

12th March,2007
UNKNOWN ENERGY
Channeled by Sohrab Ardeshir

Astral Travel Self Empowerment

Trance Channeling begins

■ For your information, he works, yet in a different way today. This is not a channeling, as you know it. He is now being taught, to scientifically coat his cells with the energy of the appropriate attendee, and to use that, as a form of channeling. This will be now used from time to time, particularly with his structure.

GI: inaudible...chants

■ At first, they will benefit him, and give him feelings of security, and then he will be able to release those as well. Allow them for the next few sessions. You ('GI') will have to help him before the meeting starts.... by simply supporting him energetically, to prepare his physical body, for this procedure...each time you will be guided slightly differently. Today, you heeded your guidance, we thank you.

He has been taught to hold these energies and speak sometimes as the energy, and speak sometimes as himself, but the level of energy contained must not change, this maybe irregular today, as it is his first time, with this procedure, but he will soon acclimatize.

GI: Is there anyway, we can help?

■ You personally, not the group. Be the guardian that you have grown to be and energetically cocoon him. Do this throughout the meeting with a single intent. You do not have to work on it.

Dear friends, I now speak as Sohrab, this is a very strange sensation I am going through today, my body feels like it is filled with slime, but nice slime. I am aware, that an energy coating of each cell has taken place, as you would lubricate or grease a mechanical part. That has what has happened to my cells today. The energies are around each cell, and because of that I am able to go and become full Sohrab, and go back and become full the entity, as and when I choose.

I am also being told right now, that more and more of you will be working now in this manner, particularly when you are working with higher energies, healing, tarot cards, angel cards, crystals or any other form or tool that you will employ. It is a little disconcerting today, allow me my variations.

Today, we wish to teach you, how to **ASTRAL TRAVEL** consciously. This will not be the astral travel in the form that you are familiar with, which takes place, in sleep. At that moment when you astral travel, as each and every single one of you does, a predominant portion of your energies, if you wish to call it your soul, or that spark of your Higher Self that is within the physical body, is casually and gently removed from the physical and as you are aware, attached to the naval area with the silver cord, when you are, free to astral travel with most of your energies, you actually transport yourself to the appropriate areas, either around this world or deep into the universe, as is required by you.

Today, however, what we wish to teach you is how, to throw your energies outward from your body and mind when you are in full consciousness as you are here today. At first, we will work this as if you are imagining it, allow yourself that luxury. Using what you will consider your imagination, but it is not. We will ask you to touch spaces collectively today, and guide you further.

Take a few moments to just breathe and relax your physical bodies. Do this in any manner you wish. Gentle breathing, rapid breathing anything that works for you. Still yourself and find your own sacred space within you, that beautiful area between the heart and solar plexus chakra, deep within you, that is your personal sacred space. Rest within it for a few moments in peace and harmony.

Om..Om..Omom...Om...Om...Om...

Now visualize an energy band, moving outward from your sacred space to your left, and entering the sacred space of the person on your left, passing through her and entering the sacred space of the person on that person's left....etc...till the circle is complete.....and the energy is returned to your sacred space. Visualize this now...

Om...om ...om...om....om.... om...om....om.....

You have now created a joyous energy matrix, to transport you collectively and yet individually to the various spaces we wish to explore today.

Allow your collective and individual consciousness to now enter into the Atlantic Ocean. Drift deep, deep, deep, down in the ocean....still further...still further...to an area at a great depth, which is unknown to man. Just allow your consciousness, to enter this space joyously.

With your imagination, look around this space, see the colors and see the texture of the ocean and allow your self to look at any objects or beings or plant life that is moving around you. Each of you will look at different objects, whatever attracts you, look at and scan...

Om..Om.... Om.... Om...Om...Om...Om...Om

Just feel the energy link, between you and the various object, or animal or fish, or other being that you are communicating with. Feel out these energies joyously How do these energy structure?

Om... Om... Om... Om.... Om.... Omom

Listen now to see with your inner ear if there is any message for you personally, it may be sentence, it may be a word, it may be a image, just open to it...

Om.... Om.... Om.... Om.... Om... Om ...Om... Om... Om.... Om

Now you will merge with the being, you will actually enter it energetically, allow your energies to merge, experience the energies fully. Merge as yourself, and the being, plant, animal, fish, or rock....

Om...om..OmOm...Om.... Om

Now gently and joyously release, the energies of the being merged with you and come back to full consciousness...

Om... Om... Om... Om... Om...Om... Om....

You must release the energies; some of you are tempted to stay There...return...joyously...

Who would like to share their experience?

Sap: *fish...orange eyes...inaudible*

 Was there a message for you?

Sap: *I saw a shell....*

 : What does that mean to you.....

Sap: Something good...

■ : Certain secrets.... waiting for you to unlock....

Sap: *Is the fish connected to me...*

■ : What did the energies of the fish do for you...

Sap: *I loved it....*

■ : Was this a fish...

Sap: *Seems like it*

■ : It was indeed a deep sea creature, as of now unknown to you of great power, continue to connect in future times with this friend, you will learn a lot about yourself

Sap: *Does it exist?*

■ : It is your choice, whether you wish to see this as a figment of your imagination, in which case it will become so, as you will sever the energy connections, or whether you choose to trust, in which case you will receive much information...

Hdp: *May I, I saw a fish, it wasn't that beautiful looking, deep black, like coal, it was opening.....calling me, a very sad eye...one eye profile....looked at me and it was very sad....then I saw a herb.....Which was very thorny...which we don't get in sea as such...like cactus...s in sea....and then....but getting a sound of love...and I was loving that, it wasn't a good looking fish, but I just loved it....it was very big*

■ : What was the shape ...

Hdp: *It was a dolphin...but not good looking as a dolphin...It was huge..*

■ : How big... approximately?

Hdp: *As big as a shark...not beautiful like dolphin....*

Na: *Can I...I went deep deep into the ocean floor, it was dark, but under the ocean floor I was seeing alight, I did not go further to explore it, it was a healing light...but*

■ : Where was this light emanating from?

Na: *From the ocean floor...A crack on the ocean floor with a light coming out.*

■ : Why did you not explore further....was it fear?

Na: *No, it wasn't fear, I was comfortable with just that....*

■: Explore this further...you will find

Na: *Alien energy...*

■: A civilization...

Group Member: *I floated down the black water, actually the whole circle..., I came upon.. a village....there were no fish , there were no people, only light energy, I did see...an old man who shouted at me heal now, I was floating through walls, white light*

■: We will speak of this...

Group Member: *As I was going down into the ocean, it was a lovely cool comfortable feeling, and, I just.....a plant, people dancing, music and laughter.....joyous feeling there*

■: Who else would like to speak?

Pky: *I am surprised when you said the Atlantic ocean, from 6 years I don't travel to the States, I carry a deep fear, I have this fear because of the turbulence when you said the Atlantic, I said why am I here today, and when you said get into the sea, I did, it was sea green in color, with orange fishes & one yellow fish... I was at peace.Forgotten*

Gy: *It took me awhile to get into the depth...going lower and lower ...less right around...not like an octopus, body was transparent, with one shimmering eye ...not legs...I felt. ...He's from another world.... unconditional love like a baby...wonder and simplicity...exploring our world and he said I love you...be patient...when I merged floating...*

■: Let us explain where you were taken and why were you taken. As a first step in this exercise, this was perfect. The depths of the ocean, instinctively brings up resistance in most people. There is a fear of water, of suffocation, of darkness, of the ocean in different forms. Many of you have the fear quite unconsciously, and like this friend ('Pky') who has admitted to it.

It was an exercise to push your intuitive powers, along with your imagination to help you touch aspects, in a form of astral travel. The collective binding is to give you support, which you did for one another. All of you, all of you were able to go down within the ocean in one form or another. Your old habits of the mind came up for example; it is dark, when you are traveling in this manner, without the physical, you can instantly transmute the dark to the light, you are not using these (physical) eyes, you are using energy, and to energy, you can change the light and shaping at your will or you

can miraculously see there would logically be great darkness as there would be at the bottom of the ocean...similarly, each of you, would naturally tap into different aspects, that are appropriate for you, at that moment in time, it is not necessary for you to see the same thing. Having understood this let us explain where you were...

You were taken energetically to a space, deep within the ocean, untouched or undiscovered by humankind, where there was, or is the starting of a new what you would term alien colony, a wonderful group of friends who have migrated to this space and as such established temporary base here, with the purpose of aiding humankind and particularly mankind in their movement through the dimensions into the 5th and with the aim of raising the consciousness of all upon and within the planet.

This group of wonderful friends has no physical form as you know them, but many of them assume different earth forms or their interpretation thereof, for the sake of joyous experimentation. You would if you had looked closely, seen some as pure light beings, It was not a light you (nandinie) saw, it was a being... or a group...some would have seen shapes of fish that you are relatively familiar with, and some would have seen strange shapes that did not quite fit your concepts of reality, all of these, are being experimented on and used for the purpose of their growth and development. They are a group of friends, who have very high-level energies, do not require oxygen and food in the manner that you know, and are able to adapt to virtually any climatic condition, on any planet. Their whole function is to travel through the universe and aid in the direction of the light as and when they are needed. They are a small group of friends, though they have a physical number of a few 100. They are able to work collectively, and individually, separating their forms and rejoining to make larger forms, as they choose. Continue in the future if you wish to visit them, they welcome you and other light workers such as you, and will give you, if you choose to visit them in this manner, will give you more and more information and visuals, about who they are and how they function. Do this as a fun exercise. They welcome you. Any questions before we move further.

Hdp: *Actually yesterday night, I had a short sleep, the kind of character she ('G') is mentioning, I saw so many light babies, rounded, and I was hugging them playing with them, and then I came back, I was so sad, and again when I met this fish, I am very sad(crying)*

: Allow it to happen.... provoke the release, release, you (saroj) may place your hands upon her, but to provoke it, not calm it down, you (sitter) may do the same if you wish. Provoke the release. In this year, your quest for love of Self, will be paramount, all the elements will conspire, to show you (hardeep) pure love and the lack thereof. It is your choice to explore both sides of this beautiful term. You will be able to touch those parts of you that you know exist, but you have hidden from for so long. Embrace the love. Embrace what you perceive as the sadness. It is not sadness; it is the lack of love.

Hdp: *I could hear love, but the eyes were sad.....*

👉: you will speak with her (gayatri) after the session and understand from her, different aspects of love as she experienced on this journey, and from that you will learn. Speak Friend...

Dr.Y: *Initially when you were talking, I was with your voice, but then I realized, that why do I want to listen, I am surrendering totally to you, and I will go on this journey, and I just let myself loose with total trust, though, I am coming for the first time, which is very unlike my doctor self, because we are trained to question everything, and then I said, I am not going to question, I am going to enjoy the experience, and I let go...I reached in the ocean, the moment I go down, I hope I don't get suffocated, and no its an astral travel, so its fine...just relax...stop your doctor mind...I let go and after that I just feel I am going into a nothingness, and I am just enjoying myself, but I did not hear a single word. And I did not want to come back...because it felt so nice, so formless, so vast, and so finite at the same time...I don't know what it was...*

👉: (laughing)...do you think you are the odd one out today in this room...?

Dr.Y: *Not really, but yes I am feeling, that, I am here for the first time, and I am just about to enter the group...*

👉: You must shatter all concepts of this earthly mind. It may interest you all to know that each one of you is the odd one out. He is the only one who belongs to this particular travel that you have just undergone. He is personally working with these beings on a very high level and has being doing so for many years. We are the odd ones out. You are not. Instantly you touched a cord within yourself, when you reunited consciously with these friends. This has not been conscious with you, but you have been working with these friends and other friends of a similar nature, for many years on a very high, we will not even use the term astral, on a supraconscious level. Your whole structure friend is not of earthly medicine, your structure is to work with pure, pure energy. The sooner you embrace this fully, the further will go your personal knowledge, and your growth in the field of science as you know it today.

Energies simply flow through you. You are aware of this in a limited form. Now shatter your boundaries. Too long, have you flirted with energies, and held back with feelings of not being worthwhile, and worthy of these energies, not of Self, but of these energies, you have always acknowledged the vastness of their power, sometimes even consciously, and there has been a certain element of I am not worthy of them, who am I to play with this. It is now time to shatter these boundaries. Shatter them within this year, and you will find yourself growing not 10 fold but 100 fold. You will be able to manipulate, and we use this word in its best manner, to manipulate energies to such a level, that you will be able to create **INSTANT HEALING**, wherever you go...you are not at this level only because you feel not worthy of the energies. Shatter that belief.

Dr.Y: And how do I shatter that belief, can you help in that?

■: We will speak of this later...what would help to start for you, is to touch upon certain lifetimes of your past, not to hang onto them, but to know truly who you were. The Monk lifetime-very important, she (nandinie) will help you explore it, you will touch upon the monk lifetime, on this earth planet and you will touch upon the energy wielding lifetime on another planet. We will not say more than that. These two together will help you to unleash your own powers. You (nandinie) will aid him. It is not a request. It is a demand. There's a reason for this.

Na: Will I be guided

■: Of course...It is not a request.... There is reason, for the demand...fulfill it

Na: Do I have connection with him? (Sohrab nodding)

■: Any further questions, before we move to the next level?

Group Member: Was mine an astral travel or a past...

■: You were here; viewing an aspect of this energy...it was not a past.

Group Member: Met no one there I saw nothing alive, not even fishes....

■: What did you experience? SPEAK OUT?

Group Member: I was quite happy to go where you asked us to go, the light was from above down...but nothing alive....i experienced nothing alive...

■: You must have experienced something... around

Group Member: Some rock formation...

■: Aaah, what were the rocks looking like, being like feeling like?

Group Member: inaudible....

■: First of all, we challenge your concepts of alive and not alive, what you term as rocks have full sentient life, not as you know it, do you think the rocks in your garden are dead, they are not, they have a consciousness completely different to yours, but as such must be respected as a life form on there own. The building materials in these walls have a life of there own, different consciousness to yours, they are not just rocks. These that you viewed, were powerhouses of energy, had you not used the limitations of the

mind, and said, since I am seeing this, let me explore it fully, you would have gone to the next level, you were meant to interact with those things (laughing)

***Na:** You told us to 'imagine' ourselves there, so how do we know that we astral traveled? I want to know the difference, the thin line between the two (astral travel & imagination)....*

■: A very good question...to do this consciously at your level of energy development, and we speak of this as a group, not individuals, you have to use what you term imagination, to give yourself permission, to see it, if you were able to trust fully, you would not have to use the imagination at all, you would simply see the visual, you would just be there, but as of now, as we are training you with this, you need the 'chariot' which is the imagination, right now, when you see visuals as all of you did, some of it was the brain interpreting the energy you saw, which is completely acceptable, and some of it you were able to touch it fully.

There was merger, shall we say on an average, the visuals as a collective were 50% pure, 40% your personal interpretation, that is fine, as you work this stronger and stronger for yourself, you will find sharpness and clarity coming up within the visuals, which you had not seen the first time...for example...let us take her visual of what seemed to be a starfish, if she revisits, and revisits, and revisits, she will suddenly see tiny details that her mind has not created, she will suddenly get impressions, or energy feelings, or emotions, or even thoughts from the being which are not coming from her, that is when you know the lines are blurring, and you are getting more into the realm of actual travel and less in the imagination. You will feel it, **but**, to be able to get there you must first give yourself full permission to imagine, otherwise you will block yourself, before you even leave, you will be holding the energy back in this physical head. So right now when you do this exercise for yourself at home, give yourself permission, to visualize and even thought create. There will be a merger.

Let us take another trip together, now you will be easier, this time...Breathe and relax, go within Self. Affirm the energy bond, between the group, which is already there. Just bring your consciousness to this, so you are aware of it, and now very very joyously as a group, allow yourself to float up, up, up, into space, deep into the universe, to an area of great energetic activity, deep in the universe, here there is actual light and darkness, there are colors, there are objects, and yes there are even beings, many many beings, allow yourself to joyously merge, with whatever attracts you, this time do not think it, just merge, and become whatever you wish to be,

Om... Om... om... OM... om... om... om.. om... om....

Merge fully with the energy you saw, become part of whoever or whatever you saw, and enjoy it. This time look for detail, experience it more fully. Listen for a message....

Oooooooooommmmm...Oooooooooommm...om om om om...

Joyously release the energy, and come back to full consciousness.

Who would like to speak?

GI: *.....and it stops...where am I going, hear the message...born again...*

■: Would you like to interpret your own experience?

GI: *No, I would like you to...*

■: Yes, the aspect where the correct merger took place, and when we say correct, we mean appropriate, was the merger into the energy, it was not actually a star, it was a high pointed energy that you merged with, almost like a being, but planet sized. When you entered that energy space, time, as you know it had no bearing, and no meaning as is applicable to this, planet. Instantly as you experienced that your brain gave you the visual of hanging upon a clock, trying to interpret for Self, this feeling of not having time and space, which is incomprehensible to the physical body and the instant that appeared, you had to return. Understand this now, where you merged and where you didn't. Now next time you go back here, you will be able to release that clock image and still merge for a few seconds more, and more, and more... a lovely example...thank you...

Na: *May I, I had an experience of.. Just merging with the darkness, but you said activity; the whole darkness was pulsating with energy...like nothingness ...But...the whole thing was pulsating...everything*

■: Ha...Ha...ha..(laughing)..all you merged with was, Sacred Geometry. You touched the root of Sacred Geometry, and experienced it for Self. The Dark Matter. That is all. Wonderful. You wish to question?

Na: *I don't know what to question, but there is a question...aah*

■: There is no question. You touched it..

Na: *Is that the greatest activity, of the universe..Yaa it is*

■: Are we in competition? With whom...

Na: *Is that called 'The Void' also...*

■: Of Course, Beloved...of course, but the void is only your terminology; there is no void, Dark Matter as you know it, is the fabric of the Universe, there is no void, it is the

fabric, it is the original sacred geometry, that is all there is and all that is not. It is simply that, which you merged with...

Na: *so going into the void, will make me manifest quickly..*

■: Of course, but to manifest quickly, you must stay in that...

Ksh: *.... Last time, when I went down in the sea, I saw a child when I went up, from the clouds a child hanging and extending his hand and saying come up...I go up, there is something I don't see, but, I feel it's the Ashtar command, he's there, I don't know,*

■: It is, it is the Ashtar Command... and both aspects are connected to the Ashtar, those wonderful friends below in the ocean and those ones that you touched in the sky; in fact you were able to touch a strand that was directly connected between the two, they were in full communion with one another, that is what you touched.

Group Member: *....instant headache...*

■: Res-is-tance...res-is-tance...nothing more...be with it.... it is not mandatory, that you make these journeys, it is simply pushing your boundaries, an internal struggle that is not conscious dear, there is an internal struggle going on within you are aware of this, there is a pull and a pull in the opposite direction and this will cause physical tension in any part of the body, it is all right.

Sap: *..... I merged with the flower, I became the flower, and the flower was growing on a rock bed of crystals, and, each layer of the crystal was more powerful than the other, and the flower had the quality to absorb people's sadness,*

■: Let us take hers as a beautiful example...

Sap: *..and the flower, It bled....*

■: Let us take her as a perfect example, now understanding where we were, and why she saw this, collectively; you were propelled into an area of deep creation, in space, an area of actual creation, as you know it now. It was an area of great energetic power, explosion, stars being born, new energies being filtered and passed to different parts of the universe and many many space beings, as you floating through for purposes only known to them, discuss now.

It was like, a hub of energy, what she touched, now in her (sapan) case, was the overall energetic hub, but her consciousness converted the entire experience into images that were suitable for her, there were no crystals, there were no flowers, there was no blood, it was simply your consciousness interpreting the energy vibrancy as you

described, and that is fine. You touched it that is all, so what if the mind gives you confusing images, just do not hang on to that, but go with the flow...as they say...

Now lastly, we require you to now joyously release the bonds, which you have created between your neighbors, so that you now fly solo.

Breathe, center yourselves..... and joyously think of a friend or family member or loved one, preferably who is not in this city, this need not be someone you are very close to, it is simply someone you are energetically aware of. Friend, family member, relation, or even good acquaintance. Take a moment here, and ask permission of the Higher Soul of that person, if you are permitted to link and energetically join with them for a few moments, the answer will come in your head as instantly as a yes or no.

For those of you who have received the no, joyously thank the friend and look for someone else. Repeat the procedure.

Now begin to link with this friend, throw your energies and your imagination to them, him or her, and just stand with them, energetically holding their palms, in yours. Visualize this happening, so that there is a beautiful flow of energies between them and yours. As you do this, truly feel their source energy, which may have no bearing on their physical personality, or character traits, feel their pure energy, and begin to exchange your energies with one another. Joyously offer yours and joyously fill with theirs.

Listen for a deep message from them. It may be a feeling, thought, emotion, visual, or sound, or even sentence. Once again do not confuse it with your earthly knowledge of this person, just pick up, the feeling, thought, sound, emotion, experience.

Joyously release them, thank them, and return to full consciousness.

Would anyone like to speak about what they went through? This is rather personal, so if you choose not to, that is absolutely fine.

Dr Y: *There was a similarity, between this experience, the last one and the previous one, the previous one, I connected to, you said, go into higher energies zone, I go into absolute blank and I see a message, LOVE and then comes SELF...that's it, there's no other message and I just feel very nice there. In the second experience is I try to connect to friend of mine, and the Higher Self of the friend says no, so, I bow out and I move out to another person, and the other person is a South African lady, whom I used to teach, she was my student, a white lady, and I actually know another friend, who looks exactly similar who I met lately, and I always recognize them, so I ask her Higher Self says no not m, you got to meet her, I get connected to this person and again the message flashes is LOVE, and since morning I have been hearing Love, love my teachers have been telling me at the institute, its here, what is it I need to understand about Love...*

■: Particularly for you, **love of self, self-acknowledgement, self worth**, all under the umbrella of love of self, is your mission for this year, this is just been actually said to you before, Your whole search is about finding who you are, this year, its about expanding, its about not knowing boundaries, its about truly appreciating your abilities with energy, and when you touch energy, I am talking to you specifically, and not talking to everyone in this room, your whole stream, is to do with energies, so you will be able to interpret and grow, and understand everything better through energies, than any other way. And the only way you can do it is by experiencing it in your body, even love, as energy, is what you need to experience, rather than the esoteric concept of love. You need to experience the force of love energy in your body, the force of Self-love energy in body; these are slightly different streams. I am talking to you scientifically here, you need to work with this. That's how you'll work. Sit and play with energies. You have the ability, and the power and the desire to do that.

Dr Y: Is that the reason that for last 11/2 years I have been sucked into energy consciousness, I am doing energy work left right center. If I am going for a medical conference, since I am a medical teacher, I have to speak on cases of hypothyroidism and I don't know how, I land up talking about energy, and the best thing is the doctors don't want me to go, when the time is up and its 2 hours after its over and I am still speaking, there and I am speaking to the toughest nuts in my field and the deans, and heads of departments of the college are inviting me to talk on past life regressions, which is unbelievable, as the college is not open to such things, I am quite confused---what's happening?

■: You are resisting Self, that's all. You have so much knowledge of energy, not in this physical body, but in your Higher Self, all you need to do are open these floodgates, you need to work exactly as I am working, that's why you have been brought here today, I am talking now as Sohrab to you, but I am still in my own form channeling, this is not entirely my knowledge, I am drawing on higher knowledge that is coming, through me energetically, yet I am talking now as Sohrab to a doctor. You will be able to do this very very easily, when you are in a medical conference, in fact you already do it. You are being simply asked now to be conscious of it, and to access the appropriate energetic strands, that you need in combinations and individually to work further. This makes sense to you. Do it.

Dr Y: Just to test this, I went to this hypothyroid conference, with no preparation, which is not me and I just stood there, just take it on from there, thought I take it on from there, I spoke 7 hours, without a single preparation.

■: Just as this particular session has not been prepared. It is now flowing through me, I did not choose to come here and talk about astral travel, I just opened up to the energies that required to speak through me today, and that were also drawn by the group that was sitting here, each group is specific and there's some reason that each person is here.

Dr Y: *Depending on the need of the group, automatically the information will flow?*

■: Always...

Dr Y: *In the conferences, where I speak, the same conference, which I am conducting, the issue always turns out to be different,*

■: And this what happens, you are being forced into working with energy flow...this would not be the advice to everybody else, for someone else they would say, prepare and allow the energy flow to happen...in your case, they say don't prepare, just access the energies you have, the divine right to the energies of the universe, use them, you have done this lifetime, after lifetime, after lifetime, why forget that, just use it, go with the flow...can't say it better than that...

Ksh: *..Sister, loving and happy.... holding my hand...there's some....very sad,*

■: Work with her energies, Kaushal, this is not a definite decision, work with the energies, don't force them to do anything you want...but, now that you have touched this so fully, you have her Higher Soul permission to work with her on an energetic level, I would recommend you actually sit with her for the next few days, just as you did today, and work with her energies, hear her out, see what the soul and her consciousness wishes to say to you, give your advice and your power and love to her, but let her make her decisions. You have been called right now to do this, and you are so ready Kaushal. Don't, don't hesitate, on this one, you can do it, no fear, no fear. No, the decision has not been made, it is simply a cry for help, and you will have to deal with on an energetic level, you will not be able to do this face to face. I am getting the feeling Kaushal; you need to work with her 3 to 5 days on an energetic level, things will settle.

Hdp: *This time it was Joy, bliss, actually I am doing reiki healing to a lady in my building, and I feel very connected to her she is very sweet and very nice and I, the previous experience, when we were in universe, I would feel love but the joy was missing, the sadness was still there. I was hugging those beings, those same beings which I saw in my dreams, but they were more of elephants, luminous bodies, I was loving them, but there was sadness, but this time when I was with this lady, joy was overflowing, and I was getting healed....and I didn't want to come back..*

■: Go ahead and do this exercise all of you actually this applies to all of you, and the universe is your playground, you don't have to go here or there, you go where you want, you don't need a group to do this. The group was there to support you today, all you need to do is to want to have fun and explore this. What I am being told to tell you right now is, the easiest way for you to start this for self, if you are sitting alone, is to do this like a daydream, when you are in sought of a semi dozey state, you can create that, by doing a meditation like we did today, or you can do it just before you go to sleep in the

afternoon or at night, but do it really joyously, and either choose where you want to go, in fact sometimes go ahead and choose it, or sometimes let yourself be led. Explore both sides, and you will find so much opening up to you, some of it will make no sense, and in fact that is the part where you will be able to validate, yes, I am actually going places, because it is either not of interest, or it doesn't make much sense, just go with it, because the more journeys you take like this, the more you can eventually command yourself to consciously examine areas, aspects, people emotions that you want to explore.

The reason you are being taught this is again all about **self-empowerment**. At this point it looks like a rather pointless and rather self-indulgent exercise, but it is not. Eventually when you get adept with this, of being able to travel consciously, you will be able to travel at any point, to any aspect, that you wish to clarify. Let me give you practical examples, for a youngster who has got an exam coming up, he will be able consciously access mathematical data for example, before a math's paper. To fill himself with it, to be able to use it in the exam, and do much better than he normally would.

For a person who has a personal issue, with say another person and you are going to go into a conflict meeting tomorrow, and you know that's happening, you will be able to after accessing the Higher Soul, communicate with them, give them your love and power, see where they are coming from on a Higher Soul level, and work an energy, exchange, so powerfully, that the meeting next day is bound to go better, than it would have, if you hadn't done this.

I know this sounds now like manipulation, and I am being told to tell you this is not manipulation; for example, you (Kaushal) cannot go in and work with your sister and force her to heal, or to do something that you wish her to do., but you have every right to go in and empower her fully with your power, and to access her energies to study them and see them. Remember if the Higher Soul does not wish this, they will give you a 'no' and you will not be able access it, and if you intrude, you will get completely incorrect information, so in any case you will not be able access it, even if you try to violate the 'no' that you get. So there is always privacy, you are not violating anyone, you are not manipulating anyone, you are simply strengthening your mental and your psychic powers, and you are working for the good of all, with complete joy and consciousness, and in doing so you are **learning to empower self**. It 's all about self-empowerment.

***GI:** When you said about children doing their exams, yesterday I was sitting in a bank and waiting, and when you are waiting you are blank, I knew my grandchildren were doing their exams, it just so happened, that I sent him, the little one, all the energies, and this morning, I didn't even no what paper they had, this morning my daughter-in-law called up and said, Gooloo do you know, he's got 80 out of 80, and he is supposed to be dyslexic.*

👉: Vow...math's...(laughing)...Thank You. Perfect example...this is exactly what I am talking about here...so the more we do this at first as a game with ourselves, and give yourself permission to be wrong, all right, so your imagination is coming in at first, **so what!** You will only grow from it, and as you grow, you will find the level of information that's being exchanged, getting deeper and deeper, you'll find insights coming out, and you will eventually be able to use this in any aspect of your life, not just, esoteric work, practical, practical stuff, but that must come later, play with it right now. Any questions, otherwise we are winding up.

Hdp: When we were inside the ocean, I had different kind of emotions flowing in, when I was like slightly stiff on the earth, when the second experience happened, I could feel, like you see pictures from moon, how we fly, then it was love, happiness but there was some sadness...but when I was away from this planet, way somewhere, never seen, that was joy...so geography...maybe its my limitation.

👉: No, what is this, it is your inner yearning, to return to Spirit, to the energy that you know is the Oneness. You have chosen, you have not been put here; you have chosen to come into incarnation on earth, in your situation, in this body, with the situation you are in, for growth reasons, and the sooner you begin to accept that, and truly look at why you are in the situation you are in, the easier it will become, at this point there is tremendous resistance on many fronts, in fact you are an interesting person, this is I am picking up, I don't know you, but, you are an interesting person energetically, because there are certain energy aspects, that are incredibly open and in tune with the universe, and there are other aspects, where you are an extreme block. You have 2 sides to you, of extremes, and very little in between. You are either flowing completely or you are completely blocked. Now this is an interesting energy pattern that you have got yourself into. You are not come with this, you have got yourself into, What I am picking up is you have chosen a fairly rough path for personal growth, I am sorry, I don't know you at all, I don't know your life, so I am just speaking as I am just picking it up. Okay, you have chosen a fairly rough path for a lot of experiences, to grow from, because you know energetically, your energies are such that they need to be shaken up to expand, that's your structure, and you have chosen that.

So, you have opened a lot of stuff, in fact there is a tremendous amount flowing, but there are still areas of block, and these areas of block are what you need to look at, now first you need to find them, you need to identify them and start working on them. Those are the areas that just wish to go back and not have to deal with earthly life, but you can't, you have to deal with it. That's the resistance.

Hdp: How do I go about it?

👉: Just by this, by talking to people, by going for sessions to people, you can go to therapist, you can go to a tarot reader, and you can go to other members of our group, who can help you with this, who can do issue related work, and start digging. It's just an

internal opening, to say, yes I am willing to look at it, if you start that, the doors open, people will call you up, some book will drop in your lap, someone will appear there, and you will find avenues..

Hdp: *It's happening*

: So just go with the flow then, that's it...Thank You all...