

17th June, 2007

That Aspect of Sohrab who is:

THE ST GERMAIN

Channeled by Sohrab Ardeshir

Soul Growth and Your Energy Strands

(Sohrab speaks in 'a link')

For those of you who have come to me for what I call the circle of soul growth (and some of you have), it is a one-time reading that I was provoked to offer to whoever wished to receive it where I would examine, over 12 months, the strands of energy that you were specifically choosing to work with, in this current year. Let us understand this a little fuller before we proceed.

When you separated from the Source, when, what we call, the Big Bang occurred, there was a small part that was the original 'N' or original 'Kau' in its most magnificent form & that original part of 'Kau' wished, over lifetimes, to experience different aspects of existence, beingness, let us say beauty & truth & forgiveness & love, etc & through countless lifetimes the 'Kau' has been evolving by focusing on different parts of what she chose to re-experience, from creation back to the Source.

What this circle of soul growth does for you is offer you a view, this year, of the 12 particularly important strands for you. This does not mean that the other strands do not exist in you; of course they do but these are your expressways in this particular year. The other strands are more roads, some are by-lanes & some are little paths. But these are the expressways & this particular circle of soul growth helps you understand what the expressway is, month to month & how you can best use it, work with it, work against it, depending on what you want to do.

The most important thing to realize about these strands is that they are 2-sided. Visualize a flat measuring tape, one side has inches, the other side has centimeters but they're both on the same; you flip it over & you read inches, you flip it over & you read centimeters. It's exactly the same with the energy strands. Let us say that I point out to you that for the month of April, your energy strand is that of joylessness (hypothetically I'm choosing that). You understand, by working with it, that joylessness is the thrust you have chosen, in predominance, in the month of April, for your personal growth reasons (therefore you have chosen joylessness) but the flip side is joy & it is entirely up to you whether you wish to work from joylessness or joy. In some situations, you will work from joylessness & in some situations you will work from joy & that is your choice.

'D' called me this morning, from Poona, and said, "Sohrab, I want to give you some feedback on the circle you did for me". Apparently, for this month, (I have her permission to speak of this) it said 'financial constraints'; I can't remember the exact terminology but the implication that she received was it would be a month of trauma with money, that she would have a lot of drain of money going out. She said, "Sohrab, I can't understand this but it's exactly the opposite has happened, this month. I went to the dentist & found I'd have to have extremely expensive dental work done. I said give me 8 days & I went home & worked with myself & when I went back the dentist looked at my mouth & said: you don't need the operation at all now; it's worked itself out." In fact, he finished that session & didn't charge her.

The second thing that happened, in the same month, is that a certain person came from out of town for energy work. 'D' was working with him for one full week. He left, at the end, giving her an energy exchange, in an envelope. After she left she opened the envelope & found out it was perhaps 20 times what she would normally have received. And she's in complete joy & complete unity with the universe for this.

So she called me & said, "Sohrab, how is this happening? The chart says that & the opposite is happening." I said, "'D', all you have done is work from self, with self, and you have chosen to just flip it round. You're learning exactly the same experience; you were able to accept the money in full self joyousness, without feeling I don't deserve it, I don't want it, it's too much. She didn't go through any of that; she was in complete harmony with the financial exchange.

This leads still further in what Ell was talking about, a few sessions ago, in one of the classes about the energy structure. Ell described an apple-shaped energy structure, which comes out & comes back in & forms this apple-shaped structure, which expands outward & as it continues to expand, you embrace everyone around you, everything around you & eventually the universe. It is in expanding this that we are truly sending healing, as you term it, because you are becoming one.

I'd like to touch upon this further, in reference to the strands & the tape that I've been talking about. Hypothetically, each of us have a series of strands that belong to us. I talked about it last Thursday, 'Kau', and I used you as an example. Let us say 'Kau' has walked into this room, today, with 700,00 strands, these little tapes that are all part of the 'Kau' consciousness & those include her experiences, her beliefs, her thoughts, all the beautiful energies she has connected with & made part of her own over lifetimes. Everything that is 'Kau' is in those strands. 'Ruk' has come in with another 6,00,00 & 'Yz' with another 8,00,00 (we are not competing here); we're all have levels depending on where we are in the scheme of things. When we meet together, like this & particularly when I'm consciously working with you, like I am right now, what I do is instantly incorporate these strands into my beingness. I'm doing this consciously because I'm either a channel or I'm speaking or I'm doing group work or I'm the teacher (however you wish to see it) and instantly I'm incorporating these strands (700, 600, 900), mixing

them, merging them with my own & drawing them into self, which forms this humongous selection of this 4 billion, trillion strands. This energy is reverberating through me, moving upward, reaching out into the universe & each strand that I'm reverberating with is merging with other people's strands of like nature.

Let us assume that one of these strands is joy. As I'm emitting one strand of joy it is reaching out & touching every single person who experiences joyousness, at this instant of time, throughout the universe, and drawing that back into myself, sending it back out again & at a magnified rate reaching out to all those who have joy, drawing it back & this apple-shape that Ell described is now taking place.

As these various strands keep hooking up with like strands, strains are formed. This is how your energies, scientifically, expand outward. This is what they mean when they say: you are one. When I am in joy, I am touching all joy. When I'm emitting pain & anger, I'm touching all pain & anger & therefore, 'Kau', if you are angry & I am angry, in that instant in time, how am I separate because we're both experiencing, together, in complete union. It's not even my pain versus your pain, it's complete union. If there is a predominance, that is what you will perceive you're experiencing the most. What am I doing when I channel St. Germain? Of these millions of strands that are within me, those that are within me that are already part of who I am, which are the St. Germain strands, come to the fore. It's like this beautiful kaleidoscope, which is revolving & it just comes to the fore, at the moment when I am speaking as Germain to this group & that is what you perceive. But it is all part of me & it is all part of you or you would not be able to perceive that.

Having understood this, let's go a step further. If I am doing this & merging all these strands & holding 4 billion, trillion strands, so are you. I may be the official teacher, channel, person sitting in front of you, but you are doing exactly what I am doing, at any given moment in time. Understand the magnitude of this. You're out on the street, you're not in a meeting, you are merging with all the energies around you: the poor, the rich, the angry, the happy, with every single one around you.

Visually, we've seen pictures, in Discovery channel, of jellyfish in water, with tentacles streaming out & those fine lights streaming out in different colours & hues; that's really what it looks like, if we were able to read them that way. And every time you move into a different space, these tape-like strands, which have flips of everything: joy & joylessness, etc. are being activated, like a huge symphony, depending on who you are merging with around you. Most of the time, we merge with all; we're not discriminatory. But at times, like this, when we are self, we start to play this beautiful symphony of our own. There is no discrimination of 'I must merge' or 'I must not merge' in terms of right & wrong. It's in terms of what is best for me & self, in this instant in time. That is when, in a situation like this, you can merge very harmoniously with the powerful strands of the Jade Fire, the Germain & anyone else of the angelic realms,

people themselves & you can choose not to merge with aspects of people here, in this room, that do not appeal to you, at this given instant in time.

Let us hypothetically say that 'N' & 'Kau' are having a rip-roaring fight in life; it's been going on for months. When 'Kau' & 'N' are outside this contained space & are not being full self, they will continually merge & those aspects of clashing energies will keep unifying & clashing, unifying & clashing, causing disharmony. But when they step in here & raise consciousness, go into self, they will be able to accept those different aspects, merge other aspects of self, fully & completely, and choose not to merge those particular strands (perhaps 5 out of 5,00,00) that are not in unity, not for growth of self, at this instant in time.

Group Member: (...) discretion?

■ Absolutely. As I said, this is not out of good & bad but it is out of perfect discretion. 'Kau' may say, out of inner discretion, "I should continue to merge here; in fact, I'll magnify it, in this room, because it is provoking me to look at an issue". So, she will magnify it & 'N' will say, "No. This is not for me. I do not wish to merge." And she will stop it.

It's important for us to just, scientifically & visually, understand how this works around us; to truly come into feelings of self. We've talked about self ad nauseum this year: Ell's talking about it, I'm talking about it; I slip, you slip, we all waver from self & go into compressed states & extended states but if we see this & acknowledge it, visually, as I'm describing it now, as this magnificent energy apple & you know, you have a belief within you that it's there & you take responsibility for its beauty, its expansion. It's through this that we can truly exist as self, at all times.

Questions.

Kau: (...) but most of the time I'm out.

■ By simply being aware of this, 'Kau'. I'll give you an example: I have, personally, no fear of crowds, like some people. But I found myself trapped (I use the word 'trapped' because that's the way I perceived it) in a Ganapati festival, where my car was surrounded by people; nobody was harming me but I started hyperventilating. I got completely taken aback because it had never happened to me before. I know about my height phobia but this is not an issue I have. I had to calm myself down & allow myself to proceed because I had no choice. Now I'm understanding what I did from this perspective is allowed myself to merge, indiscriminately & randomly, with a lot of energies that were not appropriate for me, in that instant in time & so I experienced a feeling of complete discombobulating. It was like my circuits were being overloaded. Now I can see that but when you're experiencing that it's very hard to be self. What I could have done, which I would now do if the situation arose again, is take a moment,

just expand my energies, be conscious of them, be conscious of the beauty of the energies around me, with no discrimination, and in some internal way, choose to unite with those that are appropriate. All of these are none instantly, 'Kau's not some big procedure; just awareness.

R: Is it the same with people claustrophobia?

Not quite the same, I'm getting right now, 'R'. Claustrophobia is the feeling of everything closing in on you & you may be completely alone & still experience claustrophobia. That's a slightly different aspect of energy imbalance but it's not to do with this aspect, which is crowds. I don't want to go there today please.

Sh: Supposing you were to channel, maybe 8 strains. What does that mean? Does that mean say a strain of all joy, etc.?

Let me describe this, in earthly terms, 'Sh'. If I were to ask you to define to me the meaning of the word 'group', you would find it very hard. This is a group, the school children are a group, all children who go to school in Bombay are a group, Bombay itself as a city is a group of human beings, a tiny group of three could be doing healing & they are a group. That's the same with strain. Let me explain this to you as an extension of what I've just done.

I am emitting, right now, seven hundred, thousand, million strands. These strands, individually, are linking up with others who are emitting similar strands. When a certain level of critical mass is reached, hypothetically say 1 billion strands (that's not a figure; I'm using it hypothetically), a strain begins to form; let us say a strain of all those who like classical western music; now suddenly a strain has taken place. All people around the globe who like western classical music have put out similar hooks & they form a strain. Now, that strain (just like an organization) has an energy all of its own. It starts to grow on its own. A Rotary Club has formed & as it does more & more social work, it reach extends outward. This strain starts to grow. Don't forget you're connected to the strain & there is this circular motion, apple-shape happening between you & every element of the strain & the strain itself.

As it grows in power, in energetic-ness, its starts having a consciousness of its own that expands. So it will now pushing its own boundaries; its content, its depth, its knowledge, its wisdom, all grows & in turn, automatically feeds that back to you. Let's take a very practical view of our friend 'Z', who is this computer whiz kid. What is he doing energetically? 'Z' has found the easiest way to connect with these various strains that are out there, which I have consciously cut myself off from because I do not choose to be part of them, of computer knowledge & wisdom. The way he can intuitively work with a computer now is far beyond his personal capacity as we understood it in the past; of course, he's growing into self & that's why he's doing it. But what is he actually doing? He's putting out these energy loops & probably merging with 2 or 3 thousand

strains that relate to the computer, so the influx of energy & information he is receiving is magnificent. As he fills more, he pours it back & so do others & it keeps expanding. That's how strains form.

Strains now can be of any form. There is no classification of only joy, wisdom knowledge. There are strains to do with every single aspect of universal existence, not just Earth. There are strains of people who are fashion-conscious & strains of people who want to study micro-biology, in certain terms. It can be as narrow or as vast as is a collective consciousness for it. So even if there are 3 people around the world who have a seemingly bizarre obsession or passion, that is enough to start a strain, if the flow is strong enough.

Kau: (Inaudible)

■ Yes. It's an aspect of viewing the merger.

Ban: Does this also work with negative feelings?

■ Completely because there is no consciousness. It's your choice. Let us say I'm a murderer, sitting here, talking to all of you & we're planning a great murder or assassination. What we would be doing is linking up with all those who have created those images in their lives or have had that intent. So, we will hook up with all the wisdom of murderers & we will be flooded back with all the most ingenious ways to commit a murder successfully. There is no judgment. I am choosing to plug into that data bank.

Ban: How do you break it, if you want to?

■ By flipping the strand, simply choosing to ride on the other side: if you choose. Please, let us look at this with no judgment. We're not saying murder is good or bad here; it may be necessary for that person's experience & all the others for that event to take place, in which case, this person must ride that side of the strand. It is essential for him. But if he, for his growth & evolution, chooses to flip, it is as simple as this. And that is what we are talking about this year when we say: be self. It is to just flip; to know it & to flip as our friend 'D' did. She decided I don't want to go through financial trauma this month. I'm going to just flip it & she did & she's learnt her lesson from the flip.

Thank you.