

15<sup>th</sup> June, 2006

■ UNKNOWN ENERGY

*Channelled by Sohrab*

## Exercises to Help Connect to Energies

Trance Channelling begins..

**GI:** Go deep within Mother Earth. Feel her love. She wishes to give us all a beautiful wash in her minerals & crystals so bathe yourselves in that. When you're ready, spiral out into space & build your column of light, in whichever way it comes to you; it could be fire or just energies or water. Spiral out & expand with this column. Connect with each other, over here, one column with the other. Now begin our chant, as if you are singing from that column.

■ Kindly continue the chant but this time, with an attempt to bring all those, in this room, to an equal level of balance & joy.

Thank you. Welcome friends! Blessings from the teacher! Yes. Some of you remember me. I have appeared from time to time to supervise this little classroom, to check upon my beautiful students, to see what they are up to. And your own energies, your growth, your meteoric rise has permitted me to enter this class, less & less. A great compliment to the entire group.

Today, none will be spared; each will have to work. You will not be permitted to sit back and listen.

(To Sarj) Friend, what was the difference in energies from the beginning to the second round of chanting?

**Sarj:** It wasn't merging into one pillar but then it became like a fountain and it went round and round and back and forth (..) In the beginning it was not merging because everybody had their own, I won't say fear, but something was stopping them. Then they merged; there was no stopping them.

■ Would you like to add to this?

**GI:** Not really because in my spectrum, all is one.

■ (laughing) A star pupil! Shall we give her 2 gold stars for that answer? Yes. There was a certain discordance of energies: nothing major; a little fear, a little confusion, feelings of being out-of-sync, which the moment an instruction was given, caused each one in this room, to joyously merge and create the fountain of energies, as you so described them. And once this link was formed, you had no choice but to be part of this.

(To Sh) What would you like to add?

**Sh:** I think, initially, people were hesitant. Some of us put in our all whereas others were hesitant but the moment the instruction was given, each one did join in. That added to the column of light.

Some of us put in our all." Is this a judgment? (laughter)

**Nand:** Not at all! I also felt, initially, it was separate pillars but as we chanted, it merged into one solid pillar

Wonderful! (To Ang) Let us have your perspective.

**Ang:** At the beginning, I felt there was some sort of merging happening but slowly, it sort of disintegrated. But when the instruction was given, it was just amazing because I saw one column of light going up and like you said, a fountain and this fountain sort of encompassed the whole of Mother Earth and then, the column of light went up even higher to make another fountain above the first one and it encompassed the whole Earth. And it kept on going, layer after layer.

Wonderful! Would anyone like to add to this? That is precisely what happened. When a group, such as this, places their focus upon a central energy (let us not even use the word 'column', let us say a central energy point), instantly, strands of energy that belong to you inherently and those that are being passed through you by your guides and Masters, reach critical alignment and link up in the center of the group.

The instant this linkage forms, an explosion takes place. When this explosion takes place, the energies re-merge into new patterns, new formations of sacred geometry and are re-absorbed by your physical and other bodies, where they are, once again, processed and taken to a higher level, passed into Mother Earth and once again, re-join the central column. And the process continues expanding, getting more and more vibrant, wider, stronger each time. This is how you generate a series of energetic waves that move outward in space and time and affect all around. This is the power of joint prayer, of joint focus, purpose, and intent.

Today, we wish to help you go through various energy exercises, for self, to learn how to better connect yourself with energies that you have so far, only been 'playing with':

Choose, for self, any one dear, departed friend, with who you wish to link. A request: do not make it a person with whom you had experienced great trauma. If you cannot think of such a person, open yourself up to the energies of a dear, dear friend who has not taken this incarnation with you, but is still connected with you and leave yourself open to these energies.

Take a moment and think of this person. Close your eyes. Just relax your physical body and enjoy your own personal vibration. Each individual has a unique vibration that belongs to

him or her. It is a combination of rhythms, energy, focus, internal music, cosmic sound, aroma, expanded light and joy.

Yes. There are some of you who are surprised at what you are feeling; you ARE that expanded. Continue to be in touch with your expanded self Breathe and expand further. Allow various points, on your physical body, to activate; do not question them. You may find various chakric points activating or you may find various random body parts activating. Allow it to take place. Focus upon any one particular area that feels activated, buzzing, vibrant and allow it to expand. Instantly you will find 2 or 3 other places, allow them to expand as well. Continue to vibrate your own energies, causing them to get finer, lighter, more vibrant, more colorful, more expanded. Activate the Higher Violet Flame that exists a few inches above your crown chakra. Feel it expand with light. Your entire physical body is now feeling lighter, more vibrant, more energetic and as this continues, allow your 12 body system, around the physical body, to also expand. Feel the core vibration, from within you, spreading outward through your 12 body system and out into the universe.

Come to a beautiful, relaxed state of expanded, open, joyous vibration. In this expanded state, now be aware of everything in the physical around you. Continue to stay expanded, feel the seat beneath you and the warmth your body generates, by sitting upon it. Hear the sound of the air-conditioner, in this room. Inhale the aromas and now be aware of the expanded state of all those around you. Sit, for a few minutes, in this completely conscious but expanded state.

Now simply visualize the dear departed friend you wish to experience today. You will start feeling vibrations taking place, in your physical body; often this will happen starting from the back of the neck but allow your own body to guide you and you will feel a merger of your energies with this dear friend. Permit this merger to take place. Visualize the friend, if you knew them in this incarnation, as they were. If you did not know them in physical form, allow them to show themselves to you, in any visual form that they choose.

Now allow this physical visualization to start dissolving and only feel them energetically. You will feel an expanded vibration within you. You will feel a beautiful lightness, a newness within yourself. You are merging with the energies of this loved one. Do not think of them, as you knew them, in earthly form. Allow them their highest vibrational form and now acknowledge this to your physical self. They are not as you knew them. See them, feel them, and experience them now in all their glory. A burst of vibrant energies, shapes, forms, colors, music, sound, aroma, however you wish.

Draw these beautiful expanded energies into your heart center. Speak to them internally. Tell them how you feel. Now open up your inner ears and listen to what they have to say to you; it may be in the form of words or feeling or emotion or light. Allow them to communicate, as they wish.

Now joyously release their energies out from your heart center and allow them to return to their own sphere, knowing that they are permanently connected with you. Gently keeping the expanded form that you all are in and return to full consciousness. Breathe. Return to full consciousness and yet, enjoy the connection

Now we take you to a slightly more difficult task. Think of someone whom you have great love and fondness for, who is in living form, on this Earth. Close your eyes and visualize that person, standing in front of you, as you know them. Mentally reach out from the **3rd** eye and touch the person; extend energy hands outward from your 3 eye and physically touch the person. As you are doing this, allow the physical form to vanish and once again, feel, see, experience the burst of energy, externally, that is this beloved person. Examine them. Breathe them in. Allow their energies to now caress you, over your physical body and as this happens, allow the merger to take place and internalize the energies of this beloved person.

As you are doing this, make sure you take the permission of the Higher Soul of this friend to merge energies. If you find permission is not given, joyously release these energies and call upon another friend but you will all find that the Higher Soul permission has been given. Merge with the energies of this beloved friend; feel the friend within you; feel a new energy structure, a new physicality, a new vibration that is not yours. You are now experiencing a merger with this joyous person. Enjoy it.

Speak to your friend, internally, and allow your friend to reply. Now you may joyously, once again, release the energies of this friend and thanking the Higher Soul, release them back into their own physicality. Gently, gently, keeping the expanded vibration of your own physical bodies, return to full consciousness. You may open your eyes when you are ready.

(To Farz) Dear one, you experienced a very powerful merger. Without going into any personal details, would you kindly share, with the group, some of your experiences?

**Farz:** I experienced Archangel Michael coming to me and feeling me. I could feel a tingling on my 3 eye, my eyes, my head, my legs and I needed to ask him a lot and he replied. Though I wanted to go back with him, I know he's got me here but I want to go back home with him. He refused. He said, "You've got lots to do here. I'm beside you all the time and I shall help you go on."

■ Be with (..)The connection, for this child, to a non-earthly being came through an earthly source. Would anyone else wish to share an experience? (To Nan) Speechless for once?

**Nan:** I just felt my expanded form and. I merged with this friend. It was very relaxed and very loving and very positive. I assumed this person and me were very connected.

■ Was anyone surprised by the energies that they connected with?

**Nin:** After 30 years I've thought about my grand mom. I don't know where she came from; I'd never thought about her; I'd never thought about her, I'd forgotten her and she was there with me today. Thank you.

■ Are you aware of how powerful the energies are now? So different to the earthly form. This experience was given so that you can now teach others and yourself, how to connect more fully to anyone or anything, It is best to always ask for permission but understand

within yourself that if the person or entity does not wish you to connect with the energies, at this given instant of time, it will not occur. Do not take this as a personal slight. It may simply be that the Higher Soul of the person or indeed your own Higher Soul is aware that for your level of growth, at this instant, it is not appropriate for you to connect with those energies. They, in fact, may be lower than your energies and drag yours down and your own Higher Self may be preventing this from happening. Do not judge on an earthly level, wondering why the beloved *one* is not coming through to you. Go beyond that.

(To Narg) We now would like to ask you, dear friend, if you would volunteer for a little demonstration. We choose her, not because she is special but because her energies are very 'supple'; just as physically some of you are more supple than others, her energies externally show themselves to you easier than most in this room. A perfect guinea-pig!

We ask all of you, in this room, to simply observe her as we walk her through a small exercise. Use your own intuition at all times; physically watch her, use your inner eye and check out expansions, color, light, vibration, anything that strikes you. Do not limit yourself by what you already know. Continue to observe, feel and watch her as we take her through a short exercise.

Beloved friend, go within. You are already in a state of beautiful expansion; simply reaffirm this for self. Breathe and expand your light, outward in all directions.

For those in the room who are observing her, at moments close your eyes, at other moments open them and watch, feel, see, experience what you will.

Continue to expand your energies, dear friend. We will instruct you, specifically, to draw upon one energy after another and you will take it into your physical and you will allow your physical to continue to expand, as it wishes. Yes, you are nice and balanced and expanded right now. Draw now upon the energies of any Master of your choice. Fill with this energy and consciously push it outward. Continue to expand with this brilliant, vibrant light.

Now keeping this light merged with your own, draw upon the energies, the serenity and the peace of Lord Buddha. Allow the energy patterns to change; there is a different vibration now within you. It is a merged vibration of your own energy, the Master and the serenity of Lord Buddha.

Now, from deep in the core of Mother Earth, draw up one powerful ray of light and allow it to fill your physical; it is merging with the other Master energies and your own. Now, you will draw, within yourself, any vibrant energy of your choice.

Now you will consciously permit all the energies to slowly expand and leave your physical body and you will hold only your pure energies. Continue to release the other energies; they are still in you. You are still holding other energies, dear friend, joyously and easily, release them, holding only your own pure energies. Now it has happened. Just be you. Keeping this beautiful expansion, gently come back to full consciousness. Take a few minutes to settle and then you may return to your seat. Thank you.

Would anyone like to make an observation?

**Ang:** She had a golden head dress. I realized she had solid golden balls in her hand. There were 3 of them and she was juggling them and creating a spiral in the middle of the juggle, which was slowly looking like a worm hole. There were 4 main stages: this was the first one. The second one, she suddenly lost all physical form. She was the nothingness. The 3rd stage was when the energies imploded and there were energies of all sorts, everywhere and finally, in the 4 stage, I found she became a little dot of golden light. It was beautiful.

How does it feel being so transparent?

**Narg:** Amazing.

How did you feel, dear one?

**Narg:** I felt a change in my vibrations. The Master I thought of was St. Germain and so I was exuding purple and gold. When the Gautama's energy came, I felt the best; really beautiful and very still and very wise. And then, it was Meher Baba who was laughing inside me. I didn't want to let go any of them. That's how it was.

Do you see how easy it is, for each of you, to connect with any Master or energy of your choice? Why must you wait for a formal invitation? When you, for example, are feeling low, emotionally upset, depressed, choose an energy of your choice and bathe in it, become that energy; your mood must change. This does not mean that you do not deal with the issues that arise due to the pain, depression or whatever experience you are undertaking. It simply equips you better to take you to an expanded state of being so that you can better view the issues.

Any question?

**Sh:** May I ask a question? I've been told that to be able to go into full channel form, there are 9 levels that you need to connect with. How do you do that?

Your training is going as it should Do not get caught in technicalities. Once again, you will drag yourself down into the mire of intellectual aspects of channeling. Let it happen, bit by bit. In fact, your over enthusiasm is often dragged down by your own fears and confusion. Strive to come to a balance between the two; your own internal energies will open up and you will find the channeling as you call it happening naturally and easily. Do not attempt, at this point, to put yourself under pressure to have to speak for an endless amount of time. Make an affirmation that you will speak only as much as you need to, this may be 2 to 3 minutes. The instant the pressure is taken off you, the energies will flow. You may take this session, with this child,, with a specific request to work upon this. It will be shown to you.

Blessings from the Teacher