

14th June, 2007
THE ST GERMAIN
THE ANGELIC REALM
Channeled by Sohrab Ardeshir

Affirming your own beauty

Trance Channeling begins

GI: So let's focus our energies, all of us together, (...) let's hope that the light of true knowledge illuminates their minds and their hearts and bring them to a level of awareness and self-realization because after all it's their free will choice.

Take deep breaths, focus in the center of the room and pour out your love and energy of self-realization.

Sohrab: (..) sitting here in this room. How many energy strands are present? Take a wild guess. When we say energy strands, we specifically refer to the energy that each one of you, individually, has brought into this room, which means this + this +this+ this, etc totals how many?

Group Member: Millions.

Group Member: One.

Millions and one are both correct because the millions form one. But if you were to individuate them, there would be over four million brought in by just this group. Having brought this in, those four million and some are combined and are being drawn by him and given back to you. Each time a specific master speaks, it is done for a purpose and that particular series of strands, which belong to that master, comes to the fore; then they merge back in and other strands come to the fore and so on. It is like a rotating system within the medium. This is why you sometimes wonder why so many different entities can speak through a single medium; over four million can speak through a single medium. Each of you are a single medium; it is just that his task is to speak aloud and your's may not be to do the same, but you're an energy medium.

Are you aware of what is happening right now? These energy strands that are flowing between the universe and you are now beginning to snap with your disbelief. With some, in this room, there is instant disbelief: "I could not be big enough to contain that; it's not possible". Snap, snap, snap, and you detach those strands from your physical

body, so NOW YOU AREN'T big enough to contain those strands. The instant you get a single aspect of belief in you that you can, they re-attach. This attachment and re-attachment happens constantly throughout your life.

What happens when you are caught in trauma and you go into "a tizzy"? You are simply severing these energy strands and when you go into extreme trauma, you have very few energy strands left and those start to become convoluted and that is when complete dementia takes over, because the universe is giving you a buffer, and at that moment, it is helping you suspend yourself from reality and take stock on a higher level.

And so, at moments like that, you go into a coma, you go into dementia; you go into madness, which is what happens. It is simply the universe cradling you and helping you re-attach those strands that you desire.

When you do group energy work, as you just did, all you are doing is affirming these beautiful strands as one and when there is one strand, it vibrates with the power of four million plus and that naturally generates, not more power, but more focus from you to the object, area, issue, etc. It has to help. How? Let us take the example you used today. You pooled your collective consciousness to empower others, to be aware of global warming and issues that need to be addressed, related to the same.

What did these strands do? Let's look at them pictorially. Let us assume that you, friend, walked in here with 7 lakh strands and you, dear friend, walked in with another 7 lakh, and you and you. The instant you make this internal intent, these strands go through you and form a central column: the oneness. The vibration of this central column is naturally magnified by the amount of strands within it. It cannot be contained in the column and therefore it starts to push upward, figuratively (it pushes outwards in all directions but we need this visual to help you understand) and forces itself outward, in a fountain-like formation. The fountain-like formation stretches out its energy tentacles and instantly links with other like-minded energy tentacles. There is another group doing the same work, right here, right now. There are other people around your world who are thinking of global warming, right here, right now, at this instant in time. You instantly link with all of them and multiply the strands, drawing them back through your physical body and once again, sending them back outward.

For those of you who attended a Sunday meeting recently, this formation was shown to you. Now you understand why this is happening and how and therefore, this apple-shaped formation around the physical body, which becomes the core is taking place in all directions and you become, energetically, like a larger and larger apple, which is exactly the same shape as your Mother Earth, with the poles being your crown and feet. As this cycle begins, it is never-ending till you put a stop to it; it's your complete power and free-will choice. If you choose to cut yourself off from these energies, the universe will never force you to belong to them.

This apple shape formation starts happening through the roots and up, through the roots and up till the apple grows larger and larger and larger and merges with all the like-minded (we use the term 'like-minded' for you to understand)\ but we mean like-energy apples.

Exactly the same formation happens when you are planning, what you call, a devious plot or deed. You are also holding those strands and you are planning, perhaps, a murder. You are putting out these energy tentacles, either individually or as a group, and you are linking up with others around this universe (not just this planet) who have similar energy emanations. As you know the universe does not say 'good' and 'bad'. It does not say murder is bad and priesthood is good. It just is energy of a different signature. You are choosing that, because you have free-will choice to join those energies that you are putting out. So, you are forming this apple and drawing into this apple those energies of murder and anger and fury and vindictiveness and your apple keeps growing till it merges with other apples like that and your power is magnified.

Remember: energy has no mind or discernment. It just is energy. It doesn't say this route is bad or this route is good; it flows, depending on the intent you place within because you are co-creators of the formation.

You may now ask questions.

Na: If energy strands are cut off during trauma, what do we do to connect immediately?

■ We will show you: Are you aware of the beautiful collective joy that this group has brought into this room today? Are you aware of this?

Gl: I felt it the moment I walked in.

■ All of you take a moment and just connect with this area, since it is your physical heart. Of course you have problems and day-to-day issues you are dealing with, but right here, right now, your predominance is joy. Experience it for a moment. As you are experiencing this (some of you are smiling and some are not) understand it has nothing to do with the external. It is what is within you. Now that you are touching this joy (and you all are), each of you will have a different definition for it today. There are some in this room who say: pain is joy. Only you, inside you, will know if this is true. You are not to speak this out but you are to analyze this, for self, right here, right now.

This aspect is applicable only to this moment in time; it does not mean you will always say 'pain is joy'. But right here, right now, some of you are experiencing true joy through pain. Some of you are experiencing true joy through self-awareness. Some of you are experiencing true joy through simply being part of this group and attending this session. Some of you are experiencing joy because of family situations that have recently

occurred. Some of you are experiencing joy because there is a great weight off your mind today. And the list goes on.

Touch your moment and it is fine if you are even experiencing true joy through pain; just be with it. Each has a particular predominance. Now connect with your joy strands, be they pain or happiness or circumstantial and pour them out, up through your crown and feel them expanding outward, joining up with other joy strands, around the universe, and returning, through the soles of your feet, back to your own personal apple core and the circle is continuing. Allow this flow to happen and extend it outward. Let your joy now encompass anything you want, be it a global issue or a personal issue or a person, people, anything. Just wrap them with your expanded apple. See how easy it is. And it is done.

The group healing that was asked for today, inter-planetary healing that was requested, specific Earth healing that was requested by this friend ('Dil') has taken place in an instant.

Do you want to ask further questions now?

Sh: I'm using words that we've been given: strands, strains. We hold these strands within our energy structures. Wouldn't all that be a strain? Are they? I'm a little confused between the two.

■ We do not recognize any difference. These are terms that you use and you confuse yourself with more and more. What is a strand and what is a strain and what is a single fibre and what is a column? It is all one. How can we define it? In fact, we worked backwards with all of you. Do you remember 4, 5, 6 years ago how hard we worked to help you accept your own masterhood? There were sessions where you were told to state: I am a master. You were told to connect with your masters. How difficult it was for you.

And now that you are so comfortable with those terms, it's so easy to give the power outside. We're simply asking you to go backward and retain the power and you are finding that difficult; you want to go outward and ask a master, which you have now conceptualized and understood. So please, dear friend, of course there are definitions but for you, don't use them; for you.

Sh: I understand.

■ You do understand?

Sh: Yes, I do. Absolutely.

■ Unnecessary. Even the visual of the apple, it's simply for you to understand. Does it keep exactly this formation? Of course not! But to help you grasp the concept, to help you understand how your personal energies expand outward and embrace all, we give you this specific visual. It is accurate to a certain degree. But within each strand that goes out there are multiple core strands that move elsewhere and link up like the internal workings of a computer. Could you ever visually describe the internal workings of a computer?

Sh: It's just that I'm trying to understand energy as deeply as I can. I'm trying different ways of trying to figure it out.

■ The only way you will understand it is by experiencing it; for you particularly, dear friend. In fact, for you the terminology is a convenient barricade to hide behind because it becomes words. For others, words are necessary, for you it becomes the barricade so we ask you to free yourself of definitions and concepts. By all means explore them to understand, but don't stay there, move.

Having said that, we will explain. But if you get caught in the words trap while we are explaining, we will stop.

Sh: No. I'm really trying to understand.

■ What was done today was the creation of a strain. Individual strands merged together; let us say the 7 lakh strands in her had a certain consciousness, a certain knowledge, a certain level of wisdom, a certain level of expansion; none of these words are full; they are limited but let us try. So she brought her 7 lakh individual strands and by combining them for this one particular endeavor they became a combined strand again, more magnified, with much more consciousness than her individual strands because they included the consciousness, understanding, knowledge, past, present, future, parallel lives of all in this room. Even that is still a strand: a stronger, more vibrant, more powerful strand. Even though there are 4 million strands in it, it is still a single strand. As that gets propelled up, with intent from a group, it starts to hook up, as we explained, with other like-minded 'apples'. As those begin to combine, they form inter-relationships that are completely different from the original core, except in intent.

The kind of energy input that another group, sitting a thousand miles away, may put in today is different and yet the intent is the same. So slowly, the intent forms the core around which these little globules of energy created by all the groups and people who are doing the same work right now starts to form a new formation and this becomes a strain. It is a strain because it is a strain created to aid global warming but how it is done by each individual globule is totally different. Then it is a strain. The strain will put out energy feelers that will form new strands, which will then, in turn, form new strains.

See! We warned you not to get caught. You do not need to know more but we always satisfy curiosity. It is good to be curious.

Sh: Thank you.

Ruk: When you started, the one word I kept getting was 'Africa'. I can't understand why I was getting this word.

■ It was specifically applicable to you, not to the group. As you joined and formed this strain, certain energies passing through you hooked up with the appropriate apples coming from that region, not from those people but by the region, and certain work, using your strands, was done there. Global work was done by the entire group, each one working on different areas. You simply happened to pick up the area you were focusing upon.

Na: The fact that we keep saying 'global warming', aren't we warming the globe more than cooling it? Shouldn't we change our words?

■ A wonderful, wonderful suggestion. To bring it into general consciousness, at first, you have to use terminology that is understood by the layperson. So first allow it to boil up a little and then make the change. It is now time, for groups like yours, to change your focus. Why warm? Why cool? Work towards Global Perfection.

We need to move on.

We spoke several times, in the past, of the new planet. Then we spoke of wonderful angelic beings who were being released by this planet and who are now working specifically with your Earth planet. The time has come for all of you to now individually work with individuals from this angelic realm, if you choose. The choice is always yours. We offer you today a merger and an understanding of how to do this.

The most difficult way for you to connect and yet it is the only way to connect with these friends is BY AFFIRMING YOUR OWN BEAUTY. If you don't do this, before you try to connect, you will not be able to connect; you will not be able to contain or use their energies. To give you a 'kick-start', we are going to do this right here, right now.

Do you think what happened just before the meeting was a coincidence? That little object was passed round, from hand to hand, and all of you admired it and saw the beauty in it. This occurred because you understood the background (*a dwarf was crafted, by hand, by a young man who was dying of cancer*), you instantly bonded with the child who had created it. Many of you had a great vibrational empathy, some of you went into panic mode (that is fine) but the instant you realized where this creation was coming from, you were able to look at the little sculpture and see in it only beauty.

Yet, were we to show it to a connoisseur of art, he would say “ It is imperfect. It has no artistic merit. It is cheap. It is a silly thing to have.” That would be because he has not understood the true beauty of it. The true beauty does not only come from the external; that is a small part of it. It comes from the content.

There was not one of you who looked at this little object and said: how garish are the colors. There was not one of you who looked at it and said: this is not to my taste. It may not have been to your taste and the colors may not have appealed to your senses; but you were able to go way beyond that and simply see the true beauty of the object, even if it was only clay and cheap paint and hand-crafted in a hospital bed. Even he (Sohrab) was not aware of it while it was being passed but he has understood it now.

Now, it is exactly the same with your own physical bodies and to be able to connect with this angelic realm, if you choose, you have to be at a level of a certain amount of acceptance of self, self-beauty, self-content. We do not expect you to be at a 100% but we expect you to be at least a 60% (your terms again) and you will know this from inside.


Let us begin by making you all incredibly embarrassed; a good way to shatter these walls. Why don't you start, friend, and look at the person across from you and say how you find the person beautiful. You may speak of the person's physical attributes, personality, qualities, anything: and in fact, it is better if you do not know the person.

Each person shared his or her perception of the person across from them.

Now take a moment and take in these words that have been spoken of you, about you, to you and add to them, inside. Declare internally: I AM and add as many words as you wish. Do it in complete joy. As you are doing this, visualize yourself very much in physical form, as you are today, but in the most beautiful, glowing, wonderful fashion that you choose.

Thank you. Only 5 people in this room managed to do this fully and that was enough to bring these energies to the fore.

We now speak to you as the combined energies of the Sohrab, the Germain and the angelic realm.

 We wish to speak to you today and work with you. As you have been shown, if you can work with this aspect of self, your own personal beauty and remember beauty encompasses all parts of you: physical, emotional, spiritual, mental, even those parts that you deem unworthy, ugly, nasty, stupid, all that is also your beauty. To work with us you have to spend a few moments, seeing, visualizing and speaking to self and seeing yourself in beauty. At first, you may need to do it like you did today, visualizing yourself

externally and speaking the words aloud but after a few tries, you will start acknowledging your inner beauty and we are with you.

Our whole function is to help you acknowledge and raise and focus upon your personal inner beauty. How long all of you have spent trying to work: healing joyously, working for others, doing service. How can you do service to others when you deem yourself ugly, in every aspect? What services are you providing?

You may be providing lip-service, you may be providing interesting words that sound good but what energy service are you providing when you are acknowledging to the person in front of you: I am ugly and therefore you are ugly. Because if you feel that you are ugly, that is all you can project energetically. What is the use of these words, these chants, these groups to energize the world, when you feel: I am not worthy? Harsh words but we come in complete love; in complete and total love and let us help you by understanding us.

Our strand of angelic beings is very unlike your personal strand. We come from the dark to the light. Our particular angelic strand has evolved only through experience and growth, so we have been in your space where we have felt unworthy and unloved and ugly and useless and we have evolved and with each circle of evolution, we reach out and bring those behind us to the same level, by which time we are one level further.

So, we are not some great divine beings as you would perceive us, in some etheric realm. We are angelic beings who are working specifically for Earth issues. This particular strand, who is speaking today, is the strand who works with personal inner beauty, nothing else. There are many of us who have arrived and will work in different ways with you. Today you are being introduced only to us.

Will you try this? It's going to be very easy if you don't resist. All you need to do is take those few moments, at your convenience: any day you wish, every day, occasionally, as often as you want and start to touch your inner beauty. As you do that, you start seeing the beauty, in every aspect. Start converting those 'fat thighs into 'beautiful' thighs by acknowledging how they have nurtured and supported you, through your trials and tribulations; stop seeing them as those fat, ugly things and start seeing them as those most beautiful supports that helped you walk, helped you commute. Without them, what would you be? Do this with any physical part of you, particularly the face. It is the area where you have the most trouble. We speak to all those in this room, specifically.

Oh yes, many of you complain about the thighs and the hips and the stomach but most of you cannot face your own face! Start seeing the light that you are emitting. Start seeing this beautiful, beautiful visage. If only you could see yourself as others see you. They are so much more perceptive than you are and they pick up, intuitively, the vibration, the joy, the radiation that you do not or will not see.

Do this every time when you are connecting with us and in return, we will give you that little drop of joy, in here. You have always been taught that joy has to be self-created. We are offering you Divine Dispensation. We will actually add a little aspect of our joy to you. It will be the catalyst that will push your own joy center further and further. That is exactly what you did today to create this meeting; just took our joy droplet and added it to yours.

Do you wish to question us?

GI: Are these beings with us most of the time?

■ All the time. The entire strand works around Earth now. As we said, some work for inner beauty, others work for myriad aspects of personal growth. It is all being done in collective groups, so at a single moment in time you may have 5 different angelic beings circling around you, each one working for a different aspect of yourself.

GI: So you just have to think of them?

■ But for each one, whatever the issue is, you have to touch that aspect of self to put the call out; otherwise there will be no intermingling of energies. This is being done specifically to raise your own vibrations.

Tnz: In my case, she said I was cool and calm but that is not what I am but what I am working towards. I didn't understand that.

■ Isn't it a part of who you are? Why are you focusing only on the points where you are not?

Tnz: This is what I'm working towards, so what am I supposed to appreciate? That I am?

■ Of course! You must start acknowledging that this is within you and that others perceive you as such. Why would she perceive you as this if it was not an energy you are emitting? She would not read it so; even if, to you, it seems completely 'off' because you are focusing on those perhaps 70% moments where you are not. Why not change your focus to the 30% where you are and then that would begin to grow further and further?

How often, when someone says to you: how beautiful you are looking today, the instant reply is: but I've put on 1 kilo. Does this sound familiar? Why do you not accept that the energy that you are putting out, at that moment, is joy and the glow? But instantly you have shifted your focus to tight trousers, the roll of fat and therefore, you are only magnifying that. Just shift the focus. This does not mean ignore yourself or not work to what you wish to be.

Questions.

Na: In a meeting you told us to go under water and there were beings. Is this the same connection?

■ All is connected but these are different strands.

Na: You said these energies are connected to the new planet. Are they called anything?

■ No words that you would know off. Let us warn you that this planet, as your scientists are now saying, has very few similarities to Earth, in the sense of oxygen, water. Oh yes, it is all discovered (..) but what you are missing is the bee-hive activity that is being emanated from the planet.

Billions and billions of energy beings are being released by this planet to serve Mother Earth and other planet. It is like a traveling spaceship filled with energies for you. But the Earth scientists, as usual, are focusing upon their physical form and oxygen breathing and other such things and they do not see what is coming out. You are all now energy sensitive; go ahead and feel the activity. It is a bee-hive. There are many, many different kinds of friends coming out of this planet who are serving the world. We are one tiny little strand: angelic beings that are working on your inner beauty, one aspect. Many more are all serving Earth and healing (..). Use what is being given.

There are so many people who are going through trauma. Is it that they're helping them by first creating the trauma?

Of course; not only to create it but to bring it to the fore and help them through it; all steps, not just one.

I feel that I've already connected to this planet.

You have, but your connection is tenuous because when the self-loathing comes up the connection is snapped. Then you bring it back and lose it and bring it back and lose it. You're aware of this. Now keep it.

Na: In what other aspects will they help us?

■ Let us put it this way: in all aspects that you can think off: emotional, physical, spiritual, every aspect. There are beings, not necessarily angelic beings but other beings, who are working with improvement of knowledge. Each ones knowledge, at their own level, is being upgraded right now, so whether you are a top scientist or a lowly, humble, uneducated 'man on the street', knowledge is being increased for each person; knowledge- not necessarily wisdom. Our words are specific.

Na: That's what I asked; to find out the wisdom aspect.

■ Not necessarily wisdom; let us not go there today. Each one is being physically upgraded. This has been going on for a while; you are aware of this. Slowly, bit by bit, physical aspects, actual physical aspects of the body are being changed; not just the DNA. Physical limbs are changing shape, foot formations are changing, brain space and formations are changing, synaptic movement is now changing in its flow (all of this is changing; it's not moving in the old patterns that you studied) Another strand of beings is working with that.

There are beings working with creative aspects of your personal lives, other beings working with fashion and clothing, other beings working with every single aspect you can possibly think off and so you have help and friends for every aspect of your life.

Kau: You said inner beauty, I concentrate on that. What if there is something else I want to connect with, like some angelic being, how do I connect then?

■ By connecting as many ways as you want. Instantly. The intent and it is done. It is done even more your thought even leaves your head and it is complete. It is already done.

Dil: If they are working with all of humanity does it mean that the terrorists will also be overcome and the fighting stop?

■ Oh no! The terrorist activities are being increased because that too is growth and creativity. So it is in fact being facilitated so that they can grow to a new level of understanding of self. But just as we said: if you do not term it, phrase it, experience it in the old way, you cannot move to the new. So for those few terrorists, as you term them, who are not ready to move, their activities are being intensified so that they grow, through that, to a new level of understanding, peace, wisdom.

Dil: But there is so much of death and destruction.

■ All events dovetail; only those who wish to exit your Earth planet through those experiences will go. There are people on your Earth who wish to experience violent death. Are we to take that experience away from them because a few people, like you, feel it is incorrect? It must be given to them. It must be served. It is not actually increasing; it is your perception of it that is increasing because it is becoming more and more distasteful for your refined energies.

Of course, the physical instances are being more and more seen and discussed worldwide because of your global connections, and it is getting more and more distasteful for your refined energies and as such, that helps you move away and towards energies that are more refined and like-mined. Similarly, they are taken deeper and

deeper to energies of their formation till they wish to make that change. Every opportunity is being given to the terrorist by the angelic realm. They are being offered more opportunities to give experiences and provoke terrorism and simultaneously, they are being offered opportunities to move out of that cycle into a new level of evolution. Both are being given by our angelic strain.

No one is affected by accident. If a hundred die in a terrorist blast, it is because they wish to. And you know it. We must facilitate that. At the same time, those who die painfully, in the terrorist blast, are helped by our angelic beings, on the other side, who instantly nurture them and help them realize where they have come from and why it has happened to them. So both steps are served; very difficult for all of you to comprehend. Expand yourself now to this understanding.

Why are we being helped so much? Why are we being so pampered? What are we heading toward?

It is your Divine Right and human consciousness is now coming to a level of understanding where they have understood that they have the full right and ability to command what they desire, in every aspect: be it terrorism, be it angelic help. As consciousness rises, the energies become more refined, when they become more refined, they merge easier with other apples and they start growing exponentially in internal wisdom, where they understand the ability to command.

A command is put out, collectively, by Earth. It has to be heard and responded to and the universe will provide the divine assistance. They serve you and you are also serving them in their growth, in completely different manners. It has to be perfectly balanced. It will never go this way.

Thank you. And in the students, they learn and grow as much, if not more. The child who is suffering from pain can lie in the room and be silent or he can raise his voice and call to the mother who is outside. You are now the child who is calling out instead of suffering in silence. The mother's touch is waiting. The mother does not know. She has to hear your divine command and the instant the child says: Mama, come and hug me; the mother is there. It is as simple as that.

But one has to experience trauma, in full joy, and then desire to release it. If trauma is held, in imbalance, it cannot be released. You have to fully embrace the trauma. This is what has been said, time and again, embrace whatever experience it is. It is because in the embrace comes the joy and through the joy you are able to move to the next level, if you choose.

Masters, all of you!