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Aspects of Sohrab that are:

THE ABRAHAM OF THE COSMOS

THE ASHTAAR

*Channeled by Sohrab Ardeshir*


## The Universe Parallel Universes Understanding Self and reaching into Self

Trance Channeling begins

Today, I am going to be working from a slightly different perspective, to help you understand Self, how to reach into Self and to access different aspects of any particular thing you wish to focus upon. I am working predominantly as Self, but when I answer questions, I am going to consciously call upon different parts, Masters aspects, and give you different perspectives.

'Sh', you wanted a session on "The Universe". This will be honoured. Why don't you ask a question to start off the session?

**Sh:** I am stumped... I just wanted to know a little about other universes, besides ours and our existences on them...

 : 'Sh', to begin with, I am now going to call upon that aspect of Self that is Abraham of The Cosmos.

The vastness of your question 'Sh', would take several lifetimes to answer!  
At first your consciousness accepted the existence of this present universe. It then imbibed the concept of alternate universes. So, there are two aspects we will examine:

- 1) Other universes- just like ours, but that exist beyond our realm of understanding, and
- 2) Parallel Universes.

Let us first look at other Universes... and there are many. One that comes up right now for discussion is the Positive-Negative Universe. Everything that is positive in ours is negative in that, everything that is negative in ours is positive in that, it is like a photo negative. This is very much in existence in our reality, and yet it exists separately. This

particular Universe cannot merge with ours. If it did it there would be complete destruction. So it cannot exist as a parallel dimension. It exists separately.

On our world, in our universe, we are all affected in a certain way by the magnetic pull from the poles, the influence of the sun and the moon, the rotation and revolution of our planet in the solar system.

On worlds in the universe we are examining, where our tides ebb and flow, their tides flow and ebb, where we feel 'positive energy' is what one should strive for; in that aspect negative energy is what one strives for.

Do not confuse the energy aspect with emotion. Here, one strives for positive energy to feel good about Self. In that existence one would strive for negative energy, to feel good about Self. Good is not bad, using simple terms. But the way one achieves Harmony, Joy, Passion, Love, Anger, Fury, is exactly the opposite as how one would there.

Molecules on the "Earth" in that universe would behave rather differently. Where you see a table as solid here, on that Earth, it would appear to be a cloud of buzzing molecules.

Emotions would be much the same, it is just the way you would achieve them, would be different. People in that Universe, on that Earth, achieve Harmony through Conflict, very smoothly indeed. Of course on Earth you have harmony through conflict, and you have harmony through harmony, but the focus is on harmony through harmony, their focus is on harmony through conflict. Therefore parents, for example, in that world, would attain harmony by constantly causing chaos with their children and in that act, the child would experience full security and love. (Sohrab amused)...

Now, let us look at **Parallel Universes** in different dimensions. This has been spoken of before, and we will speak of it again for the benefit of many in this room. There are alternate reality existences, of Earth and therefore of all other aspects including universes, existing simultaneously and yet not touching. This is a reality you are aware of. A group of people sitting in a room, listening to a discourse, having your own thoughts, experiencing physical sensations of heat or cold, etc....etc...

In an alternate reality, one step away, existing simultaneously, there is an identical room, with the identical furnishing, with the identical people, with the identical personalities, wearing the identical clothes, but the topic of discussion is slightly removed from this discussion.


Superimposed upon that is yet another reality of Earth, existing here and now, where there are now minor differences in the room, the furnishings, the clothing, even the features and the topic of discussion is rather different.

Moving further away, perhaps 10 realities, and all of you look different, some of you are of the opposite sex, your clothing is completely different, the room is completely different and the subject under discussion could be the destruction of a building in this city, not a spiritual discourse... and yet each of these universes, each of these aspects of Self **are parallel dimensions of you.**

They are not generally permitted to overlap, otherwise you would have access to all these conflicting emotions and aspects of Self in full, and you would probably be completely schizophrenic. **But** the veils between these alternate realities are so fine, like a mesh or a piece of cloth: so if you wish, you are able to access aspects of those alternate realities. This has been spoken of, with the wormhole that is now opened, through which you can access aspects of these alternative selves.

If you wish to imbibe into Self a different aspect that does not exist in the current 'you', you now have the full power and choice to draw upon an alternate Self and merge with it. Let us say, for example, that you are a person who is extremely timid in this lifetime, and you choose now, with freewill choice, to draw into Self an alternative reality self that is filled with focus and courage. You can do that now!

***GI:** Is there some way that you can show us how to do it?*

 If you wish.... Similarly when you find sometimes your behavior or your thoughts rather different and 'out of character' for you, it may be an unconscious leak between another aspect of Self, that is now permeating this Self, and you have a choice to sever the connection if you wish. That is the level of Self-empowerment that you have now attained.

Sohrab changes energies to the Ashtaar

I now choose to access the aspect of Sohrab that is the Ashtaar, to conduct a group exercise.

For those of you who wish to choose a specific aspect of Self that you wish to merge with you may focus upon it. For those of you, who have not decided, just allow the appropriate aspect to appear during the exercise...

Center yourselves. Relax the physical body. Call upon the energies of the **Lord Sananda from within self**. Visualize a thin energy mesh over the crown chakra. It is golden- white in color. Activate this mesh, allow it to vibrate, allow it to be energized by you.

Joyously call upon that aspect of Self that you wish to embrace. First, visualize yourself externally standing in front of yourself, in that persona, for e.g., if you have called upon an aspect of Self that is a warrior or that is a strong human being, visualize yourself in that avatar.

For those of you, who have not chosen a specific one, allow yourself to appear in front of Self in any form. You may not even look like Self, do not try to be the same physical form. Be aware of who you are seeing in front of you: if it is a physical form, examine it closely, look at the clothing, look at the formation of the body, look at the muscular structure, look at the hair, the coloring. Just know this is an aspect of Self, even if it appears visually completely different.

Connect with this aspect of Self and ask him or her, what aspect they have in predominance. Is it Strength, Courage, Love, Decisiveness, Humour, Focus etc. ?

Now allow an energy connect between this being to self, through your filter. Feel that energy of that aspect flowing into you through the filter. Feel it physically in the human body. Allow the cells to vibrate. If you wish to move the physical, do so.

Begin an inner dialogue with this aspect of Self. Ask that aspect of Self, what else they wish to offer you. Begin to take those energies in, in the same manner.

Offer joyously to give your alternate Self any aspect that he or she wishes from you. This time you will not do the work; you will hear the friend's words to you, and you will just offer yourself and allow the friend to draw those aspects from you into his or her crown area.


You will notice, as you are doing this, that there is no depletion in your energies. Instead, there is an increase, a surge, as you are giving.

Now slowly sever the connection and joyously offer gratitude to your aspect of Self. Know that you can connect with this aspect whenever you choose.

Release the connection fully....

Would anyone like to speak of their experience?

***Ngq:*** *I connected with Queen Elizabeth the first, and asked her for a focus into achieving what I have set out to do, joyously and with courage, and also the other aspect I asked for was to bring joy to other people as she did for the people of England during the miserable time and it surprised me that I thought of her because I am learning tarot and many times that I am represented it is the Empress card that comes out, so it somehow seems to mesh in my experience.*

 What did she ask of you?

***Ngq:*** *She asked of me uh...I could feel something going...I am not sure what it was...I can't tell you what it was, but there was an energy exchange...*

■: Thank you....

*Sh: I have been working with the Divine Mind....my aspect of The Divine Mind and I asked for that...*

■ How did that appear to you?

*Sh: Well...uhm it wasn't very...it was tangible...but wasn't sure about what I saw...partly me...and I am not quite sure about that though...and I asked for Wisdom, Power, Joy, and when I asked what they needed from me...I thought it would be my human mind that had to be released, it was just for me to believe that it was our belief system changes, believe in Self, believe in others as Self and believe in Oneness.*

■ Do wish to speak?

*Gl: I tried to merge in other things...but what came right in front of me, was my own painting which I did many years ago, which is in Pune with Khursheed Jeejeebhoy and that was a spiritual warrior with a sword... and then of course I asked for whatever I felt I needed...Focus Wisdom, Decisiveness and of course Empowerment. And it was very very gladly given...and in exchange, when I asked what they would need, they said –beauty of your soul... I said okay, if that's what you want, that's what you get. And I felt that when you said to sever, they lingered as much as I lingered with them...it wasn't easy to break away...*


■: I have called upon the aspect of **St Germain**, within Self, to speak further of this.

There is no artist, there is no painter, there is no actor, there is no musician, there is no dancer, who does not portray, produce, or create an aspect that Self has not personally experienced.

It is energetically impossible, in 3<sup>rd</sup> dimensional form, to create, visualize, paint, perform, or produce an energy aspect of Self that you have not been through yourself in another life or reality. It is possible at a higher energy level. It is not possible in 3<sup>rd</sup> dimensional form.

When you paint, for e.g., each of the vistas are either aspects you have seen in this lifetime in a higher state of consciousness, or else it is an aspect of your past, present, future or alternate realities or simultaneous aspects that you are tapping into. There is no music created by a musician that has not resonated within his beingness, over lifetimes. There is no role that an actor plays that he has not personally lived before, he may have not lived that person's life, but he has lived those emotions, those aspects personally. If he had not, he would not have succeeded in getting the role.

***Na: ..So, when you see a brilliant performance...it is actually the actor touching that aspect...***

 : When you see a brilliant performance, what you are acknowledging is simply the extremely expanded vibration that the actor is experiencing through at that moment. If he were not at that level of full expansion, it would not resonate with you so deeply, and you would deem it a mediocre performance.

How does this happen? Let us take the example of an actor playing Einstein. A good and expanded actor will tap into the energy source of the Einstein, and simultaneously, he will access aspects of the emotions appropriate for the role, that he has personally experienced through Self.


Let us set the hypothetical stage scene: Einstein is lecturing a group of colleagues about his new discoveries and theories, and is feeling very frustrated, and they continue to deride him.

The expanded actor will, consciously or unconsciously, tap into the Einstein energies, the energy of mathematics and quantum physics, AND his own personal past experiences of having been in a similar situation, wherein he has personally experienced group rejection!

Do you now understand how many levels he is working on?


The skill of the actor lies in his ability to seamlessly patchwork these levels together, and to give you a highly charged performance. You now sense the energy flow, and say, "Wow, he literally LIVED the role!"

***Na: ..and when the performance is mediocre...then what is the process...***

 : Understand this: When an artist chooses to paint, for example, a portrait of Lord Shiva, he INSTANTLY accesses the Shiva energies; by default...It is a Universal Law. He, however, may choose to receive the energies fully, or may permit only a small trickle through, or may cut them off entirely, or may even convolute them. This would result in a mediocre performance.

Also remember, dear friend: the performer's flow may be full; but your receptivity may be blocked, as he could be touching aspects in you that you refuse to acknowledge!

**Na: .. What happens to the audience? Do they also receive the flow?**

 : (laughing)...A wonderful question...what happens to you right here right now, while Sohrab is accessing Self and St Germain? It is happening right here, right now. The St Germain energies are in predominance. They are here flowing out of me, and if you observed them, you would see the lines of the St.Germain energy flowing out into every

single heart center in this room. Some of you are picking it up and joyously absorbing it, some of you are taking in small strands, because it is not appropriate for you, and some of you are rejecting them. But the energies are flowing.

By virtue of the fact that a single audience member is sitting in a single show on a certain day or a single person is standing in front of a certain painting on a certain day, or a certain person is listening to a piece of music in his /her room on a certain day means that they have chosen to access those energies.

Take this further, how many energies you are being bombarded with at any instant in time? Let us take this moment, right here, right now. You are being bombarded with Sohrab's energies, with St.Germain's energies, with Ashtar energies, with countless other energies that Sohrab is carrying around him. Each person here, as you are aware, has brought with them their own individual combination of energies, Master, Guides, Angelic Presences, and by virtue of the fact that you are all sitting here those energies are pouring out from you into every single person in this room. At the same time, you are picking the energies of this actual physical house, walls, paintings, sculptures, lights, fans. You are picking up the energies of the air conditioner. You are also picking up the energies of the area we are within-the Bandra energies. You are then picking up the energies of Bombay as is appropriate to people, through Bandra, at this moment. You are also picking up the energies of all entities Friends, Guides and Masters, who have channeled in this house over the years; you are picking up the energies of all signatures of people who have entered this space over millennia.

Your energy bodies have 'safety valves'. If you took in all these energies in a full blast, you would explode. Obviously, all of them are not appropriate for all of you, at any instant in time. Therefore, there is an **energy safety valve**, all around you, that intuitively instantly what you require, in what doses, how, and which part of the body requires those appropriate energies. What happens, when sometimes you get overwhelmed by energy, is that you have overridden the safety valve, out of personal enthusiasm or sometimes without being consciously aware of it.

Many feel lightheaded, or very vibrant, after a meeting. That is because, in their enthusiasm, they have chosen to suck up an excess of energy. That is fine. It is their choice, so they have opened up the safety valves.

Let us now speak of healing through the Universe. There are those societies which have an extremely expanded energy level, such as your **Ashtaar** friends, who require healing in a completely different form from yours. They do not develop dis-ease in the physical, like you do. Their form of healing is bringing the person to the best aspect of self-alignment and expansion that is appropriate for him, in the given instance of now. It is done intuitively.

Were I an Ashtaari, I would simply walk past you, and know in my Beingness that right now you are feeling low and you are required to be raised 2 notches. I would simply expand my energies, walk through you, expand you those 2 notches and move on to my task at hand. I would simply do this, with no expectation or desire for thanks, acknowledgement or gratitude. It would just be.

There are yet other species who would gather around a physically sick energy being of their form, and they would plug in from themselves energy strands that would be the most appropriate for the healing of that person. Right now, 'Na', if we were to heal you by this method, 'Kau' would intuit at this instant, 'Na' is feeling low and from me, 'Na' requires my strand of positive thought.' She would only plug that strand into you, whereas 'Gtk' would plug in her strand of joy, and 'Nar' would plug in whatever would be appropriate from her. You would be instantly healed.

Many extraterrestrial societies use the elements around them to heal. They do not use other beings of their own kind. There are those societies that will only heal with the rays of the sun. Others only heal with the combination of rays of various planetary and astral bodies around their system. They intuitively know how to direct these rays into themselves. They would have your equivalent of doctors, who would be experts in this and would simply come to guide them how to draw the appropriate energies and in what combination to do so.

There are yet other Universal friends, who, when they have any form of a physical ailment, simply reach into Self, withdraw that part, send it into the Universe and replace it with another, just like you would fix a machine. Yet these are not machines, these are highly sentient beings who are joyously releasing aspects of Self into the Universe... and the list goes on. We could speak of this endlessly.

*Ni: I am very confused. Who controls all this ?*

🌅: (laughing loudly) So you want a definition of GOD, 'Ni', which aspect of Self shall I access to answer you?

**Ni:** Call Sai ( Satya Sai)...

🌅: 'Na', I need another aspect as well as the Sai to answer this, who would you like me to call...

**Na:** Sai Baba..

🌅: How often have we been told that God is within us? We are God, and we have played with these words and concepts and we have never internalized them, but the truth is so simple---**YOU ARE GOD.**



In the beginning (and to use 'beginning' is to define time and space, which cannot be defined), but in the beginning, there was just a vibration, the beginning of the Aum. That was the origin of what you call God, a vibration, a pulse, in the All That Is and in The All That Isn't... and this pulse, this vibration, started to create Self.

So this vibration started to increase, and from this, consciousness started to evolve. From this came light and the music of the Self.

More light, more music, more consciousness; and as consciousness evolved, consciousness wanted physical form. Thus came the beginnings of YOUR universe: the desire of consciousness to experience Self through form and matter.

(There are billions of other universes where consciousness is experiencing Self through aspects that you are not even aware of and you cannot even comprehend: those are your 'other' universes) And so came The Big Bang, planets, asteroids, stars, systems. Matter then took itself to a new level of vibration, where life evolved.

Life was not planned. Life was consciousness just increasing its own pace and it 'happened'. And as life evolved, and human forms evolved, and the Ashtar evolved and the other beings evolved around the universe, the consciousness kept growing. It is this consciousness, that is God, and that is why you are so much a part of it.

Were you even individually to be removed, Nina, (and we don't talk of your current existence on planet earth, but of the whole aspect of the Nina": past, present, and future) —if that was to be removed there would be a void in the God, and that is why the Nina can never be removed, because Nina is an integral part of God.... So you are the Living Consciousness.

If only your Earth scientists could see beyond their noses, there is so much life that has been revealed to them, already, but they insist on viewing life as this physical form, on other planets as well. They have seen, experienced and got physical evidence and records and visuals of interplanetary life; yet, for the most part, they either reject them or suppress them. It is now time to change the consciousness of the scientific mind on Earth. It is now essential for them to shatter their limitations, their blocks, and their illusions.

Thank You