

29th March, 2007
THE INTER-GALACTIC COUNCIL
Channeled by Sohrab Ardeshir

An Exploratory Journey to Your Higher Soul

[The group members are asked to chant the word 'joy'.]

Trance Channeling begins

(Laughing) You could do it so easily outside. But this is a sacred space after all. There's no space for your joy here.

Group Member: *There's more of a silent joy.*

The Council: And that would have been completely acceptable here if you had been pouring out the sacred joy.

All right! Let's examine that. Take a few moments & pour out silent joy, with no sound, right now. Fill yourselves & pour it out, into this room. Pause for a moment right here. Can anyone see anything, in the center of the room, in their minds eye?

Group Member: *I saw a dolphin.*

Group Member: *I saw a child.*

The Council: What kind of child?

Group Member: *I saw spirals of light.*

The Council: What does this mean?

Group Member: *There was a vibration of Om.*

Group Member: *I saw myself as if I was doing ballet because I' so joyful.*

Group Member: *I felt myself rising up & dancing in the (..)*

Group Member: *I started out by feeling a huge amount to inner joy, which I knew I carried with me. But then a thought came into my mind of someone with whom I don't have very good relationship right now & it just went.*

Group Member: *I saw a fountain.*

The Council: What actually happened, in energy terms, is that the first release was complete & total debris & sludge. Instantly, when you produce joy & you verbalize it & you think it & you feel it, you begin to release, from the physical body, a tremendous amount of debris. This appeared, in this physical room, for only a few seconds. Instantly, that was transmuted by the positive energies that you were all pouring out. It was sent into the universe & stored where it is required. So what you do pick up, & your visual images, was extremely accurate.

The fountain you saw was this physical movement of the debris being cleansed & being infused by new light from you. And then the figures, the symbols, the dolphin are different aspects of your joy pattern that were being recognized by you. This is the power of internal commitment to self. This is not about verbalization, this is not about thinking, it is about internal commitment to self. You can change your energies this quickly, this quickly. How long did it take? 15, 20, 30 seconds? That's the speed at which you work.

We will begin today with a link between you & your Higher Soul. We will ask you to work only through that & then we will proceed with different exercises. Begin, first, by centering self. Find your way to center. This will include breathing, relaxation of the physical body & an internal joy. As you do this, take a moment to feel out your internal vibration, which is unique to you. Now take a moment & see if you can visualize your own energy structure, as it is, in this moment in time, in colour, in formation, any way you wish to see it. Now take a moment & listen to your internal sound. Just know that you are now connected with your own Higher Soul & there is no differentiation. You are one. You are working as a beautiful & vibrant oneness with self.

Now slowly you will open your eyes &, in full consciousness, you will look around at others in this room as your unified self & in seeing them, you will see them as their unified self. Look around physically, with eyes open. One by one, in turn, you will turn to the person, on your right & you will say anything that comes to you, that you wish to give them from your soul to their soul. I will begin.

I wish to thank you, 'G', for your enthusiasm & for your joy in working on self.

G: *What I admire most about you ('N') is your inner grace, which you carry with you, everywhere you go. Thank you & all my love.*

Na: *'Sh', I wish to thank you for all the support you have given all these years. Thank you very much.*

Sh: *What I love the most about you ('Soj') is your inner calm & strength. It's beautiful.*

Soj: *I want to thank you ('Sap') for the lovely smile & the peace you are surrounded with.*

Sap: *I want to thank you for the grace & the love & light you give all of us, without your conscious knowledge.*

Sh: *I want to thank you for your home & for having opened up your home & heart & allowing me to come for these meetings.*

Sl: *Having you in our home is a great pleasure. This is really their home; they are allowing us to use it, so welcome to the home.*

Lal: *I want to say how much I love you & thank you for making me so welcome.*

Gl: *Thank you, Nina, for coming & being here & being right next to me. I know it was last minute.*

Ni: *I really don't know you well so I'm just acknowledging, you've shown me my unified self & looking forward to knowing you better.*

The Council: *I want to thank you for your peace & calm & the lovely light that you shower on all of us.*

Ruk: *I wish to thank you for all the experiences that you have given me for my self-realization.*

Ksh: *'Na', I love you for your loveliness, your smile, the way you (..).*

Na: *'Sap', I just love you. I've no words to say but just take my energy. I just love you.*

Sap: *Thank you for your joyous smile.*

The Council: *Can you believe it! I was going to say the same thing to you? I feel you have a fantastic & contagious smile.*

Thank you so much.

Did you notice how when you connect with your joy the first thing that comes up is thankfulness & gratitude? The first thing that comes up, from your inner being, is a sense, not of gratitude to the person next to you but to yourself, for being who you are. Please look at the statements you made; they were statements you were also making to self. Take a moment & think about that.

Now let's use this power that each one here has generated, for self, to energize the objects that you wish to. Hold the objects or place them on you, if they are already on you. If it is something you are wearing & you do not wish to take it off, just know it is there. Does anyone not have an object?

Na: *I'm imagining what's in the house.*

The Council: You may do that but choose one object.

Begin to fill this object with your power. You have drawn this power into the physical body already. You are vibrating with it, right now. Begin to fill this object with you. If you are holding it, in your hands, you will feel an energy going, from you, into the object. You may feel cold; allow it to happen. Begin now to consciously fill this object with as many adjectives as you wish, for e.g. joy, peace, love, anything you wish; it may even be a vibrant adjective, something that gets you motivated.

Now fill this object with as many master energies as you wish but you must know that you are drawing those energies from yourself; they are those aspects of the master energies that you have already absorbed into your self. Any master energy or combination, thereof, that come to mind & that you desire, is already within you. This may be the masters that we know such as, Lord Buddha, Zarathustra, etc or there may be other forms of angelic beings & universal friends whom you do not have a name for but you still wish to fill this object. Go ahead & do this now; as many energies as you wish. Now fill this object with your personal energy of expansion. And now fill this object with your core essence: the heart center of your oneness.

Now physically open your eyes & look at the object, in joy. It is done! Use this object consciously for the next week. Play with it. Wear it, touch it, hold it, keep it with you.

Understand that this is a trigger-point. What you have really done, by imbuing these objects with these energies is to do the same to your heart center. This is only an external token to what has been done internally by you. If you are feeling imbalanced or you go into any kind of emotional trauma, touch the object & use it as a reminder of what is already within you, which you have placed there; you have place there. You will find this coming week extremely energetic. Use it.

Do you wish to ask any questions before we go any further?

G: *I did not have an object. I just had me.*

The Council: Perfect. You did not need it.

Sh: *When we were doing this, were we also (..)*

The Council: What did you get?

Sh: *I was getting horrible faces, serpents, all that in my mind. Were these clearing out?*

The Council: These were your mental manifestations of the physical debris that was being removed from your physical body. Physical debris was being removed from the physical body. Just as you sweat & can release bile from the sweat, you were physically removing debris from all the human bodies here. In your particular case, the mental image that you were given were those that were not of comfort to you. That is all! Release them.

The Council: Did anyone experience physical discomfort of any form?

Dil: *Just for a fleeting second or minute, I got a twinge on the left side of my skull, a sharp pain.*

Na: *I got a prickly sensation also on the right side & back of the skull & in between, a little sharp prick around the neck.*

Sh: *I felt something on my palm. I thought it was ring diamond that was cutting in but it wasn't. The diamond was on the other end.*

The Council: We will explain these: physical resistance would naturally manifest, in the body, during an exercise like this. In the case of you, 'Ng', & you, 'Dil', the physical resistance was exactly the same: no organ resistance, but the brain pathways were resisting new flows of energy. It is interesting to know that both of you, who are extremely highly connected, on a regular basis, have these resistances. There are certain areas that you now need to look at, within self, to do with thought patterns, nothing physical, where you are still slightly blocked, perhaps opinions, perhaps even the concept of your own finiteness or bigness, anything to do with the thoughts; small areas of resistance. And for you, 'Sh', how perfect! Where exactly was the resistance?

Sh: The left palm.

The Council: Were you also aware of resistance in the right palm?

Sh: *No.*

The Council: This is a block you were creating for the flow of your own healing energies. The palm is merely the symbol; it is not the actual area. But you have been told, time & again, that healing energies must flow through you & you have continually resisted it. This was simply the body pointing out that resistance. Had there been resistance in both palms, that would have indicated a full blockage. There is not! The left palm, that is fine. It indicates not only a resistance, on your part, to give the energies but also to receive.

Take a look at that for yourself. In your case, this was not a resistance to give the energies; it was activation of the point.

Sh: *I kept hearing the Gayatri Mantra.*

The Council: That was simply you opening to higher level vibrations.

The Council: When a session, like this takes place, what I am being told right now is that there are so many presences in attendance, other than the physical ones (you are all aware of that) but each presence has their own particular internal vibration, which in spirit form, is an audible hum. In the physical form, you cannot hear the other person's signature tune. In spirit form, they identify one another, through this energy signature, as a hum. What you picked up (for those of you who heard sounds, which is, once again, your brain interpreting it as the Om), was the actual physical hum of the various presences in attendance. Remember this when you hear sounds in your own home or when you're in a private meditation; sometimes you are tapping into your own sound but more often than not, you are tapping into the sounds, around you, of those wonderful beings who are there to help you, guide you & support you.

Today we take you on a full exploratory journey through your own Higher Soul. Once again, for the purpose of this exercise, we need to use the terminology of a differentiation between the physical & the Higher Soul but there is no separation; you must understand that. We wish to take you now on this journey. You may accompany us in any way you wish: eyes open, eyes closed, in full meditation or in full consciousness or in a combination of these. Go ahead & experiment with different forms; sometimes be fully alert, sometimes be in deep meditation. Enjoy the ride.

Om is chanted.

Throw your energies back, through time & space, to the point when you first separated from the Source. Visualize what you know of as, the Big Bang, happening in space. The Source is separating with full free will choice. There are elements of Source that have now become little bodies of fire & energy; one of these bodies is you uniquely. Become that body. Visualize yourself as this ball of energy fire, separating & yet in full consciousness. Your first birth.

You are floating through time & space. There is still full connection with the Source & yet you are experiencing separation for the first time. There is full joy. You are only joy. You are as vast or as small as you choose to be. Float through time & space.

Now visualize this ball of energy fire beginning to take on different colors & hues. It is slowly changing. The speed at which it is moving away from the Source is now slowing down & the new you is taking a moment, in deep space, to just experience self for the first time. The joy has reduced & there are now strange new sensations appearing

within you. Emotions are beginning to arise; strange new emotions you have never experienced before: emotions such as happiness, sadness, pain, sorrow, expansion, joy. Float with these emotions; do not get involved with them just experience them.

Sap: *May I say something?*

The Council: You may.

Sap: *I'm not separating from the Source. It hasn't left me.*

The Council: You may remain with the energies, if you wish. Remain with the Source if that is your choice.

Now throw yourself forward, through time & space, & visualize this magnificent being that is you, as big as a planet & yet, in pure energy form, you have now evolved; you have taken a few incarnations (not too many but a few) and you have begun to add experience to your oneness. But your focus is still oneness, the massive planet like energy, pure energy that you are. Dwell within this pure energy. There is a new strength, a new growth, a new understanding of self. Those few incarnations that you have experienced have been internalized & drawn up into the Higher Soul. You are just one massive energy source, bigger than a planet. Float free. Experience, for the big self, how joyous it is to undergo the experiences you have already done & how much they have served the growth of the oneness.

Now, once again, you will move forward in time & space. You are still this magnificent, planet-size energy being but you are now aware of small peripheral energies that you have placed on various planets. These are the so-called incarnations that you are now undergoing. Still be the expanded source, the planet & observe, from that expansion, that little, tiny portion that is incarnated on Earth & simultaneously, in 3 or 4 other areas of deep space. It is like a vast human being examining one hair on the head. Be with this little part that is incarnated now on Earth; focus in on that & see it from your expanded form, in full joy. It is so small as compared to your vastness & yet, it is a vital part of you. Fill this tiny, little fragment that is on the Earth planet, with your expanded energies, planet-sized. Bless it.

And now, draw this tiny fragment that is you, on this Earth planet, into the core center of this planet-sized energy that you are. Visualize it merging & splitting up. There is no longer a physical body; it has been absorbed into the core. As you merge, come back to full & total consciousness, in complete joy.

(To 'G') If you wish to release, you may do so. We thank you.

Each one's experience was so personal; we do not feel the need to ask you to discuss it, in public, unless you wish. Understand though that each person, in this room today, in

his or her own way, merged & understood & touched the vastness of self. Now you begin to understand what we mean when we say truly experience self as that & not as this (the physical). You have touched that for self today, some of you more than others. For some it was so alarming, internally, that there was a tendency to push away. And that is fine! Just understand that no matter how you resisted, you did touch the expansion.

We ask you now to share, for those who wish to, what they experienced about the vastness of self; not about the actual description of the journey but what they experienced of the vastness of self.

Sap: *Why did I not separate?*

The Council: Why did you not separate?

Sap: *I'm glad I didn't but was I fooling myself or I actually didn't?*

The Council: No, dear one. There is such a yearning desire, on your part, to return to the oneness that it is difficult for you to even acknowledge to self that there was an initial separation; that is absolutely fine & there was no compulsion to do this exercise. You did right by speaking out & choosing to remain with the visual image of the oneness because that is extremely important for you.

Sap: *I just saw this huge blue light. Am I living under delusion?*

The Council: Do not bring now those earthly issues into this. You did experience your own separation but the conscious mind cut it off. You actually underwent the same journey that all did. There was just an internal mind cut off, which is fully acceptable. You were not ready to consciously touch this, at this moment. Do not be harsh on self. It will happen when you are ready.

The Council: Who would like to share?

Ruk: *I was completely out of the physical; there was no physical for me. I was completely in oneness . I was totally complete.*

The Council: Remember this when you are feeling separate in the future; when you are feeling small, in the future, when you are feeling unloved or unacknowledged, in the future. Instantly transport yourself back to the image. You will touch your own bigness, vastness & you will know the illusion for what it is. This applies to you too, dear one.

Sh: *I have been resisting my I AM Presence for such a long time & in the last month; I have merged consciously with It. Today, I was there; there was no separation & I realized there never was.*

The Council: A beautiful acknowledges to self & we take it as such. You were not speaking to us, you were speaking to self. And you were ready for this, at this instant of now.

The Council: Are you aware that you touched true Consciousness? You were able to touch both.

Na: *I felt very, very large & very much here as well as out there.*

The Council: You (G) need to release debris right now. Begin the release, particularly from the solar plexus. Release it in laughter. Wonderful! Why must release always be tears?

G: *I just want to thank you because I think today I released an issue I needed to figure out, for a very long time. It's helped me in many more ways than (..) Thank you.*

The Council: That's all you need to say.

Na: *I want to ask a question that is not related to this: I need a lot of help; I need advice. I listless, I'm restless, nothing's happening. I've cancelled all sessions, classes. I need advice how to handle the energies.*

The Council: What is physically happening with you & the energies?

Na: *I'm just sleeping. I can't do anything. My head is hurting, my 3rd eye is hurting, my solar plexus is hurting. I'm laughing sometimes. I can't do anything; I've cancelled everything the last 2 weeks.*

The Council: And that is appropriate.

Na: *How long is it going to go on for?*

The Council: There is a complete de-fragmentation of your energies taking place, at this instant of now. You have, in fact, drawn it forward in time. It was intended for a later event.

Na: *Am i asking for it?*

The Council: You have asked for this. You have chosen to move faster. There will be great deep cleansing that will continue, we project, over the next 1 to 2 months. Full control is in your power.

Na: *What about the disconnection?*

The Council: You cannot stop the flow that has already been chosen because once it has been initiated, you cannot stem it. But you have all permission, of self, to regulate this flow & to choose how much or with what intensity you grow. That is fully in your free will choice. You simply instruct the universe how fast or how slow to go, day by day. There is complete de-fragmentation taking place. We will explain & this is extremely pertinent for all & it does tie in for what has just been said; the question was not random.

You are aware that in the course of this year, you are being all taught to exercise the power of your own self. Self-empowerment & acknowledgement of your own power is of prime importance & focus to every single Earth being, at this moment in time. This also includes Earth animals, Earth birds, Earth insects & the beings that exist, in spirit form, within your Earth planet. Each one will do this at his or her own pace & in the manner that they personally deem is the best. In this friend's case, (& there are many others in your group who have chosen this) she has chosen a complete de-fragmentation & de-construction of her old energies. As she is often rash & extremely impatient, she chooses to move at an extremely fast paced rate, which often affects her physical body & her emotional state. However, she likes to work at this pace & there is no coercion to do so; she has chosen it. If you wish to retard it, you may do so.

What is actually happening is the energy structure within her (and we are not speaking of her grid, we speak of her physical energy structure & other energy bodies that you are not even aware of) are being de-fragmented, re-constructed & re-calibrated. It is like taking a computer & placing it together again, in a new & upgraded manner: adding in new components, taking away old ones that are obsolete, fine-tuning, adding wires, increasing the power, changing the discs, changing the screen, changing the colourings; it is a complete renovation of self. You have chosen to go through this fully before the end of this calendar year. This does not mean that the intensity will occur all the way through but you are feeling it the most, right now. The hardware is being worked upon, in this moment in time. That is the physical core of her soul energies. This is extremely physically painful as well & emotionally traumatic. You will find (if you have not already experienced it) mood swings that seem to have no meaning, random thoughts that keep popping in, ideas, food habits, behavioral patterns going amuck.

Na: *Absolutely! There is complete disconnection with I-don't-know-who. I don't know who, why, what.*

The Council: This is exactly what is happening. When the computer is disassembled, it cannot function logically & as such, if you were to read the screen, there would be meaningless symbols appearing. That is exactly what is happening within you. You are correct in completely stopping all sessions; the time must be taken only for you, for rest, recuperation, rejuvenation. You may function at earthly life but at a minimum level. We understand financial constraints as well & at such, at those points in time, that you

require financial inflow, the circuits will be adjusted so that you can do the minimum amount of sessions or classes, when required for financial support but instantly the class is over, it will go back to the de-fragmented state. That dispensation will be given. Understand that you have chosen this rate yourself; if you wish to change it, do so.

Na: *So in 2 months I'll be completely OK?*

The Council: We do not say that; we say, the intensity will be over the next 2 months, at least.

Na: *Can you give me any other advice, which I need?*

The Council: Just connect with self as you did today; that is the one way to truly bring about alignment & balance, as quickly as possible & as smoothly as possible, within the framework that you are existing in. Understand that this merger that you just experienced along with the others, will temporarily soothe you but it will not stop the process.

Na: *Only I have chosen this or others also?*

The Council: Many have chosen; you have acknowledged; others have not necessarily observed or acknowledged this. There are several members of your group, who have chosen the same thing. If you wish, we will point them out to you, at a future date, bring them into your sphere so that you may discuss & learn from each other. You may form a 'de-fragmentation support group'.

Na: *The thought processes, which I have, will have instant manifestation? Are we in flux of that also?*

The Council: Dearly beloved one, let us caution you, during the next 2 months, because of the energies that are going awry, your manifestations & what you draw to yourself, may also go askew. Be wary.

Sl: *Did the new implant that was given to us, the other day, have something to do with what you said?*

The Council: That is complete separate.

Sh: *I felt as if I was not ready for this but what you've been saying to her ('Na'), you could have pointed me out.*

The Council: The support group has begun. Induct her kindly.

Sh: *I didn't go through what you said; I thought there were blocks in me.*

(To 'Na') Help her understand this & in doing so, you will be helping yourself. Speak to her after this session.

Ksl: *Sometimes, I get an instant headache when I'm thinking of something. Instantly a severe headache comes.*

The Council: You are blocking information that is flooding in. At that moment of the instant headache, acknowledge that you are doing this & lay yourself completely open to the information; if necessary, place a pen & paper next to you & if the information does not appear to flow, just begin to write without thinking. It may be meaningless, at first, but you will find a flow beginning that will release all the pain.

Ruk: *I'm still feeling (...)*

The Council: Feel it.

Dil: *I had a sort of a similar experience as (..) but when you said to separate from Source, I was trying to move away but it was like a tunnel pulling me back.*

The Council: This is a very common aspect that you will touch when you actually fully merge with the Higher Soul, as you just did in the exercise. Remember that the whole yearning of the soul is to return to the Source & as such, there is always an energy connect between the Source & the soul, which can never be severed. You are simply feeling the pull of home. What you acknowledged, however, was there was a separation, which this dear friend ('Sap') did not wish to touch today. And that is her Divine Right.

Sap: *When will I touch it? Is it necessary to touch the Source?*

The Council: Do you wish to?

Sap: *No.*

The Council: Then you need not.

Sap: *Was there fragmentation like her?*

Sap: *Till when is mine going to last?*

The Council: Your patterns are all different. Do not fixate on others' issues, they will not necessarily be the same. Each one of you is going through your own course of de-fragmentation, in different ways. Yours is specifically dealing with issue resolution; that is why those issues are coming up so strongly & you are feeling de-fragmented as you

cannot hook onto the issue or the core behind it. That is not her path; hers is completely different & she needs to discover what is happening for her.

Na: *I study astrology & I know 26 degree Sun & I'm going through Pluto Galactic Center & she's connected with that. Will I have something to go on?*

The Council: With your de-fragmented energies going awry, even the astrological charts & patterns are being re-written by you & the energies of the planets, as you know them, will not have the exact effect that you think they are going to have. You will come into balance & eventually, you will settle back into a normal, if we can use that word, astrological pattern. But right now, if you were to read your chart & try & co-relate these events to aspects of planets & bodies, in different parts of the hemisphere, they will have very little meaning. We will explain why.

Na: *Will there be a new birth after this fragmentation? How will I know?*

The Council: You will know it.

The Council: What is happening, right now, in physical terms, we will give you a visual: for those who are undergoing this de-fragmentation process, imagine that their body has turned to a mass of liquid, so rays from the Sun or planets, which would hit their core center, are coming, hitting this liquid & becoming fragmented, moving in different directions instead of moving directly to the source. That is why the astrological chart cannot fit you exactly right. Some will randomly hit your core but some will get fragmented & move in different directions. It is a long process. Do not hang on to that 2 month period; it depends on how fast & how willing you are to allow this to take place. If you retard it, it will extend: Your choice. And we say your choice not with a question mark; it is your choice. Understand in this process how much illusion is around you. Just enjoy playing with the illusions. The computer circuits are not connecting so rather than trying to produce an output, enjoy the confusion; that way you will settle.

Now, that the energies are changing, it is not much of physical discomfort but I remember what's happening as I travel each night. I remember all the dreams: places, people absolutely vividly. It's never happened to me in all these years.

Your structure, dear one, is totally different & your path is completely different to these; you are already aware of the energy work that is happening within you. It is being intensified; in fact, in this period of time, for you, it is acting like a telescope: magnifying, increasing your powers; everything will multiply at great leaps & bounds. Your ability to see, hear, touch, all your clairvoyant & at the same time, your ability to pick up, what we term, negativities. Be aware, both are magnified.

Sh: *You said I had a problem; I can't remember how you put it. How do I know?*

The Council: She is unclear on to how to work with the blockages. The first thing is to acknowledge them & to begin to identify them. For this, you will need help; you will not initially be able to do this on your own; there are many, many friends, in this entire group, whom you can be referred to. They can start the process for you. We suggest you first take a casual meeting with our friend ('Ruk'). She will speak to you, a casual meeting, perhaps with one or two others or on your own. (To 'Ruk') Just help her look at personal issues. At this point in time, she is not even aware as to how to look at an issue or how to acknowledge it is an issue in her life. Help her with that step. Provoke it; do not soft-peddle. She does not require your soft-peddling; she requires your strength & your provocation. Will you ('Ruk') do this? Will you ('Sh') do this? A new club is forming.

Sh: *I have 2 questions: one thing is for the last several years, we keep hearing, what we are calling, the 'Ashtar sound'. What is it? What exactly is happening?*

The Council: Are you speaking of the Ashtar sound you hear within this room? How this physical event takes place is completely unimportant; whether it was someone sweeping or someone throwing objects or an actual miraculous phenomenon is completely unimportant & as such, you must release that.

What is really important is it serves as a reminder, coming at the appropriate time, changing your energy structure & giving you the necessary vibration, at that instant in time, to open or adjust a part that you have closed. It comes that the exact moment that everybody is closing off a certain aspect of themselves, in this physical room & it works, instantly & simultaneously, on each person, vibrating those different parts that each person has closed off, at that moment. Some people close to an issue; if it's too close to home, an instant inner wall comes up (you are aware of this), predominantly, in the solar plexus area. Others close in different forms: the excuse that they generate is sudden boredom or ' this part of the meeting does not relate to me' (that is also a wall), others close physically; the energies become so strong within this room that they choose to block off the body because they are scared of growing. These are but 3 reasons.

The Ashtar sound, as you call it, is indeed an energy sound that shakes them up & does not permit this. And that sound overrides their free will. If they have taken the commitment to walk through that door, they have lost the right to free will to block energies, within the session. They may go outside & block them, if they wish. They may even leave this room & remove physically, from their bodies, the energy they have taken in; that too is their choice but in this room, they are not permitted to block. That is the contract between the souls. (Laughing) Are we not manipulators?

You may ask your last question & we must leave.

Sh: *One night I heard someone speaking to me & I heard a musical instrument. Yesterday, Ell said it was the Inter-Galactic Council & that I was to start working with*

them, using my feminine energy. Could you please tell me a little about that? How to do so?

The Council: It has started today. We are the Inter-Galactic Council. It is us you have been hearing..

Sh: *Could you please tell me how I can work with you, in any way possible?*

The Council: Co-operate. Open yourself to us; you still resist. Not in the way you think. You are joyously now, even in conscious mind, willing us to come. Yes, you are. But those aspects within you, those issues that you are still hanging onto, the issues of, for e.g. self-confidence, the nothingness, the I-don't-deserve, the I-shouldn't-grow-big, those are forming energy blocks that are preventing us coming through in a clear stream. You are not doing this consciously. Those energies are still so strong they have almost an energy like an entity of their own. They function not as part of the Shernaz but as a separate energy entity; that is how strong you have built them within you. You have to now begin by disempowering them & the only way you can disempower them is to empower self. And you began that today. The more you empower self, the automatic issue is to disempower these energy bodies that you have created. They are like your energy children & you have the ability to destroy them and you must. They are not to be nurtured. They are to be destroyed. It has begun today.

Sh: *Is there anything else I can do?*

The Council: Empower self every single day, every single day, if not more than once a day. You can do this instantly. You need not go through this meditative process. Just be big! One instant is all it takes. Do this 100 times a day. Do not count now; just do it.

BLESSINGS, JOY, LOVE & LIGHT
FROM THE SOHRAB & FROM THE INTER-GALACTIC COUNCIL!

