

9th August 2007

THE MEHER BABA

UNKNOWN ENERGY

Channeled by Sohrab Ardeshir

Laughter as a healing tool Shared experiences of Visiting Souls

Trance Channeling begins

Om Mani Padme Hum...

[Sohrab and 'Na' were laughing...]

Na: *Why did it (laughter) happen?*

☀️: What happens when you laugh? One of the most healing tools you can use... **The essence of laughter is vibration and healing**, not only for Self, but for all those in your vicinity. You laugh at your laughing clubs. They are doing more for themselves and those around them than most of you, who do yoga. Laughter releases the inner vibration of the Soul. The soul's vibration, in turn, begins to hit every molecule in your physical body, causing (Sohrab tapping his body). As these vibrations hit your physical molecules, the energy spreads throughout your actual physical body and in the raising of the vibration of each of molecules; certain enzymes are released, causing a re-generation of the cells. As the cells begin to re-generate, the organs start to 'light up', the bloodstream starts to heal and purify, and the liquids other than the blood within the body start to also vibrate. These liquids, when they vibrate, stimulate your psychic abilities. Yes, your psychic abilities: the instant your psychic abilities are awakened, you instantly 'hook up' with energies from the Universe, that flood back into you.

The energies that come back from the Universe, which you have drawn to self with the law of attraction, once again take your cells into a new level of vibration, and the cycle continues. Your whole Beingness starts to expand; your skin starts to clear, your ailment starts to ease, and you come into chakric balance. The vibration expands outward, literally hitting, *literally hitting* everyone else in the vicinity, and as these vibrations begin to hit others around, the vibration increases exponentially.

Hahahahahahah (Sohrab laughing) and the whole room laughing...what a pathetic attempt...(more laughter).... keep laughing and feel your body, experience the vibration in your own bodies, (laughter)....

(To 'Gy') Aaaaah, someone has just awoken her kundalini, (more laughter) ...watch it spiral up. Are you trying to attract a lover?...you have succeeded... The Masters and Guides are flocking to you.

BLESSINGS FROM THAT ASPECT OF SOHRAB THAT IS THE MEHER BABA.

Welcome, we have a very special energetic group today. What is so special about this group and what ties them together, and differentiates them from other groups? . This particular group has an internal energy of 'search', one word – **search**. Each and every individual in this room is on a personal quest. A quest to expanse Self and gain experience and live life vibrantly... and yet they are not a laughing group....(Laughter)

Na: By next time I'll make them laugh...

👉: It would be very beneficial to begin the session with no chanting, only laughter.. and force the group to laugh for 5 minutes without stopping. You will have most of them writhing on the floor in ecstasy! (Howls of laughter) Exhausted, but regenerated.

It may interest you to know that you often resist laughter when you don't want to shift, when you don't want to change, when you don't want to re-generate. In times of depression it is very hard to laugh. The cellular structure says 'No, I do not want to make that effort, I want to remain where I am.' and we will explain this very, very briefly for you to understand.


It is the Divine Essence and desire of every single being on this planet to grow, to grow energetically; and each time you grow, you reach a new level of expansion. Between that level of expansion and the next growth spurt is a small area of 'dead space'. Just as you have a vertebral column, and cartilage that is essential to cushion the individual vertebrae; so do you have this small area of dead space, complete nothingness, (and we do not refer to the Nothingness of the Universe (to Nandinie))...we refer to actual blank space, and that is necessary to buffer and contain your old level of energies, and permit the next level to be added onto them.

Those **who are in deep depression** get trapped in this buffer space. Once again we refer to deep depression, not mild depression; and when trapped in this nothingness it is very hard to rise above it, as there is no energy to propel you out. Try as you will, there is nothing to push you have no basis to springboard outward and upward and you get energetically stuck. External influences, such as spiritual meetings, guidance, counselors, therapists, and drugs help you generate an internal vibration, very miniscule, that can help you propel Self out of the void, but that energy that is generated is very weak, and

only if there is an internal desire to use that energy to move upward, and out, can you move. No one can reach in and pull you out of that level of depression.

Some people get trapped... and some people choose to remain there...there is a difference...those who get trapped, truly have not desired the experience, it was not part of their growth plan, for development, but they have unwittingly got stuck. They are the ones who, after a period of time, respond to external stimuli and are able to gently lift themselves out. Those, however, who choose to remain trapped, cannot be helped. As they remain trapped, they turn inward like a black hole, and their energies start to deplete. It is a vicious cycle, the more their energies deplete, the less they wish to move. These individuals eventually shed the physical body.

***Na:** Do we need an external stimuli to laugh? I always depend on external stimuli....*

 External stimuli, being unanticipated, is the easiest manner to provoke laughter, but it is not needed. The laughter should and can be generated from within. Here is a paradox; you do not need to find something funny to laugh. Just as you can smile at will, or you can look at will or you can turn at will so can you laugh at will. Why must it be provoked by an external stimuli? Try this for yourself, right here, right now! When we asked you at the beginning to laugh, before we cracked some rather foolish jokes (laughter in the room), you were able to laugh without any stimuli. Once that triggers off an energy within you, you will find it easier and easier. Do this as often as you can: it is rejuvenating.

Today... we will speak to this group... of different processes... of transition between the physical body and Spirit. We will permit access to different souls, who will recount their experiences to you, and from this you will learn. Each time, at the end of a small narrative, you will be permitted to question the soul.

Sohrab changes energies

I do not like being back in the physical form again...I hung on to it for so long...finally freed myself, and now I feel trapped...I crossed over about 2 months ago, from your city. I had no knowledge of an afterlife. I was born into a traditional Hindu household, and I ignored ritualistic worship, or any...any aspect of puja, or Gods, or images. I do not know quite what I believed, I hoped there would be something after, but I did not know. I died on the operating table.

One instant, I was out of my physical body... and floating, and...I did not feel any great sense of peace but I felt a sense of ...detachment, and I floated in the room for quite a while, completely unaware of what was happening and yet quite enthralled. After which I could feel an energy pulling me upward, it was pulling me from behind and I turned to face this energy...that is when I experienced great... vibrational pleasure, and I just knew that was where I wished to be, and I went into this vibration, and it got stronger and

stronger...I cannot describe it to you, but the feeling was... as if I was laughing louder and louder and louder from inside me, and then... I just felt peace.

I was aware of Presences around me, but I refuse to acknowledge that they could be there, and so they came into focus and then they dimmed, and I found myself once again put into sleep. I awoke from this sleep twice: went back, awoke, went back , and now I have just come out of the third round of sleep. I am still unsure of what is happening, but I feel very very secure and powerful. I must leave...

Sohrab changes energies to Master energies

Sohrab (now holding the Master energies): Friends, we will speak to you, as this friend is unable to do so at this moment. He is experiencing the nurture, the love, and guidance of those around him, but till such times as he internally accepts that he is on our side, in a different vibrational form, we cannot impose ourselves upon him. We figuratively stand around him with hands extended, but he must raise his energies to touch ours. Till that is done, we will continue to nurture him with energy sleep and vibration, till he accepts where he is. Do you have any questions about him?

Pin: *Why was he here?*

☐: To teach, to aid you and for personal growth. He was still yearning for a physical body, which, through this experience, he has now decided he does not need anymore. He is now ready to expand and begin his process of acceptance. Any such session must serve all, otherwise it would not occur.

Div: *Is it because he had to get that last feeling of ... to get to the next level...come back to this home and then move on...*

☐: Not necessarily, but it was an appropriate opportunity offered to him by the guides and he chose to take it, he was not forced... , had he refused, other such opportunities in different forms, would have been offered to him...we will permit the next friend...

Sohrab changes energies

☐ Hello...I am so pleased to be with you...aah the music...the music...I wish I could share with you the music that I feel and experience now. I had a physical body on Earth, that for 10 years was incapacitated, paralyzed, and I had no feeling for such along time, no feeling of physical movement, no feeling of emotion, all that I was inside, was dead.

And the instant I exited, I fought. I fought out of fear, not to leave the physical because it was all I knew...I fought...but I could feel my energies separating from this husk and

part of me wanted to exit and part of me held on and I stayed in this struggle for 3 of the 10 years. I refused to open myand the vibration kept increasing for longer and longer periods, and though the vibration felt good I hung on, till one day something within me snapped, and I just embraced it and I just left...so easy.... one instant I was trapped and the next instant I was dancing, and singing and listening to music and the music is what released me.... The Music Of The Spheres.

And I was in such joy (Sohrab laughing and crying at the same time) and I just went... up and saw my friends, and my relatives and many I did not know, but I knew I knew them; and they hugged me and embraced me, and I danced and I spent the next several days only dancing and listening to music, but when I say listening, not from here (pointing to ears) but from my whole being! (Sohrab tapping his body all over). My whole vibration was music and I danced and I danced and I danced without stopping.... and I realized I was free, and I was home... Don't fear it...it is beautiful...you may ask me any questions you want and I will answer to my capacity.

SI: *What a wonderful change... what a wonderful change...from the earthly body that you had...did your people realize that you were free...*

■: Oh yes...oh yes.... those around me celebrated with me, even those on Earth celebrated with me. It was complete joy... I came from an enlightened group... on Earth. I knew what to expect, bit I did not want to accept it, so of course there was fear.

Na: *When you were in your Earthly body, did you have the urge to dance and listen to music?*

■: I couldn't...so I refuse to acknowledge that I had that desire, I now realize that had I listened to actual music, I might have regained some movement...but I trapped myself in my pain, my sorrow and my own victimhood...I did it and I learnt...

Na: *Dad you chosen this incapacitation in your blueprint?...would you elaborate on that...what did you learn, when you came on to the other side?...*

■: I will explain this in my limited capacity, as I do not have full knowledge yet...I do know that I had chosen this 'incapacity' for a certain reasons of growth, and that there were options I could have exercised on Earth. Had I exercised my inner power a little more forcefully, I could have regained a certain amount of movement. I would not have been flat on a bed for 10 years. I could have been moving in a wheelchair with actual physical movement, perhaps not full walking, but certain physical movement. Had I used that power, I would have changed my course, but I chose to go into 'wallow mode'. Yes, I did have... reasons to wallow but I had the support, which I had chosen, of those around me: a loving, caring and wise family, and many, many enlightened friends. I chose not to hear them. I will not choose this experience again, but I will have to overcome the issue. I will have to find a new way to do it...

Na: Are you male or female?

■: Female...

Sil: Having gone through this...does this increase your power to go higher?

■ To a certain degree...I am not quite clear about the different realms, but I know I am in a beautiful space of energy and I also know that I now have the desire to grow, experience and listen to others. I did not have that desire on earth, I had severed it. I now wish to grow and vibrate, and to answer the question of what I am doing here....I have two tasks at hand...I attend energy classes, yes actual energy classes, with Masters, and Guides and friends to teach Self how to grow. This is one of my assignments... and simultaneously, I constantly visit those on Earth who are in a similar condition, specifically paralyzed. I work only with those friends, and I talk to them all the time. Those who are in semi conscious or comatose states hear me, but those who are awake rarely listen. But I do not give up, those are my challenge cases, and I am attempting to help them avoid the mistakes that I made. All I do is to encourage them to access their own power.

Div: Was part of your learning was teaching your self to let go of the incapacitation...the hindrances that came...and for us to learn the same....

■: You will each have your own lessons; I do not know what they are. But for me, I had to stop seeing myself as a victim and to look beyond physical incapacitation. There are so many, I now understand, on Earth, who are wheelchair-bound or bedridden and are such vibrant active human beings in who just see this as a part of their existence, who work through it and beyond it. I got trapped in it.

Div: because...?

■: **Of total and complete victimization on my part.** I admit it joyously and freely. I played the victim to the hilt. I enjoyed watching others pitying me. I enjoyed the attention I garnered through my incapacitation. I enjoyed manipulating others, knowing they could not respond or would hold themselves back. I played every victim game possible. I even invented some. No more for me...no more...no more, and so when I see others playing that same game, I know, two steps ahead of them what is going to happen and I prod and I poke and I tickle and I force them, yes I force them to hear me. Some do not listen, but they hear.... no more.

Sohrab changes energies

Hi...Hi...hi!!!!...

Sur: *Who are you sir...*

■: Why spoil the surprise, keep that for later ...gives you something to work towards...Go on, QUESTION me...I won't tell you anything, you must ask me...

Div: *Why are you here...*

■: To tease you...(laughter)

Group Member: *What message have you got?*

■: Oh that's a big one...just to share with you...how joyous it is on our side...

Sap: *Are you an actor...(laughter)*

■: Aren't you all...on the stage of life?

Sap: *What makes you think we are any less joyous on our side?...*

■: OOOOOOH...(everyone laughs): I will say things to you in private. At midnight tonight, when you are alone, mmm, then we will see how much you laugh, when you hear all the doors in your house banging, and the lights going on and off....

(Laughter in the room)

'Na' to 'Sap': *Don't call me...(more laughter)*

Sitter: *We'll have a midnight party....*

■: That's it and I will go "Boooooo"

To Dhj...nothing to worry about...nothing to worry about...I will personally greet you as and when it is necessary...remember me (inaudible)

(A musical cellphone went off in the room and the owner made frantic attempts to turn it off)

■: Don't stop the music...I am playing it...you ask me anything you want...

Dhj; *Are you happy?*

■: So happy, you cannot believe it... so happy, you cannot believe it...I am as real in front of you as you here...it is just that I do not have a physical body, but my energy body is so vibrant, it so alive. I do things I never did on Earth. I can climb the highest

peak, I can jump off it and fly, I can sing and dance and I ride all the time. It is liberating, and I visit all my friends just as I am doing now, in full consciousness! And I grow.

There are schools on this side, just as there are on Earth, but completely different. Each person works in a joyous manner, there is no punishment, there are no grades, there are no exams, these are there is recreation beyond your imagination...you think it, you create it. If you want a mansion, you create it energetically and live in it. You want a painting; you have it on your wall. You want an object or person in front of you, it is there, and yet it is all within. It is all real because you are creating, using and manipulating energy. It isand the growth on our side is so fast. Studying is a joy, it is not like school...it's so much fun...

Na: *You are tempting us to come on the other side...laughing....*

☐: Well, I would suggest that you jump out of that window, but unfortunately we are on the ground floor!
(Howls of laughter in the room)

Sil: *Do we get younger when you get to the other side?*

☐: Oh yes...physical age formations have no applications...and the soul, when it attains energetic status, takes on a form it is comfortable with. Generally, when a person of your age crosses over, it will inherently take on a form in its late teens or mid twenties. Of course there is no boundary and we are not bound by age, it is just a form because the pure energy comes out, there is no trapping of wrinkles and sagging skin...

Sil: *....My husband...*

☐: You can choose to be 5 years younger than him when you meet him...your choice!

Div: *...Can studying ever be fun on our side*

☐: Oh yes ...oh yes it can, depends on your attitude and depends on your energies...do not always blame the teachers or the system... it is your rhythm... that counts!

Na: Are you male or female?

☐: You know me...

Na: *(surprised) I know you!!!! Who...Carl...that's CARL...how nice...*

Sohrab/Carl hugged 'Na'

☐: I gave you a hint when I said 'riding'!!!

Na: *I didn't hear riding*

■: Because you did not listen...

Na: *I felt the energy...*

Gy: *I want to thank you for being with me...and helping me*

■: I gave you a couple of kicks as well..hehehe...

Gy: (sitting at the back) inaudible....

■: She talks the 'spirit talk' so well!!!

Na: *How was your transition from.... Exactly what you went through.... ok*

■: I don't want to revisit that today....I was not prepared fully, I had the knowledge, but I resisted. I wish to talk about how I am TODAY...yes, I am with HIM...go on what was your question...

Gy: *Sre you his (Meher Baba) right hand man? You won't leave us...you will always be around, even if we don't deserve it some times...*

■: I have a memory and therefore a full recognition and resonance with Earth in this time period. It has resonance with other time periods as well, but this being my last is the most evocative to me. When you leave home to go to college, do you leave? Home is home. I am just seeing home as simultaneously 2 areas. Earth is home to me and I visit frequently and I...interact energetically with so many, who don't even know me, let alone those who love me. A lot of my mission, at this moment in time, and I speak of this moment in time, is to interact and raise the vibrations of wonderful friends like you, in a very conversational manner as I am doing right now. I don't want to sit and speak the Spirit talk, I want to interact...and it is great... and I interact with all of you, and I interact with my horses, all the time...I won't leave you...

Sur: *...There's a lady who is having difficulty in moving on ...She's afraid that when she dies she will be buried...and that keeps her from moving on...she's quite elderly...will you be able to help her...suppose you know who I am talking about...*

■: Is she willing to accept Baba's help?...

Sur: *She's very stubborn...*

■: Are you willing to do this for her?...

Sur: *I will...*

■: Work with Baba's light, I will work too. Cover her in Baba's light everyday, do not force it on her... do not force it on her, just wrap her in his light, I will take care of the prodding...

Nan: *Have you risen to level of a Master in Spirit?*

■: I was always a Master.... and you were always a Mistress ..hahahah....

Na: *Whoa... (everyone laughing)...sure I am trying to change those energies...laughing...*

■: Of course...Of course....but now I don't have to try for it, I just allow it to be and my Masterhood grows with each existent moment...I don't question it every moment...

Na: *I am really proud of you...really..*

Div: *Can I ask for help?*

■: Are you willing to help yourself?

Div: *Yes...*

■: Then you can...call upon Baba's light within you, but only to support you, while you expand your own light, that is the only way.... no more these lollipops of light, that doesn't work now...doesn't work now...you want a living master...here (pointing to Dheeraj) take a moment and bow to a living master. You are all living Masters, but he truly walks the pathBye.

Sohrab: Before we close this meeting I would like you to joyously offer your light to our friend (Dheeraj) who is sitting here, I want no wavering and no sympathy. Our friend has given me permission to tell you that he is suffering from leukemia. I want you to be the biggest and best person you can be and fill him with your light. Offer it joyously to a living Master. No sympathy...pure living Master Light...do not try to cure, do not try to fix, do not try to adjust, just give him your light...

To Dheeraj:I'd like you to open up, you are resisting.... just open up. Breathe and receive. ...Give him so much light that you are blinded by your own power.

Thank You.

