

30th March, 2006  
THE GUIDE OF THE AKASHIC RECORDS  
THE SAI BABA  
*Channelled by Sohrab*

## Studying the Akashic Records

Trance Channelling begins..

**The Guide:** I am unfamiliar with the human form. It has been a long while since I have been on your planet and I am adjusting to this body's vibrations.

I am a guide who works with other spirit friends after they have had the privilege of studying their Akashic Records. Please forgive this child (Sohrab); his physical movement is a result of my incompatibility with his energies, kindly work to stabilize my energies in him.

After a soul has had the experience of studying the Akashic Records, he is often in great turmoil. The experience of looking at one's own life events, with no possibility of hiding from anything that has happened, can be traumatic. Let us explain to you what happens after this process takes place.

First of all, the process is never hurried. As you are aware, the soul is given the option of when to begin this aspect of learning. It is never forced upon the soul and in fact, many souls are counseled not to speed up the process of entering the booth. And yet, they do.

When a soul chooses this brave step, he is first energized by his personal Masters and his loved ones, who gather around him and explain the process, in great detail. He is offered advice, love, guidance and nurturing, but is made very aware that once the process begins, he must endure the experience ENTIRELY ON HIS OWN, with no energetic support, even from the guides.

Many, many guides cluster around, lending their external support but this energy is not permitted to intermingle with the energy of the soul who is studying the records; else there would be contamination. The purest soul energies of that soul are required for this experience; else that experience of that soul would be intermingled with another soul's experience, which is not permitted.

The soul undergoes this process of studying every single aspect of his earthly experience, not only by seeing and experiencing it, but by mercilessly going through all Earth emotions: where, for example, on Earth, he may have put up a defensive energetic wall and not allowed himself to feel or experience a certain situation that he has created, in the booth, for want of a better word (it is actually an energy confine, a bubble of energy, in which he is

placed) there is no hiding from self; no hiding at all. And so the process goes on. As you know, there is no 'time' on our side.

Now we wish to talk to you on what happens next. When the soul has intuited that sufficient time and energy and understanding has taken place, he is permitted to leave the energy confine. He is often in a state of complete trauma but the trauma is different to the kind of trauma you experience on Earth. Yes, there is energetic trauma BUT THERE IS NO MENTAL CONFUSION. However, the soul, in this entire energetic trauma, now requires many steps of healing, nurturing, guidance, understanding and love. At this appropriate time, various guides, such as myself, are brought in the sphere of the soul. He, then, chooses which guide to begin his training with. He may choose to tackle an aspect that may energetically have affected him the most or he may choose to start slowly and work upward, from smaller issues.

Let us assume that the soul has chosen to explore an aspect of love (a broad subject, but one that resonates with many of you). The appropriate guide then transports the soul, in the most nurturing manner possible, to various parts of the galaxy, to various other 'societies', to various energy collectives, where the soul is permitted to experience, understand and view all aspects of love or the lack thereof.

The soul, for example, may be transported to an area of deep nurturing, within the universe, where there is only celestial love and the soul then experiences the true force of love, as an actual physical energetic force. Once that experience is garnered, the soul is then lifted and transported, perhaps to your own planet, once again, where he is placed energetically near a family where there is great discord and strife and he witnesses a lack of love. From this he learns, and once again, he's moved across time and space and is placed on one of your celebrated planets where love is 'a way of life'.

He is thus introduced to different cultures throughout the galaxy: those who work with love, those who work against love; slowly, he begins to view his own experiences of love from a wider perspective and he begins to understand that there is no shame, there is no dishonor, there is no lack of growth in his own earthly experiences of his past life and then he begins to work, with the help of the guides, (the love guide) on how he would now start to plan his next incarnation and what aspect of this issue of love he would then like to explore.

This is when he may choose to go, for example, into a family where there is absolutely no indication of love, to explore the Divine Spark within himself and to see whether, even in this harsh environment, he can awaken the love quotient within himself. Or he may choose the opposite: to be in a perfectly nurtured environment where, through example, love becomes a way of life for him.

Simplistically, this is how a soul examines one aspect of himself. Now the soul may wish to examine a hundred other aspects and so a hundred other guides will appear, guides not necessarily in the teaching order. Some of the guides may be old friends, past energetic connections, old loved ones; the most appropriate for that lesson he wishes to learn.

After the soul has explored all the hundred possibilities, he narrows down the search, this time with the help of his own Master guide and his own higher being and he realizes, through counseling and schooling, that were he to come into 3 dimensional incarnation again, with an attempt to resolve all the hundred issues, he would fail.

So he may place A PART OF HIMSELF in a 3<sup>rd</sup> dimensional incarnation to resolve only 3 issues. He may place another part of himself in a 5th dimensional incarnation to resolve 17 issues and he may choose to retain yet another part of himself in a 2 dimensional incarnation to work on only one issue and so one and so forth. And he may yet choose to remain in spirit form and work on all the issues purely as a soul.

The possibilities, the permutations, the combinations are endless, dear friends. And there is no right, there is no wrong, there is no perfect solution. That is what makes the tapestry of existence so exciting. Even the guides, the Masters whose knowledge is vaster than the soul itself, can never fully predict what could or would happen. They simply offer a framework of possibilities to the soul, urging the soul to work in the most constructive manner for that particular (...). Let us now pause here and have some questions....

Sh, I am to answer your question in a link. I'm not channeling the entity anymore but I'm still linking with him.

**Sh:** I may have a dozen issues. The soul, which is me, once I've passed over, would my issues alone be separated into the 2n', and other dimensions or is it the larger soul?

**The Guide:** This is the whole crux of the matter. You may be incarnated in five different strands (selves) simultaneously. Each of the five will have issues to deal with, and then each of these 5 may then decide to come down again in different fragments thereof.

**Sh:** So then they will be totally different from me, as I am today?

**The Guide:** The Higher Soul is the governing body: I'm being given a very simplistic example of this. They're saying, look at your own government structure: you have the head of a country, in a certain city; then there are sub-units below that, then there are individual states, within the states there are individual governing bodies, within those governing bodies are people, some of whom are honest, some of whom are corrupt; each one is learning their own issue but collectively, it is what happens throughout the country that gives the whole country its 'reputation'. But each strand has to keep working separately to come back to a whole.

**Sh:** but when you say whole, do you mean me or my Higher Soul or my entire whatever you call it?

**The Guide:** Your 'entire whatever you call it'.

**Geet:** I've been told about multi-dimensional (...). Now in dimensions, we have (...) masters and guides. Is there a common astral level for all these multi-dimensions?

**The Guide:**Not at all! What I'm being given to understand is, in our timeline, our past, present and future on Earth, we work in embodiment, higher astral, yet higher, etc. and we have cross ways to our timeline. Timeline goes this way and our ascension goes this way. I'm seeing that in some other dimensions, things work very differently. It's almost beyond our comprehension, as earthly beings, but let me try and explain this. There are certain dimensions of a planet (let us take a similar planet to Earth, it's not Earth. It exists in a different dimension) There is one that I'm being shown right now where there is full linkage between higher and lower but there is no higher and lower. It is all one. As you grow, it affects not only that stream, which is you higher and lower altogether, but it affects all those around you.

So very often, in that reality, you are working for others and not for your own progress, whereas here, eventually, we are all working for our own development. There you actually work for opposite (...). So the more you raise yourself, the more the other person is elevated. That's a different set-up. But those laws have no application in our timeline here and our's don't there. That is why, [Geet], someone like you gets very confused because you are extremely aware of all these and, in fact, your reality has come more from there than from here. So our Earth systems don't make much sense to you. You are still a baby when it comes to (...). This is particularly for someone like you.

**Dar:** In 1987, I had a out of body experience. I saw myself out of my body and yet I had (...) who said I must come back. And yet I know there are other parts of me, in other worlds. My question is: I did (...) so why was I educated to come back? Was this a (...) of a certain part of me (...)?

**The Guide:**I'm getting such complex visuals that I'm trying to convert them to our language. I'm being shown the answer this way and it leads on to another explanation.. Let us first understand that we know that we are incarnated in more than one body, at a time. So if [Sh] is here, there are, let's us say, 5 other [Sh]s, one in the 12th century, one in the 24th century, one in another planet somewhere, all learning different aspects that the 'big' [Sh] wishes to absorb into her vastness.

I am being told now that very often, when one aspect re-merges (in other words, departs from Earth to go back), at that point, 2 or more of the others come close to this and it becomes a near-death experience for them. They may choose to merge with this part of [Sh], to feed information into the big [Sh] or they may choose to continue in that dimension and work further. That is why, we often have different windows of exit; very often, we take those because another part is merging.

What happened to you, Dar, was that you were not meant to merge, at that point, at all, but it happened absolutely simultaneously when another part went up.

**Dar:** I'm lost.

**The Guide:**There was another Dar, in another reality, who must have released from life, at that instant when you went through the near death experience; so that 3 dimensional Dar was floating up and you were being tempted by the other Dar that was going up at that

time. But the guides and your own Higher Selves said, “No. This part is to remain here and this part is to come up.” So that aspect of you did merge but not this aspect.

I’m also being told another confusing thing: there was yet another part of you that was in the chamber of the Akashic records, going through an experience. But it wasn’t this Dar. It was another part of Dar and there was a cross—connection, so energetically when you freed yourself from your body, you connected instantly with that and you were told, “Leave here. You don’t belong here just now.” You were merging into the chamber, which actually had nothing to do with you; it was the experience for that part of Dar.

**Dar:**( (...)

**The Guide:**I’m getting the image of an accidental cross-connection; even there, energetically, wires get mixed up, apparently. But instantly, you were removed from it. I’m being asked to tell you to please explain, energetically, what happened.

**Dar:** I was on the operating table. The operation had started and I could hear the anesthetist and the surgeons speaking. Suddenly, I saw myself down there but I was on the ceiling, looking at myself. I sort of floated out, I passed through some pink kind of cloud and I saw a row of my ancestors: my grandparents but not my parents. They were there but not calling to me. After that, I went up, up, up and (...). It was absolutely fabulous. The love, the warmth, the (..) was infinite. I know there was conversation but I don’t have a memory of that conversation. (...) but I know it was somebody else. There were several guides. They gave me instructions that I must go back and this has been a constant question: why did I have to come back? I asked them to let me stay but when I came to, I was in the recovery room. The operation was over; it had taken about 3 hours.

**Sil:** If your Higher Soul, which is there on top, not want to go into the Akashic records?

**The Guide:**They’re going to explain this to us from the point of our comprehension, so please understand it’s not a complete answer. Because of our understanding of the 3rd dimensional and 5th dimensional, we see ourselves as this body and then a bigger energy and then yet a bigger energy and yet a bigger energy till we merge with the Divine. From their perspective, the Higher Soul extends from us, all the way up to the Divine. There is no real differentiation. These energies are all one but of course, the big Sil knows everything, experiences everything, and doesn’t need to learn anything. She knows.

But those lower parts of Sil, (this is for our understanding) the slightly denser parts that are still unable to accept that they are all part of one energy flow, need to experience this, understand pain, suffering, love, etc. till they expand to a point that they truly understand there is no difference. At that instant, there is merger, not only with our own selves but with the Divine and therefore, there is definitely no existence of an Akashic record. So it is only for the lower hem area of our cloak that we need to go through this.

If at this instant, you or I were able to fully believe, within our souls, that there is no difference, we would not need this and we would also instantly disappear from this physical embodiment. We would de-materialize, which is what happens with many **saints**: they

reach that point of complete merger and there is no debris left, They become part of the Divine.

**Narg:** At a recent meeting, we discussed the piggy-backing of a soul onto another soul who is incarnating. There is another example of a twin soul one of our group is supposed to have. Is there a difference between the piggy-back, which is part of the soul onto another soul and a twin soul?

**The Guide:**Yes. For some reason, I'm being asked not to discuss the twin soul aspect today. I will discuss the piggy-backing aspect that you were told off [Narg] was recently informed, when she asked a personal question, that a soul doesn't necessarily have to incarnate fully, into a physical form. Let's take [Sh] as an example: we know [Sh] has incarnated into 5 separate incarnations right now (this is of course a hypothetical example.) There may be yet another part of the big [Sh] that wishes to experience a small aspect, for her growth, that doesn't require full embodiment.

That aspect of [Sh] (let's say, it's a little energy, this much), chooses or can choose to piggy-back on another soul that takes incarnation, only to learn that bit of knowledge and the moment that is done, this part retracts but the incarnated soul continues to live on. It was explained to [Narg] that her son has chosen to do certain things like this, right now.

So he is piggy-backing, right now, on another soul who has come into her family recently. That soul will grow and develop and when her son's aspect is finished, he will retract and that soul, that child will continue to live. There will be a slight personality change that most people won't even acknowledge; it may even be a change as microscopic as: that child may have been very judgmental and suddenly the judgmentalism stops but the rest of the child is the same. A human person won't know that there's been a piggy-back. Of course, it has all been agreed, on a higher level, by all souls, including the parents but there will be no actual knowledge of that part that has retracted.

But you said it was part of the same soul.

No. So her son, for example, is piggy-backing a small portion of his energies onto a child who has been born into her family. It's contractually happened. Those children will live and grow and when, 3 or 5 or 10 years from now, his learning has been completed, he will just retract that small portion of him and that child will continue to grow. There will just be, as I said, a small personality change, which may even go unnoticed. You may say, "The child's grown out of this now." He hasn't grown out of it; it is gone.

**Geet:** I have a question. If you have a certain plan, after you've studied your Akashic records, your blueprint and got all of that sorted out with your guides and then you take birth. My question is that we all know that we can walk on our paths; we can experience one end of it or the other end of it but how much can you really (..) or move away from your plan? Is that possible at all? Is that also governed? Can someone go horribly wrong? What are they meant to do?

**The Guide:** I'm getting that things can go 'horribly wrong' and deviate from the path, if you've incarnated for an experience on Earth, which is a dimensional free will planet. So when you choose to come to a planet, like this, then you take these circumstances into consideration and you accept them, before you come. It's at your own risk. Whereas if you go to a planet where there is no free will, there is very little deviation. There will be a slight amount of variation but you're always working for the light there. That is why Earth is such an exciting destination because it is one of the very few planets that has free will.

**Geet:** But then if we can deviate so much and things go horribly wrong and it starts affecting another one's blueprint, another one's life, then are they allowed to step in or how does that then work? Or do they send (..) other people around this soul?

**The Guide:** They're giving me these visuals today, so I'm just using what's given to me. I'm being shown a mountain climber. If you go climb Mt. Everest, there is a risk that you will die. You may fall into a crevice, you may plant your flag at the top and you'll have a great experience. You may die alone, the entire expedition may be wiped out or you may all come out triumphant. All of these are possibilities and yet, you choose to go and climb the mountain. Why? Because it's exciting, because you don't know what the end result is and because you have the courage to understand that so much can go wrong and yet your desire is to go and conquer that mountain. Similarly, when an expedition goes wrong, help is always sent or can be sent (...).

It is exactly the same with a soul. When a soul is going off track completely, it means that the people around the soul are also going off track; otherwise, they would be able, in their expansion, to slowly guide the soul back on track. Half the time, they also tend, with this energy, to start vibrating and move off into other experiences that they also (..). I'm being told, right now, it's a very common phenomenon, in Earth families; we're talking now of family units here, it's a very common phenomenon. The child becomes wayward; goes off the plan, the child had not planned to go there. The child plunges firther and further into the mire and if the parents are not in balance, they also go with the child, their blueprints also start changing; it changes all the people around them: if they are working in an office, it starts affecting the people in the office and you see how it spreads out? It's a virus, literally.

At a point like this, the Higher Souls step in, at all times, and keep 'tapping you'; the Masters, the guides always come, tapping you. But if you choose to go off-track, that is your free will choice, which even the Masters have to respect. There also comes a point, I'm being told, when the Masters stop giving you messages. They say, "OK. We accept that you want to go completely off-track. Let us permit that. It is your free will choice."

That is when a complete downward spiral happens and everything goes haywire. Then all the souls will retract, at some point, they'll examine their akashic records, they'll examine the situation, watching it like a play and say, "Oh! Look what I did. Look what he did. Look what she did." And then, once again, the process will start: how can I better myself the next time around? I use the word 'better' only in our terminology.

So courageous souls then may choose even harsher circumstances and sometimes the guides say, "Don't do that. You're overburdening yourself. You're putting too much pressure

on yourself. You will not be able to do this in dimensional form.” But if the soul is courageous and still wants to do it, the guides will say go ahead’.

**Sil:** Can you choose to come into another planet where there is no free will?

**The Guide:** Completely, In fact, I’m being told, right now, that we come into several planets, simultaneously. We very rarely all come to one planet. You may have a few aspects of yourself, on this particular Earth planet but the likelihood is you will be extending yourself to different areas because different parts of you want to learn different things and each thing that you learn requires the most nurturing environment for that aspect.

For example, if you want to learn, let us say, patience, a 3’ dimensional free will planet will be an ideal incarnation to take because you have every opportunity to be impatient; things are going to keep happening where you become impatient. Whereas, if you take an Ashtar incarnation, where everybody is expanded and working for the light, there is no issue of impatience there, so you won’t learn anything about impatience there. But there may be a part of you incarnated, right now, which is learning, for example, how to be big, how to be in perfect alignment, how to be of the light, how to offer service unconditionally. Great arena for you to learn that in Ashtar incarnation.

**Dar:** (Inaudible) V

**The Guide:** Dar, I’m getting that there is a constant stream between all fragments, a constant interchange but I’m seeing a picture of an artery. Let’s take different fragments as being different parts of our physical body so (*pointing to different parts of the body*) this is one fragment, this is one fragment, these are 2 fragments. Actually you are all connected with the venous system but there are certain blockages, in your arteries. The hand may not need to know everything the leg knows because it may not be appropriate for the hand to have all this knowledge, so certain blocks are actually placed in those veins by your Higher Soul.

As you grow, as this hand grows, those blocks slowly start dissolving because you now merit knowing what the legs are doing. You have grown to an energy level where it is permissible for you to know more and more about the legs. What will happen is if you are of a lower energy vibration and you start getting flooded with this information, too much information can be bad; it can cause collapse, it can cause harm to other parts of you because you may misuse that power. So you have to energetically earn the pathways. That is what we are all working on right now: to energetically earn this knowledge.

What am I doing right now? I’m connecting with higher parts of me; I’m accessing this information and passing it all on to you. That’s simply what I’m doing. Sohrab doesn’t have this knowledge but Sohrab has this knowledge.

**Sil:** (..) It’s not necessary for me to know what other parts of me are doing. Not at all!

**Sil:** It’s only for the experience. So when I die, the rest of them don’t come up with me.



**The Guide:**Some of them will retract; some will not. You don't have to all, simultaneously, go up. It's only parts of you, mum, that are going up.

**Sil:** When do they become whole?

**The Guide:**Just as it has been explained that different parts keep rising in energy and get more and more knowledge, as you (this Sil) expand and gain knowledge, it feeds into the Higher Soul. This particular fragment of Sil may incarnate another 100 times

**Kau:** So this means that there is no this Sil left; only those fragmented Sils are there.

Yes.

**Kau:** So there is no separate Sil.

**The Guide:**Once she merges, yes. But another part of her might still incarnate on **3rd** dimensional form, so once again, a Sil is born.

**The Guide:**Yes but not this Sil.

**The Guide:**It can never remain constant, Kau, because by virtue of the fact that this Sil has taken this incarnation, she has to have learnt something. Nobody goes up without learning something. The degree to which you learn varies, but she has to have learnt something. So even when she retracts and puts another part of herself back, the experience she has gained, in this lifetime, has to take her to a new level of vibration. Therefore, she can never come back at exactly this vibration. It cannot happen. That is how we all grow because we keep going, like this, till we merge.

**Kau:** So this Kau doesn't have to worry, "I'm not growing. I'm decreasing my vibration." Eventually, I'll merge and something else will come.

**The Guide:**Let's take a very practical down-to-earth example: let us suppose that, on a scale from 1 to 10, Kau is at a vibrational level of 4. (This is completely hypothetical). When this Kau merges, she has to have learnt something, so the next time this part comes into incarnation, she has to come back at 5. It's part of the whole so it may look and sound like this Kau but she's now vibrating at level 5.

So her experience, her knowledge, her wisdom, her growth is more than this Kau: 4 has gone to 5, 5 will go to 6 but 5 can't go to 4. That can never, ever happen. You always add to vibration.

I'm not sure my session was related to this but it's just coming to me. We're talking about different parts of the soul, I only want to talk about the human side. Suppose there is a division in the personality itself, one part is disconnected and is off the path but there is another part, which desperately wants to connect; it's aware and knows its purpose, it wants to go on that path; yet the two are not able to agree or merge, though they are equally strong. In that case, what does one do?

Imagine yourself as a telephone cable. If we look at a telephone wire, it is a black wire and is about this thick and runs in our house. But that black wire, if you open it up, has hundreds of fibre-optic cables within it, little, thin hair-thickness cables in it. That eventually becomes one black wire. That is how we are, energetically. There is one channel that we see but within the channel are thousands of little fragments, each a different aspect of ourself.

These fibre-optic cables include different emotions, different personality traits, attitudes, and beliefs, everything that is you: knowledge, wisdom, modes of behavior, everything has a separate strand, in you. Some of these are more in balance, some of these are completely out of balance, some of these have high growth and are perfectly in alignment, some of these are completely blocked and need to be cleaned out. And yet they all simultaneously exist within this cord.

Having understood this, our whole process is to integrate all these fibre-optic cords, clean them all out, keep them going at the highest possible vibration. It is then that the telephone wire will be at its clearest and be working at its optimum. Our whole process of coming is to use the strength from the ones that are working perfectly and expand this energy into every single other area of our life. That is why when people say, "I feel so hopeless. I'm bad. I'm behaving this way." The best way to help them is to ask them where they are the most perfect. "Where are you the most **you** personally? Where are you the most balanced? Where are you expanded? Now extend the expansion to these other areas. Look at these areas from that perspective because that's within you; it's not some external thing." As we raise our vibration, it has to permeate all the wires. So our whole journey in life is to use the parts of us that are working in alignment and extend that energy, bit by bit, to every other part of us till we come into perfect balance.

*(In trance)* I thank you for listening so intently. The reason that I was individually chosen was that, at some time or another, I personally worked with each one of you, after the Akashic record experience. I look forward to many other guidance sessions with you, when you choose to return to our side.

The Master left, and Sai Baba came through to bless the group

**Sai Baba:** Sai ka pranam.

**Sohrab:** Poon, Geet and Sh, if you would like, you are being permitted to answer one personal question, a piece. It's your choice. Poon?

**Poon:** No.

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Anyone may ask, first, Sh and then Geet, one personal question.

**Narg:** I'm facing a lot of antagonism from my neighbors and also very difficult circumstances (..) because of disharmony my environment. What should I do?

**Sh:** At this moment in time, you need to accept what is happening. Accept it completely. Certain issues need to be balanced out. Once these have been balanced, things will fall back into place. You wonder what these issues are. We ask you to trust. You have lost trust, little one. You have lost trust in yourself and the Masters you profess to love. Trust us. Accept that whatever has happened has been for a reason. All is as it must be. These issues that keep coming up before you, your discomforts, they have been manifested for you. (..), your daily problems, trust that all is as it should be.

**Ruki:** I'm going through, off and on, a constant pain in my leg. Is it some sort of residue because of my 5th dimension grid or is it just a physical problem?

**Geet:** It is related to your 5th dimensional grid but it's not directly related to that. You are going through a stage of great change. There is a lot that you are changing from within and externally. What the pain reflects is a certain lack of grounding, which you feel right now. You feel displaced and you feel a sense of not knowing where it is that you really belong; this could even be spiritually and otherwise. It is just a process of time. The transition, gestation period of moving from one aspect to another may bring this up. Know that that is the case and as soon as you feel yourself comfortable with the new you and the new aspect of yourself, you will receive a feeling of grounding and balancing. At the same time, what I'm being told, is that if you feel the need to have some medication for that, that's also fine. You don't have to suffer while you're going through this shift. But know that this is just a process of shifting from one aspect to another.

**Poon:** (*While the group stated sending healing to all*) You must hold hands, when you do this. A circuit will be formed. Within this circle, a circuit has been formed (..) all the names mentioned and whoever else you wish to heal. Energies within this circuit will go out to all those who need it (..) to go out to any space and if you wish to heal anyone who is (..) you may do this by intention and you will create a wider circle. That is how the energy will spread. Know that the energy has (..) from your's and everyone within this room.