

19th April, 2007

THE AR'RAK

Channeled by Sohrab Ardeshir

The Ar'Rak Energies

Channeling begins

Sohrab: I am in deep link with a new energy structure. They are working, once again, in a different manner through me. I am being given to understand that now every time I work on a Thursday or a Sunday meeting, the channeling will be of a different form. This is to teach me to accept all different kinds of energies & also to accept how they wish to work through a human body, rather than how I wish to work with them.

Today, there is a complete separation neck upwards & neck downwards. Neck upwards, I am working in full consciousness as Sohrab; neck downwards I am being forced to hold their energies, very deeply, in my physical body & I am resisting this & that is why all this shaking & struggling, that you are seeing. Have no fear; I just have to be able to accept this in the body & keep the neck separate. This is very confusing to me because I would like to go into a deep trance, which would be much easier for me but I am being forced to stay fully conscious & speak as Sohrab & yet hold their energies in the physical. Give me a minute & don't touch me.

Just so that you are aware what is happening, there is no physical discomfort or pain in my body, but I am going through an internal feeling of painless electric shocks. There is no discomfort but my body is reacting to this different energy. That is all that is happening; there is no danger to you or to me.

I would like us all to welcome a new group of magnificent beings who are now working with the Earth planet. They are completely unknown to us. They are not part of the Ashtar though they will function like the Ashtar. They are called the Ar'Rak. For the sake of the transcript, the wording, I am getting is A-R apostrophe R-A-K.

They are very, very highly sentient beings from an extremely distant galaxy & there is a delegation, within this room, with us; in fact, there is one Ar'Rak member behind each of you, sitting here. You may, wish you wish, permit their energies into your physical body; this is your choice; you do not have to do this.

Their whole focus, their whole directive of existence is gaining & disseminating universal knowledge & wisdom; there is no other purpose in their lives. Knowledge & wisdom is,

for them, food & light. The reason that this strange physical phenomenon is happening in me is that apparently I would not be able to channel them, as I do, when there are other guests with us, because their structure is so different & their energies completely different to our personal universal energies. The flow, the construct, even the sacred geometry that they are made up of, is completely different to ours & so even today, as I am speaking, I am receiving, not thoughts... I'm receiving energy discs into my head; they look like little coins of gold & they are sliding in like a slot machine & they are using these discs as a mediator between their energies & ours. I would not be able to pick up their thoughts or their ideas because their structure is so different.

They are here today to share with you their knowledge & to gain some of ours. It may seem strange to you, almost a paradox, that these beings who are so, so highly evolved, would require our knowledge because our structures are completely different to theirs: family structures, even the way we assimilate knowledge is completely different to theirs. They wish to talk to you today by permitting you to ask any questions that you like & in doing so, to share their experiences with you & to have you receive some of their knowledge, wisdom & experience.

Ruk: *In the beginning, I felt as if someone was putting something in my lap, which they wanted me to receive. I accepted what was put into my lap. Was that your energy?*

■ You have all been placed in a strange energy formation today to hold you here comfortably for this session. Only I was exempt from that structure today. It is, what I am getting is, that when we are sitting on a roller coaster there is a bar placed over us, there is an energy structure, of some form, that has actually physically been placed across this area of all of you (indicating the lap), with particular attention at shielding your solar plexus & your hara from these energies, as they would very seriously damage you ,if you unwittingly took them in. That is what you picked up.

Na: *I'm picking up beings that have a tail. And do they come from a universe that has no free will choice, and they are here to study free will?*

■ That is one of the aspects that they are here for. The concept of will & free will & no will is almost alien to them because they do not function under any construct called 'will'. They have an energy generation center within them. They, of course, have no physical bodies but were they to give you a physical form, to help you to understand it, it would be like our cellular structure, where there is a core center & an energy emanation outward, in the form of a sphere. The tail structure that you are picking up is an energy signature that they leave behind them, much like a comet.

Their whole being, when they are created, is an internal vibration that comes from the equivalent of energy parents, though of course, they are not parents like ours & from this inner vibration, comes a stream of knowledge & wisdom that they will have in predominance. This stream of knowledge & wisdom is something like our personalities

that differ from person to person, even within the same family. Their knowledge & wisdom is not limited to our concepts of history & geography & science & biology; it's far, far vaster but I'm being given a simplified, very, very kindergarten explanation to give you: one particular being has a stream of consciousness where he chooses to study sacred geometry, as we know it, from across the universe & there are different forms & triads & patterns of sacred geometry that affect different beings from around the universe & the various universes. So his thrust may be that.

Now, there is no question of will or free will; if that is his thrust, he will only pursue that. What will differ, though, is the rate at which he chooses to pursue it, as compared to some other being of his kind, who chooses to pursue it at a slower or faster rate. And, once again, they do not equate slow & fast, as we do, in gaining knowledge but they see that from within themselves, sometimes a slow pace is required at points to assimilate, sometimes they need to jet forward & again do it. So there is no will, free will; there is internal pace.

Sh: *How do they use sacred geometry for their own benefit?*

█ Unlike for us, on Earth, where sacred geometry is still a seeming mystery, for them it is extremely easy. Their sight (if you call it sight, for of course they have no eyes) is to be able to instantly identify & zero in on the kinds of sacred geometry that exist. It is just as you have the sight to see a shelf & a chair & a difference between a cushion & someone's figure, they can examine the aspects of sacred geometry but it is not visual because each piece of sacred geometry (for our understanding, let us use the circle, the square & the point) has within it, different strands of vibration, different sequences of knowledge & with their ability, what they would study is not being able to identify this but being able to project where this sacred geometry will go, in the future, in terms of its growth & dissemination & expansion. In other words, they would study the human physique & the human society, not by looking at us but by scanning our sacred geometry & by projecting that in 10,000 years, we will have evolved to this level, we would know this, we would be able to accept that, etc.

Sh: **Do they want to tell us a little about that?**

█ That will come towards the end of the session; they will actually work with us on sacred geometry. That is the purpose of this, for us, today.

Sil: Do you have sexes?

█ There is no sex, I'm getting from them. They do not have masculine or feminine at all but they have levels of intensity; not two sexes but thousands of levels. It's sort of a difference between looking at a candle, looking at a bulb, looking at a fire, looking at something that is blazing. If we were to equate that with a level of energy, each of them would have different combinations of levels of energy within them, the predominant

flare would be the strand, which they have chosen to explore for that existence & the other ones being possibilities that they would morph into at later times.

I will explain this: They do not have life & death as we know it, but they have 'morphing'. After a certain period (of course they don't have time, as we do) but let us use the Earth concept of time & let us say after 200 Earth years, they have decided they have explored the thrust that they have come in fully, they will then change course within their beings & pick up another strand, which they wish to explore.

At this point, which is called for them 'the change' (in our language it would be called that), they cease being the energy component that they would be known as & they instantly become another energy component. In other words, Silla would cease to be Silla & would instantly have another physical form, with another set of attitudes, another set of beliefs & possibly, another family. So, there is no life or death; it is just morphing when the change comes. And this does not come at a regular interval, it would come when they are ready to morph. It is done & self-created.

Ish: *Do they have a common nucleus (...)?*

■ Yes. 'Ish', you are here for a very special reason. These are beings you are extremely familiar with, in a different dimensional aspect. That is why you are here. It is to re-acquaint you with these beings. It is also aligning your current physical energies so that you come into a certain degree of balance. You have gone astray at times (you are aware of this) & from time to time, whether it is in a session like this or whether it is in your personal home, beings will come into your ambit & will re-align you. You will experience complete confusion, at the point of re-alignment, but that will not take long. That is what you have been going through, from time to time. Do you understand this within you, right now? Not mentally, within you.

Ish: Yes.

GI: *Please can you explain what I was experiencing before the group came in?*

■ First describe what you wish to understand, what aspect you picked up.

GI: I picked up that a lot of entities were coming in but I had no clue who they were. Then I felt there was a division of this half & that half, where I tried to bring in a connection. I don't know what I was doing.

■ When you picked up the sensation of a lot of entities, did you pick up different types of entities or did you feel they were all one?

GI: I have no idea.

What I am being told to explain to you, 'GI', is very interesting this time, is how you picked up accurately & interpreted completely incorrectly. What you picked up were, indeed, many entities, of the same species, but imagine these beings as a core nucleus with energy emitting, constantly flow in & out of each other, inter-change, move on, inter-change; there is actually no separation.

There was an aspect of you that was confused by this combination, separation, combination, separation & your earthly mind chose to see it as an energy divide, which was not the case, and to fragment it or place them into different beings, which is your concept. There were different beings but they are all one: a core nucleus center. This will be explained a little further but ask.

Ish: *...overwhelming .. right at your heart center & its like a blue light fading outwards. If I interpret it, it confuses me because it is completely irrational & illogical & I get mixed emotions: it might come out as anger or tears. What I understand from this is to just let it happen.*

Yes. A change & adjustment is being made in you & there is very little you can do, on a physical level. But, if you choose, you can instantly connect with the higher aspects of self, at that moment & as for guidance & ask for the higher aspect to work on the physical body. Do not try & do the work hands-on; it will have no effect. Connect with your higher energies, connect with the beings who are working on you & ask for harmonious energy work at that instant. It will settle. However, there has to be a certain amount of energy trauma, just as you saw me go through. This would take place & that you cannot change.

Nar: *I've been feeling pin-pricks of energy all over. Is there an intention or something else?*

That is simply your way of receiving their energies, which you have joyously accepted into your structure. As such, a combination is taking place, right now, Nargis, between your energies & them. You have welcomed them in & it is simply your interpretation of the energy.

Na: *I'm feeling very disturbed about these energies. They feel very alien & feel brown & red.*

Do not worry about colour, structure or trying to see these energies. They are so far removed from our Earth physical energies that you have no concept of what they are. Even in my case, I had to take them in, at a certain level, greater than most of you, to facilitate this conversation today, but my body will not accept them beyond a certain level & there was an internal conflict. They appear distasteful to us, Nandinie, only because they are so completely different.

Let me try & explain this further. When we generally call upon energies, be they Master energies, our Higher Soul energies or even the energies of the wonderful friends who have worked with us through countless years, there is still generally energetic similarity between their structure & ours. They may be at this level & we may be here but they are still in the same dimension & plane where they can reduce their energies, to a certain level, & with our chanting & desire, we can raise our energies so that there is at least a meeting point.

These friends, who are working with us today, are working with a structure, which is so different to our physical energies, were we to fully take them into the body, we would instantly evaporate. That is why for all of you, who are taking them in, they are not coming into your physical body, they are coming into your energy structure & they are instantly making adjustments & changes. Your whole structure is changing right now.

Those of you who read grids, specifically for those of you who work with Reiki, it may be of interest to read and examine the structure of someone, after they leave this room, at the end of the session & you will see stuff you have never seen before. That is what is happening when you are energetically combining. The sludge, the brown, the gray is your earthly mind interpreting that is not what you desire in the physical body & even I am not this into the physical but for the sake of the session, I had to take a certain tiny, tiny portion of it, into my cellular structure. That is what I was resisting & that will be removed at the end of the session.

Nar: *How will this affect our attitudes?*

🌅 If you choose, and it is all about choice, by the way; that is why you've been given the choice to take this energy into your energy structure or not; it is entirely your choice. And beyond that, if you have imbibed it into your structure, if you choose to use it, the level of knowledge & wisdom, which these beings have, which will be infused in a tiny pinprick within you, is so vast, this will not only change your beliefs, it will give you new ways to weigh aspects in your day to day life that you have never conceptualized before. This is several steps ahead of breaking beliefs. It is about changing inherent concepts, not from this lifetime but concepts from ALL YOUR LIFETIMES. That is the level of the power you can access, if you choose.

Do not answer me. Answer yourself. You don't have to call on them; you just call upon the energies that you have taken into your structure. They will not be here, in physical form, as they are here today. They are actually here, in their version of a physical form; each one standing behind each one in this room. Yes, some of you are actually experiencing certain feelings of warmth & certain feelings of discomfort & tingling in the body. That is only your physical body acknowledging them; it is not them reaching into you. They will not. But they are being present here, physically, as a perfect exchange program. In the instant of their being with us & by the end of this meeting, they will have imbibed all Earth knowledge that they require. All Earth knowledge!

Gl: (...)

They have offered that in joyous exchange, if you choose to take it. And indeed, some will not. They will not feel ready, internally, for this. That is completely acceptable. What is interesting is all in this room will take it but the levels to which they decide to use it will be different.

I am also being told now that through this particular session, they are linking up with all our extended group: Bombay, Poona, everywhere, including sub-groups that happen from this group, in other words, for those of you (Tanaaz for example) who have sessions for others, automatically you are offering this to them on a higher level. This does not need to be said. Every time they come to you for a tarot reading or an energy session, a higher exchange is being offered & through that, this energy will be spread throughout planet Earth.

We are, today, the inception core group. It is a very beautiful choice they have made; they have chosen to come here today, & not to a Sunday meeting or another meeting, for very, very high energy reasons that I am not being shown. However, just to help you understand so that your ego does not go haywire, I'm being told that the individual energy strands, in this room, that each of you emanate, in combination thereon, this particular combination that is sitting here, is acting like a beautiful loudspeaker of energies & that is why you are here & someone else is not here. That is all!

Sh: *May I ask for them or the energy that we hold for my sacred geometry work?*

You will only ask for the energies that you have already imbibed today. And beyond today's session, you will not be able to take in more of their energies, into your grid. Whatever, on a higher level, you have imbibed, will be that which is appropriate for you, for the rest of your existence, in this lifetime.

Dil: *Is this energy that we have taken in to be used to save this planet, like in Earth warming, etc.?*

Eventually yes. I caution you, Dil, you are being greedy with this energy; be in control with it. You do not need to over-soak it in. You are attempting to be greedy. It is coming out of joy but you have taken what you need. It is a very natural tendency when energies are seductive.

Dil: *It does feel very good.*

I'm being given a visual now. Imagine your grids, as you know them: light, mesh, however you see them. Normally when you merge new energies into your grid, they become part of the structure of the grid. Just as you introduce calcium into your bones,

the bones strengthen overall. This energy does not work like that; you need just a tiny fragment of it & it will work, like the synapses in the brain, it will start skipping & jumping, through your grid, and empowering you as you choose. But you actually need just that one point. You don't need quantities of it; that in itself, will move & be simultaneously, throughout the structure, as & when you need it. If you try to draw out more, you might cause a mismatch.

Gy: (...)

■ Lifelong. They will be with you till you choose to exit this planet. How & when you use them is your choice.

Gy: It must be difficult for them to come to such a low vibration planet.

■ That is part of the experience that they wish to undergo; in fact, it is a great challenge. It is very much like us (I'm being shown now) trying to go to the seabed, without a suit to protect us from that pressure. They are experiencing, energetically, a similar situation & yet they have chosen for this to learn about density of energies that they see us as having. Their energies are that changed, is the word; as in sea level to 7 miles below the sea; that is the difference for them.

That is fine. Do not worry. Do not change it, Each of you will pick up these energies in your own manner. There is an initial slight shock to the body because, though they are not introduced into it, they are coming into contact with it, all around.

Ish: Have they lived as 3rd dimensional beings previously?

■ Never! They have never lived under the 24th dimension. To visit a 3rd dimensional existence is a level of their evolution. They have gone now so far that it is permitting them to come down to a 3rd dimensional planet. Had they been, say, of the 23rd level, they would not have been able to touch us. This is why, it was said in the beginning of the session, do not worry about the paradox of why they are here.

GI: We have been told that God experiences himself as in through us. Is he also doing this through the Ar'Rak?

■ If you wish to call it God, yes, or the Universe, the Source. This is a very small portion of the Source that is working at the Ar'Rak level.

To try & understand hierarchy, I am now being given images to describe to you. We will not even talk of dimensions but there are beings like Earth beings or animals & other beings on other planets, who are of a similar vibrational level, though some may have form & some may not. Then you have those beings who pass over & cross into spirit form, from these planets, such as our guides, our masters, our friends, who also exist in

much wider ranges than we do but also within a certain energy realm: planes 2 to 7 (or what we call things like that). Even our friends, like Archangel Michael, the Sai & all can span a huge range but even these do not move into these realms. They can but they choose not to for their personal evolution. Then there are, beyond this, beings we have no knowledge of, different level angelic beings, different level masters who have no purview over Earth at all but they work on very, very vast other cosmic region.

And beyond that are a few beings like the Ar'Rak. And once again, Ar'Rak is simply a verbalization for you to hold their energy in you. They work at an extremely high level. I cannot even call it vibration because there is no vibration. They are what we would see as having separated from the Source & having chosen to remain very close to the Source for various experiences that the Source wanted to go through, at that level. They had no desire, over millennia, to move lower. But now as everything is growing, they are also choosing to experiment. They do not have anywhere up to go; they are going down to learn about self. Even at that level, they are learning about self, through us & others like us.

Sh: *Since they are from a completely different universe, dimension, whatever, is their Source, so to speak, the same as ours or is it completely different or is it a completely different place, space, whatever?*

■ I am getting that it is the same as ours but their perception of it is completely different to ours. It is as different as the unevolved man praying to the Fire God, who throws down thunderbolts, as our concept of the universe & our knowledge of our masters, our guides & our friends. It is the same. He is also looking at that but his perception is so limited, compared to our expanded perception. So their expanded perception of the Source is ten-billion-fold of what ours is. But it is the same Source.

Gl: *Will we ever get to that level?*

■ In this lifetime?

Gl: *No, not this lifetime.*

■ One thing they are finding very interesting with us is our constant habit to smile & laugh & giggle. They have no humour, in their structure, but they have full joy. They don't need this level of humour & they wonder how we try to touch joy through this because to them it makes no sense.

Gy: *Do they experience Source as All & Nothing? Do they go to the original form or do they keep playing with the experience of morphing?*

■ They will be the last will return to the Source. All of us, who from our perception of lower beings, are working towards evolution, to return to the Source. They will permit,

eventually after millennia, all of us to return to the Source, then the next level, then the next level & they will be the final to merge because they could be merged instantly, if they chose. So, they are like the shepherds with the sheep: getting the sheep into the enclosure, then closing the gate & coming home. With their level of expansion, they are the ones to say: you go home first.

Ish: *What is instinct to them?*

■ Instinct means absolutely nothing to them because they have such a large knowledge of that level of energy that they have access to anything. There is no question for them to use, what we would call, instinct. There is just no place for it, in their existence. They just do what they need to do. Instinct is probably something they will now start playing with, as a fun game, from our perspective but they don't need it. It's just All-Knowing, All-Seeing. It's very close to the Source.

Ish: *Is there a hierarchy?*

■ Yes. I'm being given to understand that even in that structure there is a hierarchy. But once again, it is not a power hierarchy; it is a hierarchy of different energy strands. How can I explain this in easier terms? It is not a hierarchy of control: to supervise or control because they do not need that because they are all working with the Light, from our perspective, the Light that is coming out from within them.

But, let us say, a small sample set of ten of them are working towards sacred geometry. They will, instinctively, pick up, from within, who is the most advanced on that field for them & they will gravitate to him, forming an energy molecule with the other person as the nucleus. The instant they have all merged with their levels of understanding, they will fragment & again they will pick up someone who has a further energy structure & form another nucleus around him. This is the form of energy hierarchy that they would have. And then, of course, when they morph & change direction to a different stream, a person who may have been the most superior in one, will be the equivalent of a child in another & then he will start forming a circle around someone else & so there is this beautiful interchange of energies & the structure just happens.

Na: *Reading our energies, do they need to tell us something about our evolution?*

■ What they wish to do today is just to help you understand how to use your levels of perception to take your energy scanning & your work further. That is their offering to us today. They are about to do that right now.

'Gy', would you be kind enough to be the volunteer for this, since you are already sitting on the floor? Just come into the center. Be comfortable. 'Gy' is kindly volunteering for us to learn from & at some point, 'Gy', we may move you away & have someone else so that you may also scan it.

At first, I'm being asked to ask all of you to just look at 'Gy', with eyes open & see her as you see her: her skin tone, her hair, her clothing, whatever you are getting from a very practical physical level, not going beyond that at first. For those of you who are hesitating, there are no judgments; you are simply observing.

Now take it to the next level where you just scan her energetically, as you would looking at someone's aura. Don't worry about colour; just see the energy emissions, particularly from around her head. That is always the easiest. As you are scanning this, see if you are picking up any kind of emotions that 'Gy' might have been going through today; emotions, vibrations, feelings; we are looking at conscious ones now, aspects that she consciously went through today, be it a fit of anger, be it irritation, be it happiness, whatever.

Now go a level deeper & see if, as you scan her aura, any energies, vibrations, colours now make themselves apparent to you. You can continue to do this eyes open or closed, as you wish. Now take a moment to activate the energies, in your grid, that have just been placed there so that you take your perceptions to a different level. Flood yourself with the Ar'Rak energy. Feel it zinging through you. Now you will look at 'Gy' & you will scan her for emotions she does not consciously know she is experiencing, deeper buried emotions.

Either with eyes closed or open & you will see it in its most glorious form. You will actually see the grid, see the energies. Examine it in great detail. You will go deep into the energies & you will now look at the sacred geometry that she is composed off. Allow it to appear to you in whatever manner is best for you. Scan the sacred geometry. Read it. Find out what her core is. Words may appear in your mind; accept them. Look at the sacred geometry. Study it. See the shapes, the coloration, the vibration. See where it is heavy & where it is light. See if there are gaps in it. Watch its flow. You are tapping into the core of who she is.

Silently & mentally thank her for her beautiful participation & her joyous openness & come back to full awareness.

Now we will speak, very briefly, at the various levels that you picked up from the beginning. We will not deal with the physical because that is apparent. Let us take the next level. What were the superficial emotions, you picked up, that she was conscious off today? Would anyone speak up?

Gt: *My first impression was: Oh My God! When will this end. Then I got there is so much indecisiveness in her life. When we went on shade deeper, I got, from her schooling, that she has been manipulated, very gently, from people around her to do what they want her to do. I don't know anything about sacred geometry I first got a triangle & then more than going up I saw her going down a roller coaster.*

■ We will come to that later but we thank you for a very accurate reading.

Ruk: *I picked up joy, at the first level & deeper level, a lot of sadness. She's extremely sad, which she is covering up with the joy. She is not able to find out the root of the sadness.*

Na: *I got a disturbance, for today, and a lot of anger.*

Group member: *I got a golden light with tinges of pink in it.*

■ What does that mean to you?

Na: A lot of love & (..)

Sh: *When you asked us to check on her emotions I got that there was an act or feeling of kindness that she had felt today. When you said to go deeper, I felt great sadness that she is not aware of. It stems from some childhood insecurity but she's not aware of this.*

Dil: *I felt there was a kind of a frustration that she felt today. I saw a streak of green. At a deeper level, I felt there was some sort of a pain & a lack of self-worth.*

Ish: *At the first level I couldn't pick up much; it was as if she just woke up. At the second level, I saw a lot of trauma because of the death of someone close to her, maybe a baby. I could clearly see it.*

Group Member: *Initially, I couldn't feel her pain & then I felt a gloom around her face, her head, that turned into a shower of golden light coming. Here there was like a moon & then she was showered in golden energy.*

Nar: *I saw a dark cloud covering her head. Then there was a lightness coming & then it would be shadowed by a dark cloud.*

■ See how most of you picked, very accurately, (..) surface ones & the deeper ones. Very often, the person you are working with works at a very deep level, which they have no conscious knowledge of: issues, emotions, energies coming in & with this practice of going deeper & deeper, which you all touched today, you have been able to see through & perhaps then you will be able to council, help, guide.

Let us go straight to the sacred geometry. We are aware that some of you do not know what that concept means but nonetheless what did you see?

Group Member: *I saw a musical note (treble). I don't know how to read music so I don't know what it's called.*

Group Member *I saw (..) like a Shree Yantra, going in & coming out. Sometimes it takes the form of a crab & then it was lines. It was maroon & dark brown.*

Group Member *I could feel that she was strangulated in a past life. It was like a cobweb around her & she was choking & getting strangulated & she was in pain.*

■ Be aware, in that case, you were not studying sacred geometry but you were studying an energy formation that is indeed around her. But it was not sacred geometry. It was not incorrect; you were correct.

Group Member *I saw a 6-pointed star but it was not flowing. It was stiff. It was a joyful star but a stiff 6-pointed star.*

Group Member *I saw a triangle, with the heavier part at the bottom. The triangle changed from (..)*

■ What you will now have to do, which we cannot do today, we have just started you on the process, when you have touched a person's sacred geometry, the first thing you will have to remember is that it is sacred to that person & you have the right to touch it but you do not have the right to manipulate it or affect it in any way.

Once you see the symbols, as you perceive them (it does not matter if the symbolism is different) you need to start understanding what that core center is. For e.g., in her case, the words that came up through me, when I was studying her symbol (I am speaking as Sohrab), the words that came up, which are her core words, that which came out when she first separated from the Source were 'joy', 'love', 'a desire to experience', 'a desire for learning & knowledge', 'a desire to experience trauma & pain', 'self-acknowledgment'. Do you see how it would have gone on & on & on? These are core fragments that she chose (as all of us have chosen) to experience over countless lifetimes.

When you touch a person's sacred geometry, at a certain moment in time, as you all did today, those key elements that come up are her core fragments that she needs to work with now; otherwise they would not come up for you. Then you would be in a position to tally all that you have studied: you have seen her joy, you have seen her sadness at different levels & you have touched her core sacred geometry & you have touched those aspects that she needs to look at. You are then now better equipped to work, to counsel, to guide, to help as a friend, to do whatever you wish.

This is now where you could take your knowledge of sacred geometry to your benefit. It is indeed baby steps but till you take these baby steps you cannot take the sacred geometry further. If you get through these, you will understand how to read sacred geometry, not only of people but of buildings, of spaces; then you will learn how to read

the sacred geometry of situations, then you will learn how to manipulate it & yes, we use the word 'manipulate & no, you cannot change another's sacred geometry; that is sacred violation. But you can manipulate the energy & the sacred geometry of a situation of your creation.

In other words, if you are there it is of your creation. You can actually fine-tune the sacred geometry to change the situation, as it is happening. We do not talk of small situations, like fights & arguments, we talk about world wars; that level. That is where you will get to with this work.

They must leave now. They wish you joy, light, love & they wish you the full use of the energies of theirs, which you have imbibed. They offer it to you in complete openness. It is yours to use or never use, as you choose.