

25th January, 2007
THE ARCHANGEL MICHAEL
Channeled by Sohrab Ardeshir

Clearing Emotional Debris The Process of Creation Free Will

Trance Channeling begins

The Archangel: Can you feel the emotional debris in the room? (to Gool) Do not say that you do not feel it!

Group Member: *You know the answer, I can never feel.*

The Archangel: We cannot proceed till you work.

Group Member: *Therefore I asked for joyous breath, expansion, linking with one another, so we form a circle of love, togetherness.*

The Archangel: Prevarication.....you have not answered!

Group Member: *Emotional debris is going to be there every time in everyone.*

The Archangel: Of course, do you find it particularly high today?

Group Member: *(inaudible)*

The Archangel: Would anyone else like to comment?

Group Member: *I am feeling a little heaviness. I don't know whether it is mine or the room's.*

The Archangel: Oh, it's yours.

Group Member: *Thanks.*

The Archangel: Today we are going to work with cleansing of emotional debris, something all of you are familiar with, considering the huge bags and packages of energy that you have brought in with you, through this door.

Generally an energy shield is set up at the doorway and most of the debris is kept out, for the duration of the meeting, which you are free to pick up again, if you so choose! Today the shield was not installed; we needed this to help you work with it. Is there anyone here who feels she is not carrying baggage today?

Group Member: *Can I say something? Every time I drop the emotional baggage outside. Today was one day when I didn't bother even to drop it and I just walked in.*

The Archangel: Even if you had tried to, out of habit, it would not have happened! See how you were made to forget?

You are all aware that 2007 is the year of Self Empowerment, and what better way to begin, than by taking responsibility for the baggage you carry and by working with self, for self, and on self to start to rid yourself of this.

Let us first understand a little about what you call emotional baggage, before we proceed with methodology. We are going to examine your cells, not from a scientific point of view but from an energetic point of view through the ages, to understand why you carry the baggage.

Has that ever crossed your mind? Why do I carry or attract emotional baggage? Let us understand this. Let us take each one of you, as an individual cell, after what you call the 'Big Bang'. When physical creation started, the initial cells of all creatures (be they humanoid or otherwise), were in simple sacred geometry. The DNA, as you term it today, was far simpler and purer in its essence.

The DNA around the universe then decidedly to collectively increase its vibration and become more and more sentient. Do you now understand how you cannot blame the energy out there, 'The God', for everything you have become? You have drawn it to yourself. There is no great force out there, guiding you and pushing you in any particular direction. You guide and push yourselves collectively.

The structure that was initially created, wished to develop, grow, expand and become a more complex. This structure, in a collective form then, chose to form different incarnations to experience – Self. Slowly the planets started to become inhabited by animals. Yes, your forefathers, other creatures, other objects such as rock, stones, water, air, fire, yes, this was all part of your genetic evolution. You are a descendant of air, water, earth and fire.

As solidification took place in your cellular structure, (and remember we are talking from an energy point of view), the cells then found, particularly during what you term the age of the dinosaurs, that they were becoming too dense and that they were not growing in the way they wished to. So once again, a 'step up' of energy was called

upon, through the various planets and other celestial bodies; and slowly life started to form as you are today, in the form of your forefathers, the cavemen.

As they explored their senses, as they started to work with fire and the wheel, and other such objects, there was rapid growth for them, but different aspects of the cells chose to grow at different rates, depending on where they were. For example, the Earth growth pattern is totally different to the growth pattern of other beings on other planets. Some chose to accelerate at a much faster rate, others chose to go to a smoother and more imbibing fashion. Earth was one of the smoothest paths. Then once again, the cells found themselves in imbalance. Certain cultures had grown, others had not. A sharing then was demanded by the cells.

Some of your Universal friends, who were simply on a greater rate of accelerated growth than you were, chose to communicate with Earth and start implanting their energies here, which enabled your cavemen the opportunity to grow faster. Do you see how simple this is? A delicate matter of balance, being formed in the universe...and yet you continually deny the existence of extra – terrestrials.

Growth started to accelerate on Earth. You eventually reached a peak in these areas of civilization, Atlantis, Lemuria, Mu, and other such places. With the introduction of the crystalline power, which did come from other parts of the universe, earth reached a critical mass of energy vibration in the cells.

Acceleration took place, energetically too soon, too fast. Suddenly so much energy, vibration, force, knowledge, understanding and power was within the human cellular structure and it had to once again reach a balance and so the genetic code of the humans, who existed at that time, chose destruction. They chose to destroy the individuated selves. Once again a balance emerged. (Please understand, when we point out times in history, we are of course skipping many, many important eras, we are simply pointing out relevant periods.)

A greater balance was eventually reached in areas of Ancient India – Mohenjodaru, Harappa, where the consciousness of the people was perhaps the most vibrant and balanced that they had ever been on your Earth planet. Other similar pockets were the civilizations of the Ancient Incas and the Ancient Egyptians.

Balance was finally gained and for a certain period, the cellular energies flowed free, balancing all they came in contact with, and influencing all other aspects on earth that were of a different vibration. And then once again came the desire to change, to re-experience. And this time, they were not choosing to re-experience balance, they were choosing to re-experience imbalance.

Strange, is it not? And yet that is what was collectively chosen, and so you had periods in history of great imbalance, such as the Middle Ages, and the holy Inquisition.

Through this terrible imbalance, through sheer experience, came a new level of energy evolution.

Now, moving on to the current day, the cellular structure once again (from an energetic point of view) has to have a memory of everything you have been through. There are parts of the Atlantean Crystals within the structure, in your body today. There are parts of the violence of the Crusades, in your structure today. There are parts of the Joy of the Expanded Energies of our Universal Friends in your structure today, etc, etc, etc.

Each of these aspects, which make you uniquely who you are, also have a 'magnetic attraction' that draws to them like energies, and that is why in your consciousness today, even though you maybe a peace loving human being, there are times when you feel violent. There are times when you feel furious and you want to hit or kill. There are times when you want to expand and grow. There are times when you want to teach and nurture. There are times when you want to explore and discover. They are simply your own energetic cell structure, drawing to itself like energies that are surrounding it. These actually account for your various moods.

Now, when your structure has an imbalance or predominance of one over the other, that is when you go into areas of danger. Your modern-day psychopath, in energetic terms, simply has an excessive predominance of, perhaps, aspects of the Crusades or the Inquisition. He cannot truly help himself as that is an energetic predominance within his structure and he must therefore respond to it. Does this mean that he cannot change? Of course not. He can always grow and change if he so chooses, his power and free will can overcome this, and that is an aspect of Self Empowerment.

All of you have individual propensities, some are prone to depression, others may be prone to anger, to violence, to irritability, to physical malfunction etc, etc, etc... These are all part of your genetic structure that you have created and now you have the right and the ability to change them if you so choose. Before we proceed any further, do you wish to question what has just been said?

Group Member: *Taliban take place something like at the Middle Ages. It is still happening.*

The Archangel: Of course, my dear, it is as simple as 'like attracts like', why are you, today, are a group that has dedicated themselves to growth and change must attract others like them, and as you grow stronger you attract , through the force of energy within the cell, others who are attracted by your cellular structure, why is it that when you are at a party, where you know no one, you will find yourself talking to one person – you are recognizing the energy in her cellular structure and she is recognizing yours and there is a bond, but as always there us a choice whether you take that bond further or severe it at that point.

It is simple. And these groups must, for the growth of others as well as themselves, their force, their power, and their strength, be it what you term negative, always serves to remind those who come in contact with them, of their own power that could tend forward this direction and gives them the joyous opportunity to choose. Do I go this route or this? See how beautifully the Taliban, has affected every single one of you, who have never met them , through the medium of television and your newspapers? They stretch their energies out, and they touch you and you have the choice to respond or not. What a great service they have done for you.

Group Member: *Its only when you connect , I don't connect to the Taliban.....*

The Archangel: The instant they are in your consciousness you have connected with them, the fact that you are aware of this means, you are connected.

Group Member: *That means you are connected to everything.*

The Archangel:: Of course, and in this case, it is connected to your direct consciousness, as well as your Higher Energy levels, but there are many, many wonderful beings out there to whom you are connected, without being conscious of it. It is through the growth in these meetings that you have understood your connection with the great masters and great extra- terrestrials, but do you think you were not connected with them before? Of course you were, but you had no conscious knowledge of it, but your cellular structure desired you to have a consciousness of it, therefore you drew to yourself a group, who would explain this to you consciously. Had it not been a group, you would have picked up a book, which would have explained it to you consciously.

Group Member: *I want to know is Humankind on the threshold of a quantum leap?*

The Archangel: It has begun.....

Group Member: *Can you explain the process of it?*

The Archangel: We will explain this extremely briefly as this is not the thrust of today's session but since you have asked, we will gladly share this.

There has now been a vaster genetic move from the cellular structure, not only on Earth , but with many, many, friends around the universe , a collective leap, a quantum leap, which is required for all. This particular phase of growth is not earth related, but universally related. Earth is simply one of the cogs in the wheel. Therefore your growth has already shifted, changed and magnified, but your rate of resistance is much greater on earth than it is among your neighboring friends. But see the beauty in this: they will move faster, their energies will then affect yours, which will then speed up your slower movement. Your 'resistance' will serve to remind them of their areas

that need to be addressed, which perhaps they are not looking at. Each must affect the other!

Group Member: *Yesterday, there was a program on TV, you know the one that has begun called "Heroes" different things that are happening now all over the world, to ordinary people, extraordinary powers and after what you said, it comes to me "Everything is exactly as it should be"*

The Archangel: You may now wonder, if there is a collective decision to move and grow, how individuals grow at different rates. This is the norm among humankind and it balances out the norm among others, who do not have the free-will choice you do.

Let us look at this –teach of you, as human beings, have free will. Therefore, you have the choice to grow at your own rate. You may choose to grow very fast in a spurt, then you may choose to grow very slowly, and spurt again later. Eventually it will all balance out. But if you viewed humanity from an energetic point of view, it would be very like looking at one of your high-rise cities. Skyscrapers of different levels, some shorter, some taller, some tiny little houses, but yet a magnificent energy as a collective.

Now if you were a true member of a species that had no free-will choice, they would all grow at exactly the same rate: from your perspective far less interesting, and from their perspective very comforting. They could view your 'jagged edges' with great fear as they have not had the courage to experience free will, which you have.

Choosing free will, which has been said to you before, is a courageous step and every single human on earth and every single species on Earth, requires great courage to do this. You are brave warriors. How easy it would be, if you were all connected with the collective unconscious and were able to work only for the light: you would never make a mistake, but then in your lives there would be no trauma, no pain, no confusion and no risk.

Group Member: *Boring.*

The Archangel: To your 3rd dimensional consciousness, it would seem boring. To others who do not have it, it is a most devastating experience to undergo. It is like being told to hold your breath indefinitely. It would panic them, were they capable of panic.

Group Member: *Like a rollercoaster ride?*

The Archangel: Some enjoy it, some do not.

Group Member: *Did they choose it?*

The Archangel: Of course, just as you have chosen many incarnations in a culture where there is no free will and you have then chosen to accept within yourself a growth spurt, by choosing a free will situation.

Group Member: *Planet Earth is the only one?*

The Archangel: It is not the only one, but there are very, very few with this level of free will choice. This has been explained before but we will, once again, touch upon it.

In your case with the Human species, almost everything is free will: for example, if you were asked to hold your breath indefinitely, you would not use free will to do that as you are completely aware you would leave this physical body. If you did it for a length of time, that is not an option for you, but one relationship to another is free will.

How to tackle a situation is free will. How to live your life is free will. How to grow and develop is free will. Let us look at a group you are so familiar with...the Ashtaar. They have a far smaller quotient of free will that you do. They would never, for example, work against the life; there would be no question of dark energies, malpractices, or black magic amongst them.

Within their assigned tasks (for example, aiding Mother Earth in her movement) there are perhaps one or two small options that they could take, which would affect the outcome of the Earth, and they may choose this and not that; but the amount it would affect Earth would be very little. That is their free will level. Of course there are other species that have absolutely no free will. For them it would only be 'flowing with the light and for the light'. And to them, that is also extremely necessary for their growth so once again understanding that there are these different species, each growing at a different rate, bringing one another into balance.

Group Member: *Do the species interchange, do we get born there?*

The Archangel: Always, almost always. There are those, for example, who choose to incarnate on Earth again and again and again for personal growth reasons; but more often than not, you would need an interplanetary experience to round you off as an energy individual. Just as in school, you need different subjects to round off your education and just as at meal times, you choose different foods to please you each day. The Universe is much simpler than you give it credit for.

Group Member: *Has our planet also chosen free will?*

The Archangel: Of course, of course.

Group Member: *She has also chosen Ray 4, Harmony through Conflict.*

The Archangel: And that is the predominance of free will. Harmony through conflict can only exist in a free will environment.

Group Member: *There is an experience in my life which I am traumatized about. There are people in my life who are very, very close to me, in extremely self-destructing mode. I see that and part of me says "they have chosen this, this is their free will" and the other, is the other part of me, which feels very responsible in the situation.*

The Archangel: We will come to that. Now for all of you, take a few moments to go within and identify an area of emotional debris in your life. This can be related to a particular situation (as our friend here has just indicated) or it could be an aspect of self, that you wish to work upon, that you know you are burdened with. It could relate to a physical ailment, to an energetic confusion, to a situation you are faced with over and over again: anything that you identify as emotional debris. Be clear about this, and choose for the purpose of this exercise, only one...

Visualize this situation in a neat little package outside your body. Imbue this package with a color or a series of colors. Imbue this package with a texture: for example, is it slimy, is it smoky, is it vibrant, is it sharp? As you are sitting in front of this package, which contains the debris, just examine your own physical body for a moment. How does it make you feel?

Now ask yourself a very, very honest question. Do I wish to be rid of this emotional debris? Be honest with self. You are only answering to Self and no one else. For those of you who wish to be rid of this, visualize this packet of light bursting into golden starlight. It is shattering and bursting into golden starlight and all the pieces are floating into the universe.

For those of you, who have been truly honest with Self, and have realized that you are not yet fully ready to release it, slowly allow this energy packet to return into your physical body. It is not yet your time to release this burden. Be proud, be joyous as you embrace the packet, that you have been true to self.

Now let us slowly discuss what has occurred and take this further. This was but the first step.

For those of you who chose to shatter the packets, you have only made the first step. Your intent is now known to the universe. Now you have to begin work. Let us work with a practical example. Will anyone be willing to share their emotional burden?

Group Member: *I have been very confused and upset about the task taken by my neighbors to challenge the ownership of our terrace and the court cases, penalties that have been put on us which are changing from day to day. The situation changes which is very nebulous and it leaves me confused and of course hurt, that something like this*

should have been thrown at us in our old age. I would say after 30 years of living in this building and I thought this ... and when you said make this a package , somehow it became a vibrant yellow with a red ribbon, that's not the thing , its really black and grey , so I put the black and grey into the yellow box and then I shattered it. So this is how it was for me.

The Archangel: Relax your body and go within yourself. You have now described the situation to all in the room. Go to the root. What is the actual burden you are carrying , not the physical description . What is the burden, for example : does it make you experience your powerlessness or do you feel unloved? Is it accentuating lack of control on your part?

Allow yourself to go within. Take a few moments and then speak out. Whatever comes?

Group Member: *It is the burden of responsibility of taking action that is distasteful. Also its like getting into a tunnel which has no end, with our judicial system being what it is . it is the inability to let go off my rigidity in saying that I will not bribe or do something , why should I do that? I should stick to what principles are even when this rigidity doesn't make any sense in the content of the people I have to work with.*

The Archangel: Go deeper, next level.

Group Member: *Actually I feel - why do I fight this at all. I can easily do without the terrace, I don't need it.*

The Archangel: So what are you truly carrying as a burden?Go deeper. ..

Group Member: *Ownership is a burden and not joy and having to keep going for the rest of the family: My son who has to inherit this.*

The Archangel:: Deeper, deeper within this issue.

Group Member: *It is the matter of giving up my power.*

The Archangel:: Aaah!

Group Member: *When I should have stood up, I did not and now to reclaim it is a huge innovating exercise.*

The Archangel: Aaah! Thank you dear one, you have touched it. It is about control and surrender, about power and lack of it. It is about self-empowerment, control and surrender. Allow those words to float into your consciousness and be with them for the next few days. Play with them.

Examine aspects in your life, where you have felt you are the control freak and examine those aspects where you have felt completely out of control. Examine aspects where you have truly surrendered, examine aspects where you cannot surrender. Be brutally honest with self. This is very, very deep and personal and you may show this to no one unless you choose to.

Use your own power and your own energies to examine this. You may even write if you like; but be aware you are writing with your own energies, communicating only with your Higher soul. You will not ask your son or other entities to work with this issue. You will use your power and after one week, dear one, see the changes in self. 1 week, 7 small days, you will find a huge change in self and when that occurs, the situation around will start changing. Be in the light.

You have all witnessed this. We are in deep gratitude to one who has bared herself so deeply, for your growth and understanding. Remember, this is not the only procedure. You must find your way. You are all now dealing with issues you have confronted today. You have chosen to address them. This has been your energetic choice today.

Examine them any way you wish but stop playing games with self. FIND THE CORE. Did you see the beautiful process this one went through? First, quite correctly, describing the situation; then going deeper but still playing with words but getting a little further; then going deeper and deeper and deeper till she hit the 3 points which were the valid ones. You will have an “aha” moment within yourself and it may shock you to find that core! It may be something completely removed from the situation. If you wish you may work with another who will guide you through it. If you wish to do it on your own do, it that way. BUT you have all made a commitment to self today, here and now, to look at the issue you have raised.

And for those few in this room who were true to themselves and realized they were not ready to address the issue yet, be proud. Issues are not always debris. Issues may have arisen in your life for growth and you are not through that growth path yet. In which case it is not the appropriate time to remove the debris.

Group Member: *My issue did not go back into my body. Is that?.....*

The Archangel: did you wish it to go back?

Group Member: *No*

The Archangel: Did you ask for it to return?

Group Member: *Yes, but it did not.*

The Archangel: Wonderful example. It means, in your case, that the higher conscious self is saying that you are ready to release it and your lower conscious

Group Member: *It's exactly the same right?*

The Archangel: Play with it for a few days...but play with it in complete joy, caress yourself energetically, ask "what do I really want? Is it the appropriate time for me to work on this...or am I playing games with myself?" Find out and you will reach that moment in the next few days where you know for sure, and at that moment, either shatter it or absorb it.

Group Member:... *black ashes, just black ashes, there was nothing left...*

The Archangel: In your case, Dear One, and we speak of you now, specifically, this particular issue has actually been resolved, it is your consciousness saying it is still there, but you are holding on to dead energy. It is gone, in your case.

We leave you now in Joy, in Vibrance and in Expansion. May you all be Self Empowered.

BLESSINGS, JOY, LOVE, AND GUIDANCE FROM ARCHANGEL MICHAEL