

20th April, 2006

UNKNOWN ENERGY

*Channelled by Sohrab*

## Working with Energy

Trance Channelling begins..

Aren't you feeling a sensation of warmth that has nothing to do with the heat? How does your personal body react to this rise in energy?

How does the heat that you have generated, when chanting, differ from the heat outside?

**Kau:** This is comfortable; a happy feeling. Outside it's hot.

And yet, your experience may be slightly different from the others in this room. How does your body react to energy warmth?

**Rab:** It's an upliftment; a joy that I feel, maybe some fears getting out & feeling really nice.

Wonderful! Let us explain it scientifically. When your physical body responds to external sources of heat, the skin goes through a process called vasodilation, where the pores actually open up, bringing liquid to the surface, which is required to cool the body: Hence, the process of perspiration & the sensation of stickiness.

When, however, you generate any kind of energy heat, the pores do not open. They simply expand, in size, and begin vibrating, causing vibrations in the pores next to them and this sets off a chain reaction in the physical body, starting from the epidermis and moving inward, into the organs.

The more you chant, the more the vibration will spread in this physical body, the more the skin will then send signals into the physical organs, into the bones, into blood, into all liquids within the body, into all muscles; till everything is vibrating at yet a higher level than it was a few moments ago.

When an individual organ begins to vibrate (let us choose any one organ: take the heart), imbalances within the organ begin to get corrected. If a portion of the heart was, let us say, sluggish or blocked, these vibrations of cells cause that particular portion to open up, generating a more rhythmic flow of blood passing through the heart. The blood itself is now charged with this vibration and, in turn, it affects the other organs it passes through, causing them to vibrate, open up and heal.

As your whole body starts now to vibrate with this energy, you start emanating energies, rays, auras in a more expanded and balanced form than you did before, thereby affecting other people in your vicinity. If, for example, you were to choose to chant, over and over and over again, and if other friends and family members were in your vicinity, instantly they would begin to pick up your vibrations. In turn, this would increase the level of vibrations in their bodies and the chain would continue; not only affecting the humans in the house but, of course, all creatures and the house itself: the cells in the wall (and yes, there are cells in walls, perhaps not human cells but different forms of cells) begin to vibrate; all objects in your house would begin to vibrate and in turn, they would release these energies back to whoever enters that house. This is why, when you walk into a temple or a church, very often you find, "These energies make me feel good." Scientifically, exactly this process is taking place.

It is always important to know why you are asked to do something and remember, in a meeting such as this, the chanting is not required for the meeting and for the medium as much as it is required for YOU: to open your physical bodies, your minds, your emotions to what is to about take place.

Before we move further, do you have any questions about this?

**Rab:** If there is someone who does not believe in these kinds of meetings or gatherings and if the work is happening within the house, they are not ready to take in the vibrations. What level does it affect them? Does it or does it not affect them?

■ A wonderful question! Let us answer this. It affects them on different levels, depending on where they are energetically (Let us not use the word 'spiritual', let us use the word 'energetic').

There are those who would be perhaps neutral to an event like this taking place: perhaps some of your family members who are aware you attend meditations and meetings and say, "Fine. It does not interest me but it is OK for her to do this." Those kinds of people have a neutral stance, in their energy body, when they are surrounded by a meeting like this. So to them, they would be affected, most definitely, but not to the extent of perhaps all of you, who are sitting here so joyously open right now. There is not one here, in this room, who is resisting this energy right now, not one. Yes, there are some who have small little doubts and fears within them. The levels of fear, in this very room, are differing from person to person but yet, energetically, each person has made a commitment to self not to this child (Sohrab), to open up. Hence, each one is receiving it. The neutral person would receive it to a certain degree.

The person who does not know of this, would also receive it to a certain degree but the person who consciously resists would put up an energy wall that would not permit these energies in. That is why, when you send love, light and healing to a friend who does not wish to be healed, whether it is from fear or cussedness or a Higher Soul level, that person will not receive.

A shield is placed, not only around the person himself but also around each individual cell, within the physical body, shielding it from external energies. This is, what you call, a blocked person. However, do not judge the person who is blocked. There may be reasons for this blockage that you have no idea exists. For example: a certain soul who is suffering greatly from, let us say, cancer and is in extreme pain; maybe going through a process of self-evaluation with his or her guides and may be deciding what is best for him to do. For that period, it would be inappropriate for him to receive your healing, as it would change his perspective, which he is not yet ready to change. He wishes to be exactly the same as he was 2 days ago. He will then consciously put up an energy block and you will say this person is being resistant. But the person is doing it consciously.

Very often, you will find the same thing happening to a person who is in the state of, what you call a coma. You are all aware that those who are in a coma have, very consciously, placed themselves in this state of stasis because they were unable to process what was required for them consciously.

The conscious mind and the conscious body and the external events were causing confusion in them and they were not able to see clearly. So they have placed themselves in stasis, where they have shielded themselves from all external stimuli and they are in a process, not only of self-evaluation but of working with the higher level guides, Masters, spirits. At this point, time stands still for them and on Earth, you feel, "Oh, My! This person has been in coma for 5 years." But to them, time has stood still and it is 5 minutes and they are processing and deciding what is required for their development.

At that time, some coma patients will accept your healing and energy to enable the process to go farther and yet others will surround themselves with a shield, preventing any external stimuli.

**Rab:** When I was healing cancer patients, at a hospital, there was a particular lady who was in coma, for a long time. I was new at that time, so I did give her healing and when I was giving healing the lady was in a coma and then she opened her eyes, looked so strangely at me and lifted her hand and pushed my hand away from the healing position. It was later I realised that she did not need the healing.

Thank you. Thank you for sharing this. See, external validation to understand truly. Does this mean that you never send healing to a coma patient? Of course you must. Do whatever you wish to do and you are impelled to do but accept that when you send the light, if it is not being received by the person, it is not required by them at that given instant of now.

But you do not know when that given instant of now is going to change so you may continue to do this. Do not try and break the shell. Never. In fact, a standard rule for all healing is to send your love, light and energy to the grid that exists around any human being or animal or plant or space and joyously offer it to them to do what they will. If they choose to reject it and send it elsewhere, in the universe, that is fine.

**Sh:** Many of us are bloating, due to the energy that is being placed in us. What is this energy, how do we assimilate it to not show?

■ You can assimilate it. Let us explain, still further, what is happening. It is a combination of several things: many Light Workers, such as yourselves, are learning now to increase this vibration we have just spoken of, in their bodies. For many Light Workers, it is not necessary to sit in chant or meditation on a regular basis. They can instantly increase this.

Now this vibration, when it takes place, causes the cells to start banging against each other, as they would, just as occurs when you light your incense sticks. Why are you so affected by the incense sticks? The energies of that stick cause the energies of the air around it banging into one another at an increased rate of vibration and these, in turn, start to spread to all those in the room, including your olfactory senses, causing these vibrations within. You, in turn, generate a higher level of vibration and send it back to that incense stick and in turn, this process continues, faster and faster and faster, till your whole vibration expands.

So now, let us take the areas of expansion. Once again, the cells have moved slightly apart to create space, further space, than existed before, to hold those new energies because the cells are now moving at this rate, whereas before, they only moved at this rate. So now, they are moving like this; automatically the cells structure has to move out, to a certain degree.

Simultaneously, to prevent the body from short-circuiting, (just as would happen if too much current was passed through a wire, which could not hold it), the body, once again, has to open up and fill with certain fluids to help as a conductor for this new energy, thus the bloating in many mediums' bodies. Now the good news is that the body adjusts over a period of time. It is a matter of consciously sifting with your own physical body and asking the cells not to resist the new charge but to just, literally, relax and open up to the new energies filled in them.

When your cells start acclimatizing to this new level of energy, they will physical shrink but the power within them will increase. At that time, you will experience a little less expansion.

But, my dear, at that moment, as a Light Worker, you would wish to expand still further, would you not? And so you would start the process all over again. Not everyone's bodies react and you are not permitted to use this as an excuse to say, "That is why I have put on weight and I cannot lose it." This child (Sohrab) does that all the time. It is not permitted. That is simply an excuse.. But acknowledge that this is occurring, open your physical bodies to these new energies and assimilate them, like a sponge. The bloating will reduce.