

8th June, 2006


 UNKNOWN ENERGY

Channelled by Sohrab

Inner Earth Beings

Working with Energies Within Earth

Trance Channelling begins..

 (To GI, referring to her request to the group, at the inception of the meeting, to send light and energy to Mother Earth): You heeded the call well. We thank you.

We find this physical body restrictive. We are free-flowing by nature: One of the many friends who live within the earth's surface. A different strand of our species has visited you earlier. We have come today to share our energies with you.

So much curiosity! We sense the thought patterns (laughs). Her's (indicating one of the Group Members) are particularly complex. Much joy! Much confusion! Our kind live deep within the core of this land. We are primarily in spirit form though we choose at points to take on semi-liquid form, to serve the purpose for which we have been placed within your earth planet. We are not of your planet. We are beings from the Ashtaar Command, who work in a different form to those you have already associated with.

Due to our own connection with planetary bodies, we are most appropriately placed deep within your core and assume for a few earth years, this semi-gaseous, semi- liquid, mainly spirit form. Our function is simple. We follow the Ashtar prime directive, upliftment of planet earth and all within and upon it. Our whole function is to release the appropriate energies into the core centre, which then start a ripple effect energetically, and emanate outward causing very often, earth shifts, volcanic eruptions, movement of liquids and oils, shifts in the crystalline beds triggering energies from these crystalline beds, release of extraterrestrial power from within the source, upliftment, growth and energy.... to mankind, the animal, bird and plant kingdom, and to all the other friends who live upon and within the surface.

Take a moment right now and be aware of the soles of your feet. Our energies will reach you primarily through these points of contact. Are they tingling? (Various Group Members — Yes) (Laughs). Unlike other friends who generally reach you from the upper portion of your physical form, our energies will reach you primarily through the soles of your feet, and for those of you who are greatly earth connected, through the palms and solar plexus area.

Take just a moment. Be aware of the vibrations on the soles of your feet. There are many of our friends positioned directly below this chamber right here, right now, who are deliberately energizing all of you. Permit this. Allow the soles of the feet to tingle and glow.

If the palms are activating, permit that as well. The solar plexus area will be the last and in many cases you will not feel it there.

Group Member: *Is the Hara connected with this? I keep going back to the Hara.*

As a secondary source. Perhaps in your case, this is an area which is greatly sensitive and you feel it more than the solar plexus.

Understand that we do not have physical form. We reach you through the points that are the most appropriate for YOUR personal energy growth.

Let us explain to you what we have been doing to your physical bodies (laughs). Once again there is fear and seizing up. Nothing has been done, dear friends, without permission from your own higher souls. No one, no other entity, friend or being can EVER, ever work with your energies, without your own higher soul permission. Understand this and Know it.

For the last few years, we have been consciously raising your energies through the souls of your feet. Most of the other entities and friends you work with, use the upper chakric systems and indeed your third eye areas. We support from below and we combine with our energies, the appropriate strands of energy required by each individual, from planet earth. A perfect blend is formed. Each, each individual is analyzed energetically by us and these strands are constantly being upgraded, changed, and adjusted, to aid in your personal growth.

As above, so below. Just as you are aware of earth shifts, volcanic eruptions, floods, monsoons, and other seemingly destructive elements, which you now know are simply cleansers and shifters, so do we aid your physical body. We and our particular species DO NOT work on the emotional at all. Not at all. There are many other beings, and your own higher souls, who do this. We actually work with the physical body you occupy. Through the soles of your feet we have been placing this kind of energy in you, which cause the following:

First, an upgrade of your own physical structure. Yes, many of you are aware that you are slowly mutating. Newer organs are now being implanted. The ones that have shape and form within you are slowly changing position, changing shape, very, very slowly, and as this occurs, the energies start to vibrate at a different level, releasing from within you, newer and newer energies, that are appropriate for your growth.

Then, we work upon all liquids in your physical body. Let us start with the blood stream. Yes, yes the composition is slowly and gradually being changed. When there is great resistance to this change, be it physical or be it in the blood, the human body forms a disease. In the case of your loved one (pointing to Zar), there was much resistance, which has now been broken. It had to transpire, but the resistance was his. He needed that level of resistance to burst forth. Now watch the growth.

We work on all other liquids in the physical body, and these start changing the moods, the feelings, the energies, the impulses, the thoughts, the wisdom, the knowledge. We are not working on the emotions. We are working simply on the actual physical liquids.

Then we work on the synapses in the brain. Have yourself physically checked if you wish. You will find, in many cases that doctors will find anomalies that they cannot explain. They will find surges of electrical power that they cannot explain. They will find new vibrations, new thoughts, and new patterns developing which they cannot explain. They HAVE ALREADY FOUND an upgraded DNA structure which they cannot explain.

Along with these physical changes, we infuse into this physical body; let us say, electrical impulses, though they are not that. We use this to give you visualization. We release bursts of these electrical impulses through your entire physical body, which form little clusters within you and these start becoming 'battery packs' within you. These are little centres of stored energy which you house and then release at the appropriate time, when YOU wish for growth—A sudden leap. You have all been experiencing this. Sudden leaps.

We are also working with specific organs, such as the eyes, the upper ear portion and the finger tips, and yes we consider these organs. You are all finding your sight, your higher hearing, ability to receive messages, thoughts, feelings about others, and your sense of touch heightening. Touch may not increase directly, but your abilities to heal, to soothe, to calm, are all rising. Watch yourself at times. You will find yourself unconsciously rubbing your palms and fingers frequently. Observe this. Allow it to happen. It is simply you 'resensitizing' these organs.

Let us pause here and have your questions..

Group Member: Does physical age affect the absorption and assimilation of these energies?

■ Not at all, not at all. It is the energy quotient of the physical body that matters, not the physical age.

Group Member: *Do we need to consciously work with these energies, or does this happen automatically all the time?*

■ It is happening automatically all the time but now that you are aware of it, you can take the process further, faster.

Group Member:- *I am having problems with my eyes...strange aches and pains, flashes, and ...(not audible) Is this related to these energies?*

■ In your case, dear friend, it has more to do with them than you know. You are being given several forms of 'higher sight'. Not just the ability to see what you could not before, which you are now already experiencing. You are now being given visions of higher realms. You are being given visions of other planetary bodies and other existences; you are also being given visions of alternate dimensions. Open up to all of this and the flashes will reduce. Once again, you are blocking the information.

Group Member: *I want to ask two things — One is my skin which is changing.*

The second is also that I've been experiencing a huge amount of heat in the recent past. Even in an AC room, I just suddenly feel extremely hot and begin to perspire. Why is that?

■ We do not wish to generalize. There are others also who experience this heat. It is not necessarily the same for all. We will speak to both of you. In your case dear one, specific work is being done in the central area and the organs within this area. Are you aware of this? (The Group Member nodded) A very rapid raise of energies is happening in this area. Permit it. It is happening for a reason. In fact, it is your own higher soul that has requested this high rate of change. From this will come such powerful energies and emanations it will take you onto plateaus you have never yet reached.

This process, specifically in this area, does physically release heat. The cells, the molecules, are vibrating not only against one another, but also are twisting and moving into new shapes and patterns, some are forming new orbits. This process, specifically in this area, does physically release heat. It is much more than the usual energy vibration which occurs in a rapid but uniform manner. Understand this. It is far more complex in your case. Give it 4 months. You will feel the energy leap and it will settle.

(Indicating the other Group Member) In your case, dear one, there has been resistance, time and time again, to these upgrades in the body. Let us once again explain this to all in the room.. We have explained this before, but we wish to touch upon it again.

There is a different 'mind' here (indicating the brain area) and there is a different 'mind' in the cells. This mind may say, "Welcome energies, come in!", but the cell memory, (which is made up of an intelligence of countless incarnations, understandings, beliefs, thought patterns) often continues to resist. It fears change.

It says to itself, "If I change, will I still exist?" Is that not what all of you say as well? And we say, help your body understand that these new energies will only enhance the cells, and give them a belief, an understanding, a bigness, a knowledge, a growth, that will be bigger than themselves, and yet they will be the same, and yet so much more. Help your body understand this.

Group Member: *How can we do this?*

■ Let us give you an exercise. The others may do this if they wish, but this is not a common problem among all. In your case, dear friend, you may do this on a daily basis if you wish. Lie down or sit extremely comfortably, in a relaxed posture. Do not assume any kind of posture where your muscles are tight. Hence the cross- legged posture is probably not appropriate for this particular exercise. First relax the physical body from head to toe in a few minutes. Then call upon us. Ask us to fill you up with the appropriate energies required by you for that particular day.

You will feel the soles of your feet activating, and no, they do not have to be resting upon Mother Earth at all. They may but they do not need to. Draw in our energies slowly. The instant you feel any kind of resistance, stop there. Open up that part mentally. Command, for example, the need to open, desire it to open, coax it to open. When you feel the energy rising up, continue the process. You will be surprised at how many blocks exist in your body. And each day, when you draw in these energies, you will find different points of blockage. And let us explain why. This is for all of you. As we explained before, a different mix of energies are being passed into your body on a daily basis. Your cells have a cell memory, spanning countless generations.

Let us assume that for many, many incarnations, you have lived on the planet Venus. You are familiar with those energies, and on a particular day, when we add in a strand of Venus energies, they will flow into your cells very easily, even though you, in your earthly incarnation, have no recollection of this familiarity. But, if you have never had an incarnation on that planet, and we give you a heavy dose, every single cell in your body will resist this 'alien' energy!

Fear, fear, fear exists in the body. Slowly, with this process, you will begin to make this connection of Divine Mind to Physical Mind to Cell Mind. When the connection is full and flowing, there will be no resistance. Try this. You will also find a certain amount of rigidity in your posture will relax.

Group Member:*Whenever I lie down, something happens to the sole of my feet, especially in the night. I sometimes feel somebody is tickling me or sometimes painful and I can't even sleep. It goes on and on. I was wondering if I should go to a doctor, but today, after hearing you*

👉 Open up the soles joyously. In fact, you are resisting from that area. Hence this scratching. Relax, open them up, you will find it lessening. If it aids you, you may soak your feet in lightly salted warm water. You will find the resistance automatically reducing. Intuitively place in that water, one or two crystals that belong to you. Once again, you will find the resistance breaking down. It will settle.

Group Member:I feel very hot at night, in the middle of the night, very very hot, even though the air conditioner is working, is this also connected with this?

👉 My dear one, in your particular case, PLEASE UNDERSTAND WHEN WE SPEAK TO INDIVIDUALS, IT DOES NOT NECESSARILY MEAN IT IS FOR ALL. In HER particular case, there is a strand, a rod of special high power energy being passed through her existing chakric system, for certain personal work that is taking place in her growth cycle.

This is causing an illumination from within that will make you feel this way. Once again, when this higher level work is finished, you will find this settling. Please allow it. Relax into the warmth. Simultaneously, if you feel the need for an earthly physical check up, kindly do so. But have no fear.

Group Member: *Sir, I have been finding a lot of abdominal imbalance, which, sometimes I feel as if I am going through something, and sometimes it worries me. Is it something to do with this?*

■ This, dear friend, in your case, has nothing to do with our energies. There has already been an implant made within you, of a new organ structure, that is now slowly forming. This has taken place a few months ago. Permit it. It will happen. This has been done by others and with your higher soul permission. This particular area will give you trouble for a while. Allow it.

Group Member: *Is this also due to why I have got these eruptions on the skin which they say is psoriasis, but it's not confirmed.*

■ No dear friend. This is not due to resistance of our energies. But if you wish, we will place within you a certain set of strands that will aid you in ridding yourself of this. Draw upon us, on a daily basis, consciously. Call upon us. We have no name that you are aware of. Just call upon us as “friends from within”. We will give you a special dose of the appropriate energies, to help alleviate this issue. Most of this comes from personal issues that you need to deal with. We will say no more. (Thank you).

Group Member: *You mentioned a little while ago, that there are innate fears that we have come with in our inside. What are these fears of, and why do they still last?*

■ A good question. We do not wish to answer this from the emotional perspective. There has been enough said in the past from that viewpoint. Let us answer this from the scientific perspective. Let us also explain that we do not wish to offend your sensibilities, but your knowledge of science and cells is extremely limited.

Raving accepted this, we will now proceed to explain the cell structure. When you study an atom, a cell, a molecule, you are aware of the scientific components that have been taught to you in school and college. But what your scientists completely ignore, is perhaps 90% of what is within an atom. The ‘structure’ is the least important. Within each single atom is a brain — we are using your terminology again — a consciousness, far greater than the consciousness you use in this existence.

Group Member: *Is this what we call Prana or Chi?*

■ Once again, you have touched upon it, but even you do not understand the Prana or the Chi in fullness. Visualize if you wish, a circular atom. Now forget about the scientific components that you know of. Within it, is full, pure consciousness. Now, unlike your consciousness, which is influenced by third dimensional veils of forgetfulness, the atom has no veils.

It is Pure Consciousness. It has no judgment, no feelings, no fear. It seems to be a paradox, but we will explain. Consciousness — It is the perfect reflection of the Super-Consciousness. Now, each time YOU incarnate, and when we say You specifically, we are talking about you as individuals. Each time you incarnate, you add to the existing cell, a new layer of

consciousness. Each time, it literally doubles in strength: Consciousness not of your existence, for example, on this third dimensional planet, but consciousness of full total existence.

This is what happens when you incarnate. It is not just to work upon karma. It is not just to work upon issues that you have not resolved. It is not just pay-back time. It is to strengthen the consciousness and multiply it in every single cell in your physical bodies. Make no mistake. Even beings like us who are more spirit than physical, have the equivalent consciousness in structures similar to this. It does not need physicality.

So each cell within you , all the billions and trillions of them, start acting like super-computers, increasing their knowledge and wisdom of everything that you have known and experienced, and everything that you will know and experience.

Now, as we have explained, there is no fear in this consciousness. It just IS. BUT, when you take a third dimensional incarnation to live and exist here, you have to bring in a mind that has to be clouded with a certain amount of caution, fear, worry, confusion. It is part of your existence.

Now, for this particular incarnation, these aspects COAT THE CELLS. They do not go into it. They simply coat it to make it appropriate to exist. Now do you understand where the fear comes from? it is not in the core of the cell , it is surrounding it and this fear you will release the instant you return to spirit form.

Then in your next incarnation, if for example, you choose to be one of a highly developed species that has no fear and no feeling, you will not coat your atoms at that point. Is it clearer now?

Group Member: *One question re; billions and trillions of atoms that you talk of, do they always stay together making me who I am or?*

Who Am I? The eternal question. in a simplistic form, yes, the predominance will always carry forth. But, once again, you will CHOOSE to influence yourself, sometimes by adding to it a few atoms of 'the consciousnesses of another dear loved one who may not choose to incarnate.

This has nothing to do with the soul and walk-ins and twin flames: do not confuse it with that. It is simply that in a future incarnation, If a loved one or a series of loved ones, chooses not to incarnate with you in a certain existence, but you still wish to hold their energies with you, you will bring a part of them and add it to your predominance.

Group Member: *And then can I work on their issues through me?*

No. But what you have added will change the way you work on YOUR issues. It will give you new facets to explore. Let us explain this: Assuming that you are an extremely impatient person in this incarnation and in the next incarnation you add to yourself and to your predominance, the energies of one who has no impatience. Automatically you will find

yourself less and less impatient, but at times, the predominance will flare up. But you will deal with it differently; you will view yourself and those around you differently. Do you see the complexity of choosing the next incarnation?

We will allow two more questions.

Group Member: *May I ask one? It is something very different. I keep getting this noise in my ear all the time, so I want to ask you about it. Is it, what is it? Like someone trying to communicate with me, trying to say something? But I don't understand?*

Beloved one, it is the inner voice crying out. Speak, hear me, Communicate with me. It is the inner child who wishes to speak with you. This has nothing to do with extraterrestrials or other friends, it is you trying to communicate with self.

Start on the process. No. You have already begun the process. Take the process further with what is known as Inner Child Work. There are many in this group who can aid you in this. You are ready and the voices will get clearer and clearer. And you will have so much joy, hearing and listening to what you wish to communicate to self. We are with you. Draw upon us for 5 consecutive days. Ask for the strands appropriate for this inner child work, then begin.

Group Member: *I have a very fearful feeling in the pit of my stomach and I have these feeling hot, like everyone else, even in an air conditioned room. And this has been recently. Is there any explanation for this?*

It is similar to what has been said, but not quite the same. You, too, are in a process of great expansion. Fear is coming in. Understand it is not fear of the external. It is the fear of being BIG. Of being so expanded. It is the fear of what will happen to my earthly life if I permit myself to become this energy giant.

You are fighting yourself, that is all. You have a similar problem to this child (indicating Sohrab). The moment expansion takes place on a deeper level, you panic and do all you can to bring it back to size. Once again expansion takes place and once again you pull yourself back to the smallness of earthly life.

No more. Allow yourself to bloom. It will happen. It simply needs a little adjustment on your own part. Revel in your bigness. Allow it to happen. You must go much further than you have already gone. Your connection is strong and secure, but you are now hiding behind the You must speak more from self and use them as a tool. You are bursting forward. You are full of knowledge, wisdom and truth, but you do not permit it to cross your lips. Take the help if you wish, of any from this group. Go forward. You will inflict physical damage on self if you do not permit this energy to flow.

(Thank you). Three months. And you will examine this day, and you will laugh at self. Three months.

Blessings and Joy!

GI: *May I say something? I just want to give you my gratitude, love, and hugs even though you all are gaseous and semi-liquids. I feel very connected to you, so thank you. And please paint with me.*

Draw upon the energies. They will come. Connect with our energies the instant the canvas is before you and do not start until you feel the vibrations in your soles and palms. In your case, the hara as well. Activate all three points and then proceed. That will be your test, whether the energies are complete within you, before you put them onto the canvas.

Sai Baba — Sai ka Pranam.

Sai Baba came and blessed all in the room and ended the meeting.