

29<sup>th</sup> June, 2006  
THE SERAPIS BEY  
*Channelled by Sohrab*

## Living your daily life in awareness

Trance Channelling begins..

**Serapis Bey:** Greetings! Today we will discuss aspects of your domestic *lives*, and we will start with one small section of your day: the time you use to pray. You witnessed, and have witnessed in the past, how each meeting is started with a small chant or prayer. This is done for several reasons: first and foremost. it is done to bring you, yourselves, into alignment and attunement with the energies that are about to be emitted through the channel. If you are in complete disarray, you are unable to access these energies and, in your terminology, 'nothing happens for you'.

The words mean nothing, the energies mean nothing and you go home and say "Why did I waste my time?" And you always look outward and don't look within yourself and your own energy structure. Sometimes, even the most boring' of sessions, be its channeling or be it any form of entertainment, has a strand of energy that is particular to you and will enhance your growth, even without your knowing it. Sometimes, that particular strand takes but a few seconds to enter your physical body and yes, then you will be correct in saying the rest of the 2 hours 'mean nothing to me'; they did mean nothing to you; you were there for that particular strand. Sometimes, the strand comes in the form of words: one word, phrase or sentence that resonates within you and triggers off a response from within. You have all had that experience.

At other times, the strand comes from actual physical energy and you just leave feeling lighter, more expanded, \_\_ more vibrant, your mood has changed and you just feel good about yourself. At yet other times, the strand comes and adjusts a small aspect of your own systems: a belief, an attitude, *an* inclination, a desire, a thought pattern and you leave after those 2 hours with just that small adjustment. once again, feeling more relieved, expanded, enlightened.

Now let us speak of the actual vibration caused when you pray at home. As you witnessed and as has been explained, the first function is for YOU. In a meeting such as this, the second function is for the medium himself; it is to help align him with YOUR individual energies and the entities that are going to pass through him. Strands are being brought into focus. You witnessed, right here, right now, how when you began chanting your Om and your chant (Om Mani Padme Hum), the physical change that happened, in this child, as he was able to access these energies. You also witnessed him seemingly expand, waver, collapse, and expand again. Why was that?

**Nan:** He was taking the vibration?

**Serapis Bey:** What happened, in between, when he seemed to 'deflate'? Would you (GI) like to answer that?

**GI:** He needs time to assimilate the energies within him, so probably like the electrical surges. the energy surges go down for a while. and then they go up again to another level.

**Serapis Bey:** That is partially correct. Would anyone else like to add anything?

**Sarj:(..)**

**Serapis Bey:** All this was happening and more. When you collectively began chanting, here and now (and we speak of the here and now), a circuit was formed between each person here and the channel. The circuit, at first, was weak. The strength comes, not from your ability to sing or chant in tune, but from your inner intent. You can be completely off-key and can be completely connected at the same time. There were wavering in the internal intent, from some in this room, Now do you pick it up?

**Nan:** Yes.

**Serapis Bey:** What did you feel?

**Nan:** I was feeling completely imbalanced.

**Serapis Bey:** And it takes one person, who is in imbalance, to cause a depletion in the energy circuits; just one.

**Nan:** Oh! Sorry!!!

**Serapis Bey:** No. Do you think you did that yourself? You did not; it was provoked and it was provoked not just from you but from several others in this room. quite deliberately.

Let us continue: Then the energies comes to a point in the center of the group and are directed into the channel. He takes them in through the gut and pushes them out through the crown chakra, into the universe, where they once again put out a beacon, a call to the Masters' energies out there, saying, "We are one. We are ready to receive your light and instructions" and depending on the frequency that is put out, the appropriate energies are drawn back through the same beam, into the channel and are then disseminated into each individual in the room.

Then, as you receive a fragment of information, the energies in your bodies start to vibrate at a higher level and you push energies back, once again through the channel and up into the universe, further strengthening the beam. And this process continues and it gets faster and faster and faster, stronger and stronger and stronger till the group is functioning as one expanded mass of light. This is how prayer works for you, even when you are alone in a, room. You then become your own channel and you form a circuit, up and down, up and

down, that vibrates quicker and quicker and quicker and raises you to a new level of consciousness.

So now when you pray, in future, understand what you are doing and do it joyously FOR SELF. You are doing it to raise your vibrations to a new level and in doing so; you are coming closer and closer to the Godhead. God does not need your shout. You need to raise your vibration to get more and more refined, to vibrate at a higher and higher and a vaster frequency. And that is all you are doing. And each time you come to that expanded level of frequency, you stay there. for an extended period of time, till such times as you choose to crash your own energies by getting caught up in domestic issues and then down come crashing these energies and once again, you repeat the process and raise them up.

Now let us take this issue one step further. Do prayers help the dear departed friends? Of course they do! Of course they do! Just as you witnessed, here and now, how this child was able to use your energies and go within himself, form the connection for you and vibrate at this expanded rate you are now witnessing, so does it work with all those on the other side: those in spirit form and of course, those in every other form, including the physical.

When you focus your intent upon, for example, a dear departed friend and you chant a prayer, a specific vibration is created between you and that person and it continues to move exactly as you have just seen, up and down between you and this person, till an extremely powerful beam is created. Those in spirit form do not need your words at all; they need your vibration and your intent. Do you know that you could pray fully, CHANTING A NURSERY RHYME? It would not matter what the words were: you could use, what you term, swear words but if your intent was pure and your connection full, those series of swear words would be the most glorious vibration for the soul you are directing them to. Do not get caught in the trappings of the 3rd dimensional mind. Chant whatever you wish. Do it with intent, focus and joy.

**Silla:** Is it necessary to voice the words? Can we think them?

**Serapis Bey:** Of course you can think but remember, you are existing in a 3rd dimensional world. In this 3 dimensional world, a very powerful vibration is created through the spoken word. It has a power that you can generate and use for the prayer. Yes, you may chant in your head; you may pray joyously and of course the connection is as strong but when you chant aloud, because you exist in this world, you are riding upon other waves that are created upon this planet, you are riding upon emanations from within the very core of this Mother earth and all those serve to magnify the vibrations you are outpouring and therefore, they do stimulate the dear departed one more than a simple thought. If, however, you have reached a level of internal vibration, as many of your own holy men and swamis and say have, one word of Om, used only mentally, would be as strong as an hour of chanted prayer. It depends on inner vibration of the human. For most of you, yes, the vocal prayer is more powerful.

**Nan:** I'm very confused about the word intent' so could you please elaborate more on this word.

**Serapis Bey:** Thank you. Are we permitted to use scientific terms? She (Sh) will run away!!!

**Sh:** That's OK. I'm handling it now.

**Nan:** I would like a little bit of a scientific explanation.

**Serapis Bey:** We will speak today of Intent, consciousness and awareness and we will begin by asking anyone of you how you carry out an average day. Describe your procedures, from morning to night. Let us have your (Sh) input on it.

**Sh:** I don't do much.

**Serapis Bey:** Describe it; action to action, moment to moment. You wake up. You wash your face...

**Sh:** I shower. I do my energy work. And then I read, talk on the phone, go out, listen to music.

**Serapis Bey:** On an average day, would you say that you live your average day in consciousness?

**Sh:** Yes.

**Serapis Bey:** Do most people agree that they live their average day in consciousness?

**Nan:** Try to. Not all the time.

**Serapis Bey:** Now they're getting scared!

**Group Member:** Some of the time.

**Serapis Bey:** A very political answer.

**Group Member:** 60%/40%

**Serapis Bey:** We now have mathematical percentages,! Let us explain an average day in the life of Mr. or Miss or Mrs. Anyone and explain how it would be if you lived in full consciousness. Let us use the feminine form, as that is in predominance at this session.

Mrs. Anyone would awaken and she would lie on her bed and the instant she came into consciousness, she would connect with all the Masters friends and guides whom she just has left and she would joyously thank them for consciousness existence, 3 dimensional awareness and the various tasks that are ahead of her, not only for the day but for the rest of her existence in this world, She would simultaneously welcome all areas of growth: illnesses, pain, disillusionment, unrest and she would see these only as learning processes.

**Nan:** (laughing) So off!

**Serapis Bey:** Then she would gently step out of her bed and the instant her feet touched the floor, she would be conscious of energies surging through her physical body, through Mother Earth. She would instantly be connected with every pulsating aspect of the Divine Mother and she would feel only greatness, oneness, unity, joy, expansion. She would be aware, at that instant, aware and conscious of all Earth movements that are taking place at that instant. She would instantly sense volcanoes, movements, earthquakes, rain, sun and she would joyously see it as a vast tapestry for growth, expansion and development

There would not be an instant of judgment. She would not feel hot or cold; she would just feel energy. As she moves through her room, she would scan and feel and sense every single bit of energy around her. Perhaps there is a sleeping form on the bed next to her; she would be in complete joy for that form. She would also be in awareness of all other spirits and members who inhabit the room. (You are never alone, even when you think you *are!*)

And as she walks through her bedroom to the bathroom, she would be aware of the spirit of the house, of the energy of the walls. She would start to re-awaken her senses to her own home and its joys. Then she would turn the tap on, plunge her hand into water and feel complete oneness with this magnificent element that is coursing over her hands and face. She would experience the molecules in the water, refreshing and hydrating her skin. She would feel all illnesses, diseases and dirt being removed and she would visualize herself in her most pristine form. The instant the connection is made to the water element, she would instantly be aware of all other elements as well, not only externally but within her own physical body and at that instant, she would bring herself into perfect physical shape, emotional shape, and a disease-free state.

Do you see how much awareness takes place in the first one minute of the waking form? Let us not even proceed out of her bathroom and through her daily existence. And she (indicating a Group Member) claims she lives in consciousness, awareness!!

**Sh:** It's 1 to 99.

**Serapis Bey:** Awareness, in general, is a state of just being aware of all around you. It is the first leap in the spiritual formation of growth. Consciousness is much more and many cannot even touch awareness.

**GI:** Is this what they call the DNA: the Divine Natural Awareness?

**Serapis Bey:** Yes. Now do you understand it? It is actually coded into your system. It is not something we, as Masters, ask you to assume; it is not something unreachable. It's coded into your very genetic structure. It is your natural form. Disease is not natural. Perfect health, alignment, balance, emotional stability is natural to you. And yes, as a 3 dimensional friend, you must move away and explore the I AM NOT. You must, it is part of your plan but the plan includes returning and moving and returning and moving and returning and too often, you forget to return.

Before we proceed any further, are there any questions?

**Silla:** As age progresses, do things change?

**Serapis Bey:** In what way, dear friend? What aspect do you wish to discuss?

**Silla:** Does one move away and come back as quickly and easily as you do when you are young?

**Serapis Bey:** Physical age is used by you as a yardstick to growing older and therefore, wiser. It is not necessarily the case. Generally, as a human moves through physical time (and we speak of physical time because you have created it on your Earth planet); as you move through physical time, you add experiences to your earthly consciousness. Because you are adding experience after experience after experience to your earthly consciousness, what you are simply doing is remembering more and more and more of your expanded state; it could happen simultaneously. It is because you live in an age where you progress from youth to adulthood that you see it in a linear format and therefore, by your yardstick, yes, as experiences are added on to your consciousness, you do grow wiser as you grow older. Generally, yes but the instant you change this focus and understand that time has no meaning and all consciousness is there for you, at any given instant, you are wise beyond your years, to use your \_expression, instantly, instantly.

We said we would speak further on domestic aspects. We have touched upon consciousness and awareness and we expect you understand how this could carry on through your physical day, if you so truly wish. Now let us talk, very briefly, about your physical interactions with those in the house.

Once again, as you witnessed here today, the instant you move through your home, your house, your own space, every single day. you are re-creating new energy grids with all those around you. You may say, "Does it change every day? Surely there is a constant grid between me and my husband?" Yes. There are 'basic' pathways created between you and your husband, you and your children, you and your domestic staff, you and your animals (oh yes. It is there) but every single day, depending on your internal vibration and balance and of course the vibration and balance of the other person, you are re-creating new structures.

So if two people are completely out of balance and come together, the structure is extremely vibrant; vibrant not in a positive sense, vibrant in complete discord. We will explain this, showing you how it works.

If you are in perfect alignment, your energies would move, for example, this way and if the other person was in similar alignment, they would joyously move together and they would mesh.(Sohrab indicated this by spreading out the fingers of both hands and gently interlocking them) There is complete oneness, complete understanding, complete concord between the two beings, where you merge to a degree, where you feel you have similar beliefs, ideas, cultural upbringing, background. You understand one another and yet you know you are still individuals.

On the day that both people are out of balance, say these energies are vibrating this way and these energies are vibrating this way, there can be no meeting and there is constant attraction and clash. (He spread out all his fingers and vibrated both hands very rapidly) Heed every single phrase in your English language: 'a clash of personality', 'prickly people'. Energies!

Now what happens when one is in complete balance and the other is discordant? The stronger wins. If the person in complete balance is powerful and is able to maintain this power in the face of opposition, the one who is discordant will slowly join and start merging and reducing their discordance. It may not stop and join completely but on that particular day, you will be able to reduce their discordance to a great degree but in doing so. you can see that your own balance is being shaken to a small degree. Retract, balance again and once again extend yourself.

If, on the other hand, you permit the other to join you and you are weak within yourself or tempted, you begin to move at the same rate. Remember energies always want and desire to move at the same rate so inherently, when someone vibrant comes near you and you are balanced, if you are not totally convinced of where you wish to be, you automatically wish to join them. Have you not noticed a fight on the street among 2 drivers? One often is calm and the other is vocal and slowly both become extremely vocal and sometimes, physical. It is simply because one energy is causing the other to be the same vibration.

This is where the presence of an animal in the house often has great power. They do not play the game with you as easily as other humans do. in general, in general, their vibrations are completely focused and centered and they help calm you down, on an energy level. This is why it is often that children are raised with animals and that is encouraged. This is why those who have, what you term, mental instability and disturbances can often benefit from the unwavering focus of an animal. Of course, there are high-strung animals as well but we speak generally.

So now you have seen what you put out when you first enter your house, in the morning, from your bedroom. Let us jump and now move to the kitchen. For those of you who are involved with active preparation of food for the house, be aware, **FOOD IS HIGHLY SENSITIVE**. The energies of food do not function like human energies. They do not deliberately incite another. They are like sponges and they will vibrate with whatever you place within them. That is why it is said: cook with love. It is not an old wives' tale.

Food energies respond instantly to yours and remember, they cannot be fooled. If you put on an external facade of calmness and are boiling within, the food will boil with your emotions and you will pass it on to those who eat it. Food is a magnificent conductor of energies. Please do not disregard this warning: food is a magnificent conductor of energies and food energies have no mind'; they do not discriminate between good and bad, powerful and weak energies; they absorb and transmit, that is all.

Many Indian households have the system of disposing the food and not keeping it overnight, as leftovers. There is a specific reason for this. When food is left overnight in your refrigerator, the energies sometimes dissipate and it picks up electrical vibrations from

within your instrument, which may be disharmonious to your structure, depending on when you next eat it. This does not mean that you need to now throw out all food that you keep overnight, oh no. Just be aware that when you have stored food for a certain period of time, it is always best to re-energize it for, just a few seconds, before you serve it and you restore to it, instantly, its power and nourishment.

Questions!

**Nan:** If we have a servant who is not in balance and doesn't cook in love, what do you do to the food?

**Serapis Bey:** Then you are in trouble! This is why it is extremely important to be connected with your domestic staff, energetically connected. Listen to them. Treat them as members of your house. We do not say this only so that you can have safe food; we say this because it is extremely vital for your own growth as well: to see them as humans and many do not, many do not. Of course you cannot control their every little internal emotional aspect and therefore, it is always best, after the food has been prepared by a domestic friend, to re-energize it either before you serve it or ingest it. How? You have been taught this before.

Find your own method. Sometimes it is very easy to simply place your hands over it and pass your love and light into the food. Pass your joy into the food, visualize all those who are about to eat it and feel only joy and gladness for the unity this food is creating; that is all; it takes but a few moments.

**Nan:** When you do kirtan and song and we're calling out to the Master, does the Master come?

**Serapis Bey:** Always! Always! We have spoken of this before and we will speak of it again. Whenever you attend any session, be it a meeting such as this, be it a kirtan, be it anything, if you call upon any Master or entity, you are instantly carrying that strand with you and within you. Visualize it, if you wish, in earthly terms, as if you are holding a balloon on a string.

If you call for the Sal Baba energy, the string is instantly anchored in your Crown Chakra and the Sal floats — joyously above you. Then you attend the meeting like this and now, right now, right here, each one of you is carrying between 40 and 80 strands of energy. *You* do not even know this consciously. The strands that you carry are then instantly linked with the medium and then he carries all these strands that you hold as well as those that are being given by his Masters and guides.

Are you now beginning to understand better what we explained at the inception, about the energies going through and coming back? This is it! So whether it is a session or whether you are all alone, the instant you call upon a Master even if it is with a single thought (it does not require an hour of meditation), the Master's strand is anchored within you.

**Nan:** Intent!



**Serapis Bey:** What is intent?

**Nan:** A focused thought. But doubt and fear come in sometimes.

**Serapis Bey:** Reaching awareness, going then to consciousness, which is a vaster aspect. Awareness is just being aware. Right now, all of you are aware that this room feels good: you are listening to some interesting information, you are with others who are like-minded; you are aware of how your bodies are feeling right now to a certain degree (not fully aware but to a certain degree), you are aware of the rain, of the sound of this machine; you are aware of the atmosphere and the light.

Now move to consciousness. Consciousness is the inner silence where you are beyond awareness. You begin to pick up aspects much more than the senses, You are conscious, for example, if you are linking with one particular person; you begin to get conscious of who they are, what their essence contains. This is not sneaking into their life, as some people think; this is a joyous expanded form of seeing them far beyond their physical form and physical foibles. It is seeing them in complete vastness and then going beyond seeing them and just being them. Consciousness is MERGING YOUR ESSENCE WITH ANOTHER'S. You are then fully conscious and it is from full consciousness that you can form intent.

Intent is focusing consciousness and creating what you deem necessary. That is why intent never works when you are not fully expanded, You cannot sit here and just intent for something to happen. Be consciousness and then do it.

All of you have spent many sessions flirting with words; now be them. Understand from within, not from the spoken word. More than this we will not say; you must now experience it.

**GI:** is there a connection between intent and belief?

**Serapis Bey:** Of yes! Oh yes!

**GI:** (..) things you believe in guides your intent.

**Serapis Bey:** Belief emphasizes, in a 3 dimensional world. It is the confines under which you function. To exist, in a dimensional existence, you must have a belief system, a structure. If you did not have the structure, you would not be able to exist. And it is from this belief system that you can expand to consciousness. Intend something to happen and then experience the outcome. Then you re-experience the outcome that automatically changes, to a certain degree, your belief system and you proceed to grow in this manner.

Let us give you a very practical example. Mrs. Anyone believes very strongly that her child must be married soon because her belief structure is: if my child reaches the age of 22 and she is not married, it will be devastating. Families will not accept her: something is wrong with her, something is wrong with us, etc etc. A very common belief structure.

She is able to expand, reach consciousness and intend this to happen. Let us assume that this dovetails with her child's blueprint as well and the event occurs.

Now let us assume that the couple begins to have major problems, and this marriage ends in a divorce. Her daughter attacks her verbally for having forced this situation upon her.

Mrs. Anyone may now begin to question her belief system. "I was so certain this was required. They seemed so happy together. What went wrong?"

What did I do wrong?" Then the games begin: self-blame, victimization, etc. and she now forms a new belief system and proceeds from there

**Gl:** I feel that their belief is like a platform or cornerstone for them.

**Serapis Bey:** Absolutely! But without the diving board how will you plunge into the water?

**Sh:** Some of us have made that intent to remove blocks or intend for you to be within us. What is happening with that?

**Serapis Bey:** Are you asking for validation?

**Sh:** Completely!

**Serapis Bey:** At least she's honest. In your case, approximately 73% of the time, you are genuinely working with the energy you have called upon. The rest of the time, you are either releasing it unconsciously or you are deluding yourself. Now, be aware this 73%, in your case, is a very high level. You have the ability to push it further. Take it further,

How? Sorry if I'm asking for more validation.

This is not validation. How have you been working with this particular energy?

**Sh:** Just call upon you and I make the intent that all blocks are being released.

**Serapis Bey:** We will speak to you of you particularly. Understand we are not speaking of the others in this room. This one is calling upon a certain energy, specifically for a task. Yes, you are assimilating. Yes, you are shattering blocks. Yes, you are using our energies but self-doubt is still creeping in and the instant self-doubt creeps in, you release all the energies back into the ether. Then you spend a small period of time running like a headless chicken and then once again, you call back the energies and start the process again. Are you aware of this? This is happening twice to thrice per day. Now do not berate yourself. Be joyous that you know it. Change it. You will still do but do it for shorter and shorter periods.

**Sh:** What's happening internally? I'm not feeling quite myself. Is that anything to do with this? *The energy pulls out of Sohrab.*

**Serapis Bey:** Sh, the Serapis Bey energies have been removed from me and put into you. You are to close the meeting .1 will walk you through it.

(Sh spends a few minutes connecting with the energies)

**Sh:** I just want to give the group energies. I don't wish to speak. I'm holding the energies of the Master, Serapis Bey. These energies are going into each one here. The Higher Selves of each one here have invited this energy within and certain blocks will be released, extremely gently, so do not fear.

Welcome these energies. Embrace them as they embrace you. They will cause you no harm so there is to be no fear. These energies will remain with you for as long as you wish to hold onto them. It is not necessary for you to make the intent; it is your Higher Self who will make the intent. Thank these energies. Invite them again. They are gentle. They are loving. They will help you in your release.

**Sohrab:** Thank you, Sh. You did exactly what you were meant to do. Sarj, can you tell me, by focusing on Sh, approximately what percentage she got to?

**Sarj:** 40%

And you felt 40% was what?

**Sarj:** Of her energy. And it wasn't full 60%; there was something in between.

Can you explain this? Describe it in your words. What are you picking up?

**Sarj:** I felt her Master was very much there with her. I felt her Master was 60% and Sh was 40%.

Did anyone pick up anything different?

**Nan:** The Master was 75% but I found there was hesitancy also. I picked up that much.

**GI:** There was a little hesitancy initially but then she (..)

Sh, these percentages are being thrown at you from external sources so you understand the process better. It's exactly what happened. Percentage is not important. When you were asked to link, you froze, as is your pattern. We understand that and it's more difficult in a group, when you don't know everyone; you're not comfortable. Then, what you did was (I'm talking about energetically) you started see-sawing. You brought his energies in. you accepted them in because you have been using them so thoroughly, it's very easy for you to do that. And then you started tilting the balance yourself so you push yourself up, push him up; that's why 40/60, 75; if I'd asked 5 people they would have all given different figures because at different points, they picked up this balance. The moment you said, "I don't want to speak. I'm going to pass energies" instantly you came into 50/50 balance and then you saw how you spoke so easily.

**Sh:** Yes. It was fear of speaking. The moment I said I wasn't going to speak, I did.

**Sohrab:** And you were meant to speak exactly this way; you were meant to send energies to us and explain to us what you were doing. That's all you had to do and you did it. This is how you will right your own balances now. You will be aware of the fear. It will wobble when it comes into you and you will bring it into balance and then continue.