

12th July, 2007
THE ASHTAR
THE MAHA AVTAR BABAJI
The MEHER BABA
Channelled by Sohrab Ardeshir

Energetic Wormholes
Lower Level Entities
Possession
An explanation of the concept of “Hell”

[Prior to the meeting, there was a discussion among the sitters about lower-level entities and ‘possession’]

Trance Channelling begins

[Sohrab allowed an unknown entity to merge with Self. This ‘friend’ examined the group and Sohrab’s hands with much interest, and then swiftly released the merger.]

Greetings from the Ashtaar.

The Energies of your Earth Planet have now reached a certain vibrational, spiritual level, where various channels between this Earth Planet and other Earth Planets, and channels between this reality and other realities, are now open for viewing and exploration. We speak of the phenomenon labeled ‘wormholes’ by your Earth Scientists. These are Energy funnels that permit the bridging of two completely different Energies, which would otherwise not interact.

The Energies, for example, of your Earth Planet are completely incompatible to those of an Earth of a different dimension. If they were to merge, there would be instant destruction of both Energies, but the *wormhole* energetically permits a small window to open up, a corridor through which Energies can pass both ways.

If you on Earth have the desire, and are of a qualifying vibrational level (which you all are), you can now explore, quite consciously and quite deliberately, other realities, other planets and other dimensions, at will. When you do this, you must be aware to link your Energies in this Time and Space that you inhabit. You must NOT permit ALL your Energies to pass through the ‘*wormhole*’, there must be full anchoring of Self done before you begin. You may then command the wormhole that you choose, to open up before you, and you may permit an aspect of your Energies, in the form of Astral Travel, to move through this *wormhole* and out at the other end.

If you do this fully and in the complete power of self, you will find new vistas opening to you, which you have never before imagined. Remember, the *wormhole* works both ways. There are the same amount of entities and beings on other planets and other dimensions who are also now choosing to do this. You witnessed the opening of a *wormhole* through this physical being and a certain set of entities appeared for a few moments, just to view the humankind. That is what occurred. You may now exercise this level of power if you choose.

Questions?

GI : I thought of the painting I had done recently, I just couldn't understand what it was, I thought it was just rubbish, but the moment you talked about this – I think I made a connection with it.

■ Explain –

GI : I have just done a water-colour painting with my fingers, no brushes, and these are swirls and then there are connections – I just didn't understand what it was, so I have just left it there without completing it – I didn't know what it was. The moment you talked about wormhole – I seem to have connected. I would like to know if it is that?

■ It is your key to access it. It is not an actual visualization, it is an actual tool you have created – if you sit in meditation in front of this picture, you will have instant access to the wormhole Energies of your choice. Others may do it directly, you have chosen this as a convenient tool.

Group Member: You just told us about vistas – can you explain what we could see?

■ **The possibilities are infinite. You may choose to visit other planetary bodies that are in your current Universe. You may choose to travel inter-dimensionally to other aspects of Earth of which you have no knowledge; you may choose to use this as a transportation tool, to take you backward and forward in time on your own Earth Planet, you may choose to visit parts of deep space, and meet with other species...the possibilities are infinite.**

Group Member: Aren't we already doing those *wormhole* exercises?

■ Of course, but you have now reached an Energy Level and Planet Earth collectively has reached an Energy level which has naturally caused these *work holes* to occur and they will now be permanent. And with the use of these wormholes, you will simply have an expressway rather than a bi-lane on which to travel: the choice is yours.

Group Member: Please explain exactly how we do this exercise.

■ You have to have firm belief in self and the full power and responsibility of anchoring yourself in this dimension, in this reality. When you have that, all you need to do is call upon the Energies of the appropriate wormhole to take you where you wish to travel.

For example, should you choose to travel back in time to the 12th Century, specify that you require *a wormhole energy* that will take you not only to the 12th Century, but to your own specific Earth Planet and also specify which location on planet earth you wish to visit. **Be specific.** Then sit, simply expand your energies, anchor yourself and fly!

When you have fully anchored self, only the appropriate portion of you that is required to extend itself through the wormhole will go, and you will begin to receive images very much like a film, in your mind. You will start seeing, hearing and experiencing aspects -- at any moment if you feel insecure, you may retract your energies, centre self and repeat the process. **But take responsibility to return.** There is no set time given, you will know it from within. For some it will be seductive to remain in another reality. **You must obey the inner call.** When the call comes from within, you must return. Be aware of this or you could get trapped. And were you to get trapped, you will live in this physical experience almost like a schizophrenic.

BLESSINGS FROM THE ASHTAR

Sohrab changes energies to the Maha Avtar Babaji

Welcome Dear Friends,

■ Since you have energetically asked us to speak of what you call **Lower-Level Entities**, let us have a discussion about them. Let us first understand them better, and then let us have a few visitors from the Lower Astral Realms to come and communicate directly with you, so that you may learn from this, and perhaps, they may learn from you,--- if they choose.

You have now all gone beyond the basic explanation, you have understood this over many years - how souls get 'trapped', what actually occurs. Let us look at it in great detail today, and you may ask any questions you want.

When the soul exits the physical body, you are all aware of the experience of the tunnel of light and other such similar choices that the Soul makes. There are certain reasons why some do not allow themselves to flow completely through the tunnel and figuratively reach the other end.

An obvious one is when there is extreme grief on the part of the living loved ones, who refuse to release them. Do not forget, when the physical is shed, the energy body

that is released is now coming into its own, very much like a butterfly emerging from a cocoon and **at first it is extremely sensitive, raw, when the physical body is shed.** This sensitivity **is so** responsive to Energies of all kinds, that were you to propel them forward, they would move at a rapid pace, but if you hold them back, **it is like iron shackles chains around your feet.** **THEY CANNOT MOVE. IT IS LITERALLY LIKE BEING SHACKLED.**

Now let us understand this. Of course it is humanly natural to grieve at a funeral and for a certain period of time thereafter; there is going to be great trauma among the family and the loved ones. This is not what we speak of. But when a partner or a series of beings lament constantly and repeatedly, - 'Why did you go? How could you do this to me?, I am left alone, I cannot manage, I cannot cope, you have deserted me, you have betrayed me, etc., etc., --the power of the words and thoughts that are emanated intertwine with the spirit, holding onto it like a leashed animal.

The newly-released Spirit, being highly energetically sensitive, responds to this by hanging about and as there is not, of course, 'full enlightenment' at that moment, all the human emotion that you would experience – guilt, sorrow, depression, etc., would be experienced by this raw Energy Body. So, you are now causing this being to be attached to you, and you are feeding him with guilt, fear, self loathing, anger, etc. This Energy, these emotions, form a cocoon around the Energy Body. **And once this begins to solidify, it is extremely difficult for that Spirit to shed this.** Sometimes, **these become what you call Lower Level Entities and the traumatic aspect is your creation, not theirs!**

There are others, those of a Lower Vibrational Level, no judgment here, simply those of a Lower Vibrational Level, perhaps those you know of as mass murderers, cut throats, drug abusers, thieves, 'low life scum', all your words. If their level of vibration is low, when they pass over, the transition is not always easy. They have to now move into a level of vibration that is so high, as compared to their familiar earthly vibration, that they trauma sometimes require a buffer. By slipping into what you call, the Lower Levels, they are literally de-compressed.

This is actually necessary for many of them and beyond this, the speed at which they grow and de-compress, till the de-compression chamber is open for release, is their choice. **Yes, the Masters, the Guides and their loved ones are there, holding their figurative hands, saying – yes, come, increase your vibration and come to us.** Very often they find it a comfort zone. It is familiarity in a complete land of difference and they are hanging on to what they know best. These kinds of entities often inhabit low life bars, physical zones where there is rampant crime, areas of denseness on Earth, for 'acclimatization', as that is familiar territory. What happens then is they have the opportunity to grow and raise their vibrations, but many times they do not choose this. They do not choose this, as they are in a comfort zone, and once again, the Guides, the Masters, the Higher Level Entities simply await their self awakening.

It may interest you to know, that there are Masters even for the Lower Level Entities. Just as upon your Earth, the ex-drug abuser often becomes a counselor for other addicts;, so is it with this realm. Many entities who have chosen to stay in the nether regions for a long, long period of time and have finally graduated to a higher level, will then of choice, choose to return, even with fear of contamination of their own Energies, to help others at that level. It is not always possible for High Level Masters to access this realm, the Energy vibrational difference being so great, but the Lower Level Masters can and do. There is always help. There is always hope.


Another aspect of Lower Level Entities, are those who have chosen it out of free will, to grow. Just as you are aware that through the cycle of Karma and Growth and Experience, many of us choose to incarnate time and again on Earth, undergoing different hardships for growth: some choose to use the Lower Astral realms for growth, that is what is termed Hell, not fire and brimstone. But trapping yourself in an Energy Space where you know you wish to get out of it and yet cannot, because you have sealed yourself there.... **That is Hell.**

And eventually, the Entities do grow, do experience, do learn, and from that their vibration changes. The instant their vibrations increase, they cannot remain there. It is not a matter of pulling yourself out to a Higher Level; it is a matter of changing what is within and simply floating up and out.

Is it not the same with you, dear friends? Have we not said, time and again, ‘Do not worry about changing the external, change it from within’?. Only when you change this vibration, does everything around you change.

There are yet other elements in the Lower Realms, those who are truly what you would call vicious, nasty, evil beings. Oh yes! Oh yes, they do exist, but not in your judgment. They exist because that is who they are. It is the core of their being-ness. Their course is to go deeper and deeper and deeper into wrongdoing, evil blackness, and darkness. Lucifer, the fallen angel that you speak of. Do you not see that this kind of Angel was as necessary as the others? If there is no darkness, then how can you experience the light? Both sides are necessary, and as one grows, the other must grow. The more Light, the more Dark, the more Dark, the more Light. It is a balance that will always exist.

Group Member: When you said that the Lower Level Master goes down to that level, in spite of *fear* contamination, - what did you mean by ‘fear of contamination?’. Because if they are Masters and they are going down to help those Souls, how do they become contaminated?

 Your vision of a Master is still one of an exotic being, several steps ahead of you. Are there not those ‘ordinary’ human beings who, when walking on a beach, will witness a child drowning in the sea, and will fling themselves in to save the child, even if they do

not know how to swim? That is a Master, and yet an 'ordinary' human being walking on the beach. That human being flings himself into the waves fully knowing that he could drown along with the child and there no need to do this, and yet his inner being-ness compels him, out of complete centeredness, to perform that particular act. There is no thought, it is just done. That selfless act instantly elevates his vibrational level to a new one.

Those Masters – let us use figures for you to understand, though it does not exist in this form. Let us say the Lower Realms are levels 1 and 2 and the higher ones begin at 3. When a certain entity in the Lower Realms has raised his vibrations, so that he has now floated up to Level 3, he is a Master in comparison to Level 1 and 2, though he may not see that. And if he chooses, with his new level of expansion, not to keep rising but to actually go backward (in your perception) to help those in the lower realms, and to be a Guide and a Master, by saying: **I did this, you can do this too.** – knowing that with their level of 2-ness, they would, in all likelihood, drag him back with them, decreasing his vibration, and he would have to start again, afresh. And yet, that is the risk this Glorious Master takes. And in doing this, very often, he simply moves through Level 3 and goes up to Level 4.

Group Member: (inaudible)... come back sometimes on Earth to their own space and they make themselves aware and you pick up those Energies.

■ Let us not confuse Lower Level Entity visitation with regular visitation. Even those who have passed smoothly into the Higher Realms, and are indeed learning and growing with the Masters, may still choose to joyously visit old familiar spaces. This is not rare, it is extremely common, and in fact takes place almost all the time, sometimes continuing for many years after they have passed over.

Group Member: Sometimes they want only space, what happens in that case?

■ There are those, - and once again let us separate the two, let us separate the two. There are those on a lower level, less evolved, who wish to communicate and they will do exactly what your lower level humans would do. They would try to use strong-arm tactics. They would attempt to force open channels to do their bidding. They will attempt to enter those they perceive as 'open', or fragmented or who are energetically weak and fearful, and yes, they will do that because they wish to sometimes return to existence or sometimes because they just wish to cause havoc. They thrive on that.

And there are others, who have moved over in the most graceful manner, who wish to communicate and use the accepted channels. Have you not, over many years, received so many communications, through all the mediums that you are aware of? Have you not received communication directly through writing and other means?

Group Member: (inaudible) then what do you do, just ask them to retreat and not allow them to ----

■ **Let us understand ‘strong-arm tactics’. – ‘Possession’ – a word that conjures up fear . Understand this now --- You can never be possessed, or taken over or forced to do another’s bidding unless you choose to do so. It never ‘just happens’. Now you will say – “But most of those who have been taken over did not choose it”. Oh yes, they did it. They chose to play the victim. They chose to play the victim game, it was the ultimate victim game they could play with self. After all, when you have become a victim to all those around you, to your husband, your wife, your children, your family, your friends, who else is left to victimize you? Your Boss, beyond that your country...the world, and then, beyond that, ‘Spirit’, a new ‘High’ for you.**

Those who allow this to happen, have a huge level of insecurity self-loathing, and the desire to play the ultimate victim game. At every moment, when in Energy or Entity from the Lower Level, is entering your field. -- Now we do not speak of the body or the Soul – but of ‘the field’, there are instant warning signals and you start to say, this does not feel right, I am feeling uncomfortable, something is going on here and at that moment shut off valves appear for you. There are instant inner rejections, I don’t want this, stop it. I refuse to permit this to happen! And you exercise your power. But if you leave all the doors open, the water will surely flow in.

It is every single person’s choice and ability to exercise this control. The only time it is even acceptable, is when it happens in a great rush. Sometimes ‘possession’ has taken place in an instant. A person, perhaps extremely fragmented, extremely open, extremely nervous, extremely fearful, has walked into a space densely populated by Lower Elements and they rush as a collective into him, sometimes it is not possible for him or her to stop those Energies from coming in. At that point they do get overwhelmed. But even in that, there is that smallest fragment of the Energy in self, which if you exercise, starts to grow and it slowly pushes them out.

Having understood this, let us talk about what actually occurs.

Some Lower Level Elements enter forcibly into physical bodies, simply because they wish to cause havoc. It is the equivalent to writing graffiti on the wall. Why do you write graffiti upon a wall? Because subconsciously YOU WISH TO BE HEARD AND ACKNOWLEDGED. You are feeling unheard, unseen and unacknowledged and you have to force your writing upon the wall, so that the world KNOWS who you are. And yet, you are doomed to failure because you do not sign your name. So the world still does not see who you are – and the downward cycle is perpetuated. **These Entities who are trapped in ‘unheard, unseen, unacknowledged’, sometimes choose to force their way into human physical bodies to attempt to be acknowledged.**

Often, to be acknowledged, they need to behave ridiculously, they need to rant and rave and scream and shout and slap and bite and kick and then they start to get attention of all those around them and then it feels good. But unfortunately, each time they are acknowledged, they are despised, they are loathed, they are hated, and that further fuels them with anger and they simply perpetuate the cycle.

There are others and we are speaking of Lower Level Entities now, who try to enter a physical body, to complete a certain task to which they still feel bound. For example, if a certain human is killed in a fight, he may be filled with thoughts of revenge. He will then often, if he is a lower entity, attempt to enter another body and complete that task of revenge. He may then try to take over the physical body give that living being poisonous thoughts and make them complete the task he wishes to accomplish. And that is why, so often, there seem to be experiences of what seemed to be random murders, where the person suddenly starts behaving differently, picks up a knife and stabs a stranger, and then goes back to normalcy. Often this is an entity 'take-over'. The entity then either exits the physical body or says, "This has felt so good, I'm going to now do this more and more and more!" And the cycle continues.

There are yet others who enter physical body with genuine desire to be back in human form, because they are terrified of their own new levels of Light. This is something you are all familiar with. How often, when you grow energetically, you fear this new expansion, and pull back your energies? Can you not understand this? And so this cycle occurs.

So, they enter the body sometimes, to simply come back into physical form, and live out what they conceptualize as an unfulfilled experience. But unfortunately, when they do that, they are not living their own experience, they are living another's, and it does not gel with their Energies. And so they start getting traumatized and attempting to force the person to live with their rhythms. This is when a conflict of Energies takes place and the person often appears to go through fits of madness, dementia, schizophrenia, multiple personality disorder, etc.. Do not misunderstand us: all schizophrenia and multiple personality disorder is not because of an Entity possession, but often it is.

Na: – What is the physical signs when a spirit like that enters a host body, and what are the physical signs that we need to look at?

■ The easiest way, is to look into their eyes. Whenever there is another energy within a human being or a physical body, (and let us not limit it to human beings, even animals, plants and even food can be contaminated through possession), the easiest way is to look into that person's eyes, particularly when you have known who that person was prior to this attack. If you are energy sensitive and you look directly into that person's eyes, you begin to see a fluctuation of energies, where you will say, sometimes it is one, and sometimes it is another. That is an instant telltale sign.

Another very obvious sign is when physical body movements start to change. A person who was physically sluggish, may suddenly appear rather hyperactive. Twitches may occur, different rhythm of moving hands may occur, the head may suddenly be held at a different angle. Other such physical telltale gestures, signs and movements will give it away.

Thirdly, and now with you level of energy sensitivity – ask the question and you will get your answer. You will know instantly.

What you are all experiencing right now, is a form of possession. **Except it is a POSSESSION OF SELF BY SELF. It is the most beautiful form of possession, because you are teaching self to possess self.**

We speak of this, first of all, to clarify all the myths that have always existed about possession and secondly to help you understand what you are experiencing right now. **The merger of the 9 + 1 is a form of possession. And yet it is most beautiful because you are simply growing into new aspects of self. You are merging 9 aspects of self with self, there are now 10 Yous! You are all experiencing multiple personality DIVINITY, not disorder. MULTIPLE PERSONALITY DIVINITY.** Enjoy it. Embrace those aspects of self that are being possessed by you.

Nar: My question is that when an Entity takes comfort in you, and does not harm you in any way, but loves you, is that still considered possession?

Do not forget that, even though he took a hold of your Energies, played a sympathy game with you, he was still invading space where he did not take your permission. That is possession. In your case, it dovetailed with your own personal need to experience that and understand it. Beloved, you will be working with a lot of technical ‘possession’ cases from now on, you already have started and it will happen more and more. You need to understand all facets of the experience, without judgment. Yes, that was possession, and you have the free will choice to say “I accept it” or “I don’t” and you finally exercised that in complete awareness and in alignment with self.

Group Member: Can possession also take place even during the dreams in sleep state?

It can take place at any time, there is no fixed time: it is simply when your defenses are down and if your defenses are down when you are fully awake, it can take place then. But even in the sleep state, the self-preservation instinct is fully awake!

When helping others who are ‘possessed’, help them find the power of self. Do not try to just remove the physical entity, in fact help them to understand what has taken place, then help them to understand their own inner power so that their own light raises them to a level where they can then release the being.

It is very, very difficult, in fact near impossible, for an external source, as you have in your films, to go in and remove the entity. No amount of prayers and chanting and exorcisms can dislodge the entity, it will only move it away temporarily. It moves it away because the power of the prayer and the intent of the external party. It simply retracts for a while, and returns at a time when the external stimuli are withdrawn.

[At this point a Sohrab merged with a lower-level entity who stared at the group, and viciously hit GI's hand, when she attempted to drive him out with her power. Sohrab finally severed the connection]

■ This friend attempted, very deliberately and consciously, to see how much fear would be generated in this group. And I'm very proud to say that very little fear was generated. Very, very little. The Energy therefore could not stay within me long. Had your levels of fear risen, he would have taken more and more hold of me: of course, to the level I permitted, because I permitted this today. But I am really glad and proud that the predominant experience that you went through was not fear, but centeredness and strength.

Thank you all for that.

Na: As soon as you hit her, I just called the Energies of Mahakali, when he looked at me, I said I am more powerful than you and then it just shifted – the eyes just shifted around the room.

■ If the person acknowledges his or her own power, there is no game to play. So he has to find another victim. You are absolutely right, the entity was just trying to intimidate you and it got bored because there is no game to play, - so it moved off.

■ Do your friends have any question on possession?

The whole function of today's session, was not to terrify you or to intimidate you, but was simply a response to the call made by many of you. The idea was to help you understand better, not to fear but to accept that only if you exercise your inner power can **you choose what you wish to connect with in your inner lives**. You have experienced, in the last week or two, how to draw upon all the energies and entities you wish, today was simply giving you an explanation from the other side of the coin, helping you see what you do not wish to connect with and teaching you how to repel this, if you find it coming towards you. Use this as a tool, a 'Tool of Empowerment', and remember that even when you are physically seemingly weak, diseased, unhappy, it doesn't necessarily mean that you are energetically weak. You can permit your energies to be a full strength, even when you are physically ailing. **That is your choice.**

BLESSINGS, JOY, LOVE, LIGHT
FROM THE SOHRAB AND FROM

MAHA AVTAR BABAJI.

Sohrab starts laughing very loudly:

(To 'Nar')

Happy Birthday – this is special birthday for you – you will find out – it is truly today of a birth of new aspect of self. We have come only to wish you.

Happy Birthday

(To 'Mon') Kem mai, soo chalech – chaloni, waat karo ni – how are those children, Ha? - -- Connect with me more --- only in laughter. You can also connect with me in daroo, if you want. I will come running, but then you have to pour a drink for me too. Come here. --- challo – kari nakojo ni badhu.

(They work on Mon's bandaged area)

Ja - Next time, I cannot work if you are wearing so many clothes, ha. Defense mechanism – ai soo? -- You drank the Energy very happily, so it did not matter.

To' Ruk: Laugh in the face of adversity, - laugh -- when you travel, there will be much for you to do. Opportunities will arise, offer your power, do not give it away, offer it.

To Dr Y: Have little more fun in your work, how serious -- little more laughter – now when patients come, aarey, hit them on the head a couple of times, don't take them so seriously. ----- Ah you, am looking at you, ahh.

MEHER BABA - Laugh

A Prayer ---

Twine from God

Light streams forth into the Mind of men

Light descends on Earth

From the point of Love

Within the Heart of God

Love streams forth into the Hearts of men

Love returns to Earth

From the center--

Which we call the race of men

The plan of Love and light works out

And it seals the door where egos dwell

Light and Love and Power, restores the plan on Earth

*It is done
I am one with All
And all is Healed
Let Love reign where fear ones was
I accept this for myself and all the world.*

Thank you.

Group Member: Sometimes I was feeling like her, not wanting to attend any classes – shut doors for everything, -- in the past 1, 1½ months I have started feeling that I want to go for classes, learn a lot of things - like I told her I want to learn Baba Geeta, I'm open to learning – joining classes – at the same time not very quickly, I want to think and then decide – sit over it and decide what is right and take it very consciously – not just go by it. What is this?

Self has just answered self – what more is there to say? You are correct, you are ready to move, you are in a position where you wish to weigh options, using self and self empowerment, choose what is the appropriate course for you at this moment, the only hint we will give you beyond what you have already said, which is speaking from self is – do not limit your courses, if you feel an urge to do something like a candle making course or something which you do not perceive as 'spiritual' – go ahead – truly listen to the urge. A lot of Creative Energies are being released from you right now, you will find yourselves drawn to different aspects of creation. Dressing making, cooking, candle making – dancing, creation, - go with it – now find out which aspect of dancing you wish to learn, and start with that. Dancing and physical movements will be wonderful for you to stir up inner energies and release small blocks that you are still holding. Why must you wait for a teacher? Dance at home.

Group Member: Inaudible

And it is correct. Dance through this year.

Group Member: Another thing I would like to say is this: Somnathji is playing games with me right now, he's teasing me. He's playing with all his eyes.- I don't know but I wanted to just say this.

Acknowledge him in yourself.

Group Member: inaudible

Acknowledge the Shiv aspect in self.

Before we close now, it is important that we all acknowledge self, not just as self, but the self as all magnificent Entities and Energies who are part of us. Are you aware (I speak to those who belong to the Sunday group and have erected pillars in our temple) – are you aware that you have imbibed into yourself, all entities that have passed through the temple in these years?. Most of whom you have no idea, words or concepts , **and they are all now personal parts of your higher soul, that isSelf.**

Before we end and take a moment and just be self. Commit to self for the upcoming month to exercise self at all times.

Now focus within self on the Shiva Power – **Every single person here has Shiva Power within them – focus on this, bring it to the front of self and fill with it.**

Om Om Om

Let us end with 15 Om Nama Shivai – and we are celebrating with Shivai within self.

Om Nama Shivai (15 times)

God Bless.