but NEVER to force you.

What generally occurs is that the soul gets over-enthusiastic and often chooses too many issues to work through in a certain lifetime, not realizing that when the soul is incarnated, particularly in a third dimensional form, the expansion that the higher soul is feeling is so limited that they are unlikely to be able to attain it and in fact may cause more trouble for themselves. There is a very fine balance between talking on too many tasks and talking on too few. And that is what your guides and councilors and angelic presences constantly advise you about in the spirit realm.

However, many times the soul goes against this advice and says "No, I know I can accomplish that." And so the guides stand back and say "you have our blessings and support" and they give this wholeheartedly. There is no resentment that their advice has not been taken, and they are fully accepting of the soul's choice.

Then the soul incarnates, having decided how it wishes to incarnate. A [GI], on a higher level, may choose to simply incarnate in one form. She may choose no other forms but this one. On the other hand, a [Kau] may choose three different incarnations in third-dimensional form and simultaneously two lower form incarnations.

The choice is yours.

Then you incarnate and if you have chosen multiple incarnations, as is mostly the practice, you are connected between the dimensions and through timelines. When you feel happy for no apparent reason, often it is a fragment of your own self that is experiencing joy. When you experience a sudden surge of pain, you may be sending pain out to different parts of yourself. Be aware of this next time. When an emotion, a feeling, a sensation or a thought appears 'randomly', it is very often a part of you in communication with this 'you'. But this internal communication is only possible in this timeline. **24th century, 20th century, 5th century AD.**—same time line. But there is no emotional, physical or mental connection with aspects of the lower you in different realms and that has been deliberately chosen to keep you separate otherwise you would interfere.

In third dimensional form, you do not have the discipline NOT TO INTERFERE. You may choose not to do this consciously but you would have interfered unconsciously. You do not have that control. Hence you have no idea what your mini parts are actually working upon and you cannot even bless them. The only way you can help them is by committing to growth of self and you will then automatically raise their levels.

The purpose of disclosing this to you is so that you can now start living as HIGHER SOULS in third-dimensional form. Do not keep thinking of the higher soul as this ineffable being that extends above you. Yes, that is your higher soul, but simultaneously you must know that THIS third dimensional physical form is a higher soul to another part of you. Be that higher soul. When you crumble, you are affecting another part of you adversely. Does your higher soul ever crumble? Never. And yet this higher soul does crumble and does affect other part of you.

**Group Member:** Do we all have lower souls?

**Sohrab:** Not all, dear friend, but most do. Most create 2 or 3 lower parts of themselves in any given third-dimensional lifetime.

**Group Member:** And we have no idea!

**Sohrab:** See, she ALREADY wishes to interfere with her lower aspects! Her own nature is such, she must help another and here she is being told she cannot help THREE parts of herself! How can she bear that? You want to help, dear friend? Then GROW.

**Group Member:** You mentioned earlier that sometimes the soul takes on too many things in the blueprint and the things become “messy”. Now I can understand things becoming too messy when you take on too much. I would like to understand the consequences when the soul takes on little? What happens then because you said that there are consequences to that, too?

**Sohrab:** Let us limit our discussion to an incarnation on earth, in a third-dimensional form, and not a higher form. By taking on ‘too little’ in the scheme of that soul’s growth, the soul then permits the influence of the third dimensional aspects to affect its growth and the mind begins to wander. And in third dimensional form, with a wandering mind and free-will, there are many, many pitfalls! And so the soul can get caught up in issues that have no relevance to its higher form, but in this illusory world, starts to see relevance to itself. And the moment it starts to see relevance,, even if it does not exist, it manifests it. And now that aspect is manifest for this soul to work on in future lifetimes. An idle mind is the Devil’s workshop. Your proverbs and saying have always their basis in so much truth. In this case, the ‘devil’ refers to the trappings of the seductive illusions that abound in your realm.

**Group Member:** You have answered the very question which was in my mind! But there is one more thing that I would like to tell you. Having learnt this today from you, I think it will enable us to make an effort not to ‘crumble’ and to live consciously.

**Sohrab:** This is our New Year’s gift to you—this knowledge. This is the year of manifestation. Now manifest, in this third dimensional self, a higher soul! Believe it, live it and you will be it! But with this gift comes the responsibility, that if you crumble, you crumble and fall ten times further than you could fall last year, when it was not the year of manifestation. Be aware of it, friends. This does not mean that you should not experience earthly emotions. Yes, of course there will be times of depression, pain, and confusion. It is all part of your growth. But accept them for what they are, ILLUSION, and experience them for a short brief

period that YOU set for yourself. Then move beyond them. Because if you choose to stay and wallow in them, the choice is yours and you will manifest that. It will be no punishment from the masters and the Lord God; it will be punishment of self, by self. Take that responsibility this year.

And once again , just as the soul can take on too much or too little, if you do not permit yourself the time that you need to experience and work through the pain, the trauma, the confusion, that too will leave a karmic residue in you. You walk a fine edge this year, dear friends! You walk the tightrope because now you CAN walk the tightrope. Do not be scared; be joyous at the balance you find WITHIN yourself and at the height above the roaring crowd that you can now walk. Head held high, in perfect expansion and balance. Be the best form of you.

**Group Member:** You mentioned that there are other higher forms on the 3-D earth level. I am sure everyone would like to know more about those?

**Sohrab:** We will touch upon this extremely briefly, dear friend, as this requires a full session on its own. Very briefly, there are other entities that exist on this planet earth or within it, indigenous to the planet. We are not referring to your universal friends who are aiding the earth at this point. We are talking about the energies that belong to this planet. The human race, the animal kingdom, the plant kingdom, the bird kingdom etc are levels of evolution that you are all familiar with. You have also been told, in past sessions, that there are many creatures that live deep within Mother Earth.

There are those who have no physical embodiment such as yours but have feelings, desires, and an evolutionary pattern similar to humans. They live deep within Mother Earth but they are what you would consider semi-spirit in form. They are not as finely refined as the spirit world, but they move in and out of liquid and spirit form. In your terminology, it would be much like puffs of steam that then condense, and return to steam and then condense, but live within the soil.

There are different races. Some as have been introduced to you as keepers of deep level crystal beds. Others are keepers of metals and minerals. Yet others are keepers of energy sources within the planet earth. They are the true mechanics of your planet. Just as you have a maintenance crew that takes care of an office complex, so does Mother Earth have a maintenance crew of her own and these beings vibrate at a much higher level than you do. They exist in semi-spirit form. They communicate purely through telepathy, and have semi-free-will.

Those who are attached to Mother earth MUST have some element of free-will, else they would not be here. But your race has a high level of free-will. These have SEMI-levels. Let us explain this briefly. There are elements that they cannot tamper with. For example, they are programmed only to work in and for Mother Earth. Therefore their free-will could NEVER lead them to initiate an action that would be against the highest good of Mother Earth. They would never shirk their work, or 'cause trouble'. Their only focus would be to work for the light, even if it means setting off earth tremors which are required by Mother Earth.

However they have a free-will aspect when it comes to their growth, development, study, and understanding. They can work at a slower pace or a more accelerated pace. They can change jobs in-between. But remember: when they change jobs, each job must be for the good of Mother Earth. This is semi-free-will.

Then there are many similar beings that co-exist with you on the surface of your earth. And these beings, once again, are not universal friends but are actual earth inhabitants, just as all of you are, and they co-exist currently on the surface in a different dimension. The difference between you and them is they are completely aware of all of you. You are not aware of them. And they do work in semi-free-will aspects for the development of Mother Earth. Then beyond this are the spirits, of whom you are aware; Nature spirits, plant spirits, house spirits, and the spirit kingdom. We could go on from here to many more realms. We will give you a description of this at another time.

**Group Member:** Sometimes, could a 'little [GI]' become one of these spirits?

**Sohrab:** No, my dear one. They are completely different aspects of energy. Do not worry about the little parts of yourself. You have no way to aid or control them. Even if you were to send them blessings, they would not receive them, as they are in different dimensional and they are not permitted access to yours. The only way you can help them is by committing to your own personal growth. That is the only way you are permitted to communicate with these aspects of yourself. However, if it makes you feel better to bless them every night with your prayers, you may do so. Prayers will generate an energy that is always beneficial primarily to self and to all around. Do it joyously. Prove us wrong. We will accept that!

**Group Member:** It is time for us to rewrite .

**Sohrab:** And we will accept that too. It is your year to rewrite the truth. It is your year of manifestation.

**Group Member:** You said that there are beings around us even on this surface, in our 3-D world, but in a different dimension. When you say that, is it merging of dimensions or is it that they are vibrating on a different level than us?

**Sohrab:** Both. Both mean the same thing. It is because they vibrate at a different level than you that you cannot see them. But they co-exist one on top of the other.

**Group Member:** They are able to co-exist on a 'slower' dimension?

**Sohrab:** They are able to reach you, to be aware of you and to contact you but they are not able to exist at your level of vibration. But because their range of vibration is so much faster and so much vaster, they are able to include you in it, but you cannot include them in yours. Except for those of you, who have trained your bodies and your minds to raise your own vibrations. Those amongst you who see aspects of aura are doing precisely that. You are now raising your vibrations to touch those. Very often, when you see what appear to be



fleeting movements out of the corners of your eyes, you could be seeing a friend such as this.

**Group Member:** We keep talking about growth, growth, growth. What do we really mean by growth?

**Sohrab:** Reclaiming that which already exists within you, which you have forgotten. That is all. Merging with higher and higher levels of yourself: That you have forgotten: Being the best possible version of yourself—Being a “higher soul”. That is all.

Let us end this session by taking a few moments and being a higher soul in third- dimension form.

Sit for a few moments in complete joy, expansion and growth, and be a higher soul. For those of you who are having trouble with this aspect (and some are), take a moment and witness what is happening in front of you.

This is Sohrab, who is speaking to you, is not channeling, he is speaking as a higher form of himself. Yes, he has connected with his own higher soul, but right now he is speaking to you as Sohrab and is a completely expanded form of the Sohrab you know. Just observe him and be the same. God bless you all.

Poon channeling Lady Kwan Yin

Greetings from Mother. I come to you in gold today. It is a color of celebration. This year will be the color of gold. And everything you do will be on the level of gold. Do you see now, what this year is going to bring and what each one needs to do. Be the highest being that you are. We are ready to receive your questions.

**Group Member:** I am going through a sluggish period in terms of my work and energy etc. What’s happening on a personal level as well on my work level etc. why is this happening? I need to understand all this.

**Poon:** Mother blesses and watches over you. You must work on self. It is your initiative that will help you out of what you feel you are going through. The sluggishness you feel. It is a feeling within you, that you can overcome this very moment. That is what we mean when we say “Work on self.” You must understand (inaudible) it is in your (inaudible) to change. You may look at it from another perspective and that may change it. You may perform actions. There are many ways, but it all lies with you and no one else. So when you ask why, the answers lie within you dear child. Now be that highest being that you are and you will perform your so called miracles in your life. There is nothing to hold you back, understand that. We are always with you. Blessings.

**Group Member:** I know I am good, in my Feng Shui work, but I cannot manifest any clients. Please help me.

**Poon:** Child, you use used the word “cannot”. By using the word “cannot”, you have manifested “cannot” in your life. Do you understand? Once again we tell you, you can create whatever you wish. You wish “cannot”, you receive “cannot”. Understand? We watch and we smile when we see you for we know that you go round in circles. Now go forth, you know what to do. You be your guide. The highest being that you are, that is your guide so be it. That is all you need to do. Yes, we are there to love you.

**Group Member:** Today I have really understood this. I keep saying “I cannot, I cannot” and that’s what I am manifesting.

**Poon:** Blessings

**Group Member:** Greetings Mother. I want to know how my health is.

**Poon:** Give us your heart chakra. Be joy. Be joy. From this moment onwards, you are joyous. Know it. Feel it. Believe it. You have nothing to worry. Be joy.

**Group Member:** Mother, I have lost the will to lose weight. I am growing broader and broader. What is wrong? What can I do to get back to my old self?

**Poon:** Why do you call it wrong?

**Group Member:** Because everyone around me says that: Lose weight. Lose weight!

**Poon:** It is your will. You only have to use your will to be that which you desire to be in physical form. Weight, it means nothing dear child. You can create any shape you desire. Use your will. There are no excuses. We speak out of love. You have the power, know it. You only have to know it, that you can manifest the shape that you desire,

**Group Member:** Situation in the house is very tense between my husband and his brother. Will things improve or will there be (inaudible)

**Poon:** No. but there is something you may do. Enhance the space with light. You may use physical form as in candles; you may use light that you shall emanate. Enhance the energies. Go within and in your prayers what comes to you, implement that method. The area must be cleansed. And you dear child are a great source of light, know that and at every instant emanate that which you are. It will help the energies. Be that which you are. Peace will prevail. We bless you.

Welcome, we come. from far away. We do not reveal our name but for this group today, we will refer to ourselves as the “star” whenever you see a star in the sky, the one that shines the brightest, link. You will receive a message, each one of you here. That is our gift to you.

**Sohrab:** Thank you for coming.