

6th September, 2007
THE JADE FIRE
THE LORD SANNANDA
Channeled by Sohrab Ardeshir

Working in the Astral The Whirling Dervish

Trance Channeling begins

Working in the Astral

You have to acknowledge this and then either take the energies and lift yourself up or use those energies and go into further depression, that's your choice. That's entirely your choice. But know what's out there and know what's in there, and find out why there is a mismatch if there is one. It's really as simple as that. There is no specific technique that I can offer you: just be open and ask yourself, "How do the energies of Bombay feel to me today?"

This is one aspect I wanted to speak of and the second is about working in the astral. We are all aware that we are constantly zipping around at night, when we are in the sleep state, working very vibrantly in the Astral. I think we have all heard this, but we don't quite believe it. I, personally, very rarely have any conscious recollection of this in the morning. Very rarely. Some people like 'Gtk', like 'Ira', like 'Gy' constantly dream and are aware of what's happened during the previous night. I'm not one of those. But it doesn't matter; you've got to know that you work.

This was validated for me a few nights ago. As I was falling asleep in bed I felt a real surge of energy in me, almost like a physical massage and I just welcomed it and said "Ooh this is great, obviously the Guys up there are working on my body tonight; maybe I need this energy for a personal reason tonight." I just accepted it in gratitude, and I went to sleep with it.

I got three phone calls the next day, three different phone calls, from people who all said that I had appeared to them in their dream state, and had helped them all --- all the three scenarios were completely different, because each person was going through different sets of experiences. But it was validation to me that's why those phone calls came, to help me acknowledge the work one does at night.

And it really hit me, it hit me very strongly because I tied it in instantly to that vibration I felt before I fell asleep. Had I not received these phone calls, I would have just thought

that this energy being given to me for my personal work. I now look back and realize that my body was energizing self, propelling me outwards, to be able to do what was necessary for my highest good and the highest good of the people I was working with. I'm not the only one who does this; every single one of you does it.

Nar: – May I add something?

■ – Please do, 'Nar'.

Nar: – When I was in Australia and I was writing, and a – **you came and wrote with me.**

■ – Really?

Nar: – Yes, and I was told that “this is Sohrab writing” and that “Sohrab’s higher self is writing”. Yes – and it was daytime, it was not, you know, at night.

■ – ‘Nar’, this is my next point. ‘Kh’ mentioned right now that while her mother was undergoing an operation this morning, she consciously felt several group members working with her mother on an energetic level. We do the same thing in the awake state. Even in the awake state, much of our energies are working at a higher level, not only with loved ones and friends, but with complete strangers to whom we offer our energetic support and assistance.

In the daytime, one is rarely aware of this, unless one heeds the signs. For example, this morning I was driving along the highway to a voice recording, and I was suddenly aware of a buzzing in my energies. And I said to myself: OK, on a higher level, some work is happening right now. I didn’t have any idea what or who I was working with, or why. Unimportant in the conscious state. So I actually blessed myself and said, “How wonderful that in awaking state you are still working”. I only gave thanks to myself because I knew I was working.


I want you to acknowledge this in yourself. You will get those moments where, if you are energy sensitive and open to it, you feel a bit of a buzz in you. You will define it and say ‘Why am I suddenly feeling so good?’ Its not that you will be feeling happy, but you’ll be feeling ‘good’ inside: a vibration, just a sort of inner – an inner niceness. I cannot put it into any words. That’s a very obvious indication, and it’s a good one to watch out for.

But there are times where one has no physical indication. So what? One has to just acknowledge that one is constantly reaching out across the world, working in joy as one knows best, just ‘being there’ for others. How wonderful we are! Let us acknowledge this. And remember, if we choose to do this consciously, at will, **It is just one thought that counts.**


I knew, for example that Kh's mother was going into an operation today at 11 a.m. this morning. 11 am was the exact same time that I was to be starting my voice recording. There was no way I would have been able to sit in silent meditation for her. So, before I went in, I just made this one mental intent "I'm with you". It was an intent made strongly in a single moment, and then I released the energies towards her, and I focused on my dub, but I KNOW I was with Kh's mum.

The moment you say '*I am there*', where else can you be? You're there! It takes a micro-second; it doesn't take half an hour of chanting Aum and sending energy.

Sur: – Everyone has energy in their hands, in the palm of their hands, you have to just activate it, and then if you have someone approaching you for healing, you don't have to be a special healer, you just have to have the intent and thought. Energize them and forget about it completely. You have worked with that individual: don't go for results, and try so see whether he's cured or not cured, that's not your concern! Its just your thought, your feeling, your higher self you sent out to help that individual's higher self, and leave it and forget it. At least if one does this much also, there'll be a lot of positive that will come into this world.

 – Thank you 'Sur', that's a really important point. I want to re-iterate it. What 'Sur' is saying is, "Let go of the result".

Sur: – Yes

 – This is the mistake we often make. It's the process that is more important than the result. Let us understand this through a practical example that I have experienced: Someone once called me and said, "I am experiencing heavy menstrual bleeding. Can you please help me stop this?"

Initially, I had send the person energy, and had focused on stopping the flow. There were no results. After a few days, I began feeling that I was ineffectual, and that there was no point in what I was doing.

I slowly realized that I was going for MY desired outcome, and totally ignoring the process. It began to dawn on me that perhaps she NEEDED to bleed to release old energies. Who was I to try and stop this? Her beingness was obviously not permitting my flow to reach her, as it would have been counter to what she needed to do.

What I then started doing was this: I placed her before me energetically, started accessing a flow in my own body, and started healing that part of my own body. I made the intent that the energies would flow to her as well, giving her the opportunity to use mine as a 'booster' , to do with them what SHE wished.

Many of you in this room may remember how we helped, as a group, one of our member's grandmother to release. We worked on her for most of the session, empowering her to do with the energies what she wished. She chose to use them to clear up past issues with speed and clarity, and in doing so, was able to release that very night.

The Whirling Dervish

('Gl' spoke of her recent trip to Turkey, and her experiences, including a viewing of the Whirling Dervishes. An animated discussion followed this.)

 **The Whirling Dervish --- The Spinning Planet --- The creation of the DNA Strand --- The regeneration of the molecule --- The whirlwind effect.**

What happens when a being chooses this form of meditation? Many, many things.

First – The circular motion is a symbolic representation of the ALL THAT IS. **The OM.** In sacred geometry, the circular motion itself sweeps around, gathering new energies, forming a new level of circular vibration. These expand. Each time the being-ness chooses this form of meditation, he is offering to the Universe an opportunity to be an empty vessel into which the appropriate energies are passed. In this circular motion, he then begins to access specific Rays, emanating from different planetary objects around the Earth. Not just from your solar system, but others from beyond as well.

These Rays form a central pole of energy in his beingness. In each cell, molecule, and atom within. These individuated Rays, when they begin to join, form a spiral-like formation within the atomic structure, which permits energy DNA to be created. Energy DNA is different to physical DNA. It is a new level of energy growth within self.

This energy DNA, as it starts to form with more and more strands, becomes stronger and stronger and more focused. It then allows each cell, molecule and atom, access to new Universal information, wisdom, knowledge, growth and expansion.

The faster and longer the human being whirls, paradoxically, the more 'still' he becomes within. Because the stillness does not come from the physical motion, it comes from the strength of the energy DNA that is being created. It is a form of going inward and focusing deeply on the inner structure, the inner beingness. Normal imbalances of the physical body, governed by the fluids in the inner ear, now cease to matter. The being has gone beyond that.

Paradoxically, therefore, (when in full alignment with these energies), the LONGER HE WHIRLS, THE LONGER HE CAN WHIRL. He would never stop. He would continue to whirl till he finally shed his body.

But for third dimensional purposes, this would not be permitted, as the future experience he would need on the Earth planet would then be removed. Therefore, an inner safety valve comes up energetically after the appropriate time period, and this safety valve releases the connections with the various planets. As this connection is released, he either physically tires or senses it is time to stop or gets physically dizzy.

It may interest you to know that many Great Masters, when they wished to shed their physical body and leave no traces of the physical body behind, have used this particular technique...the inner whirl.

Nan: – They moved?

— Yes indeed. You have heard of so many cases of enlightened beings who have done this, leaving no traces of a body behind. They were able to take themselves so deeply into the inner whirl that they, at the point of departure, simultaneously disintegrated their physical structure.

Any questions?

Kau: – *If we wish to practice the whirl, should we do this sitting down, as 'Nan' suggested, or standing up?*

— You do not need to stand, to whirl. You may try standing up if you wish, after much much practice. But eventually, you will learn that you do not need to even move, to whirl, you can do it from within. But to understand that, you must begin with the physical movement.

Group Member: – *(inaudible) – that is how I feel, which actually makes me nauseous and that stops me, I become conscious and come back. Is that something of the same sort?*

— Every single night, when the spirit within you chooses to wander out of your physical body, it always leaves the physical body in a whirling motion. Now, when you have those dreams where you are falling, that is not indicative of this whirl. The falling dreams are simply the spirit being pulled back into the physical body too fast for its own comfort. For example, when you are being woken up by an external stimulus, the silver cord is being yanked by the physical to say '*come back immediately*' and that often causes the 'falling' sensation.

In your case, dear friend, it is your personal resistance, the fear from within, not a conscious fear. The fear from within, on those particular nights, that if you travel you may not return. There is a resistance to this circular motion, and therefore you

experience nausea. Next time it happens, align with the spin. A perfect example: the quintessential rollercoaster ride. The motion of the rollercoaster is not one that you are commonly accustomed to. If you try to resist the movement, you feel sick, dizzy and extremely uncomfortable. But if you throw yourself whole-heartedly into the motion, you instantly align with the speed and the movement, and you begin to enjoy the ride. Always align with the speed, not against it.

Nan: – *I need to ask – 1, we were taught to do the whirling before we go to sleep. 2, is this whirling does it keep the body, mind and spirit in balance also?*

■ – Of course, of course. As we said earlier, with the creation of new energy DNA, when you cease whirling, the energy DNA does not revert to the level at which it started. It always reverts to a level somewhere in-between the old and the new. So instantly, the body-mind-soul connection is re-affirmed. It is exactly what you do sitting in a session like this. When you are in balance, and in expansion, you raise your energetic DNA to a level, and you never fall back to the old. After every session, you are re-created.

The energy ‘high’ you experience after a meeting does abate, but you never fall back to the same level at which you started. Always higher than that. It is an upward zigzag motion, with the graph always climbing.

And so the process continues, till such times as you have such energetic control, that you can constantly rise at will.

Masters, all of you, now! That is partly why the Sunday sessions have been terminated. Many have relied on that as a boost for their energies: they are now being taught to increase, vibrate and expand their own energies at their own pace, without external stimuli.

Sur: – *Cheating (inaudible) – all laugh*

Group Member: – I’d like to say something – when we go to the temple, we see many of the women whirling, one moment you see them normal, and suddenly they start to whirl, how does that happen to them, I mean they don’t have that knowledge of what we are having now?, what happens to them?

■ – On the contrary, when there is no conscious knowledge, there is often complete energetic openness. But this energetic openness can affect you both ways. You can be open to the positive expansion of energies, and you can also be open to the lower entity elements. Energies are energies, they know no right or wrong. If you are open, and if you do not exercise energetic responsibility, which is what we keep teaching you, you lay yourself open to attack, as well. But, the stronger your energies are, the less you will ever experience attack.

Many of you fear lower-level entities and ‘possession’. We have done many sessions in the past, but we wish to simply bring your attention to the fact that if you choose, you do not ever get attacked. It may interest you all to know that on an average day, on an average day, in full waking hours (we do not even speak of the night), you are being often attacked at least 7 to 10 times during the day. But your own energies are so powerful, that you do not even sense them and you instantly repel the attack.

In fact you are more susceptible during waking hours than during sleep. During sleep your own innate energy defenses are at their full strength, and those keep you well protected. It is only if you are in great inner turmoil or confusion or depression, that even in the sleep state those energy defenses often crack and it is through those cracks that lower level entities sometimes attempt to strike. Have no fear. You are well used to working, supporting, strengthening self and repelling such attacks. You do it 7 to 10 times a day.

Kau: – *Very recently, I had these attacks of all these – a—my room was going round, and when ever I got up, I couldn’t – I felt, am going to fall down, the doctors could not find anything wrong with my health, so I am wondering what was happening, if something was happening to me?*

■ – What do you think was happening to you?

Kau: – *I think I’m (inaudible) I still don’t understand.*

■ – What was your emotional state when those attacks appeared?

Kau: – *No, no, I wasn’t depressed, I wasn’t feeling depression.*

■ – In your case (and we speak specifically to you now), these attacks were areas of inner confusion and turmoil. There were issues that were surfacing very strongly, which you were choosing, at those moments, to suppress. Had you just permitted the issue to arise consciously and welcomed them upward, the attack would have abated instantly. In your case, this was the reason. In future, should you feel dizzy or should you feel a drop in physical blood pressure, be aware it is an issue you are suppressing. Ask self, “What am I pushing down and not acknowledging at this instant?” You will get the answer and the instant you acknowledge the answer you do not even have to work further. You will come into balance.

Sl: – *Is there any way in which we could help these being who want to come into us? They’d probably be suffering, could we not help them some way?*

■ – If you wish, since it is your stream of energy to constantly help all and sundry around you, even those who do not need your help, you may do so. ('SI' laughs). You may do so.

Sur: – *Wouldn't she have to bind herself before?—*

■ – Not at all, not at all.

Sur: – *Ok.*

■ – Simply affirm your own energetic expansion and strength. **The time for binding and covering and sealing is over.** You are beyond that, you will do yourself a disservice, if you now bind your energies. We will explain why:

Remember, all information that is given to you, is for the current instant. All information gets outdated after a while.

Initially, when these meetings started, you will recall that hand-holding and chanting and binding of the circle was required. That was essential at that point, as your energies were fluctuating: they did not have the strength to defend themselves and they needed a 'containment shield'. You actually sometimes needed to be protected from the very high vibrations that were entering the meetings. Now, you have all grown to an energy level where you simply need to expand from within outward, in your full glory, and affirm that you are your fullest, most expanded, most empowered. If you bind now, you will be restricting your light. No more restrictions, your light must shine and continue to expand. Containment is not for you anymore.

Sur: – *Thank you.*

■ – Now, when you choose to 'enlighten' you home, your family, yourself... simply expand from within and enfold them in YOUR divine light. YOU are now the source.

Sur: – *Thank you.*

Sap: – *Can you identify yourself?*

■ – In time.

Nan: – *Is spinning equivalent to going to the gym, to give our body physically ---*

■ – Not necessarily. But in your case, if an inner prompting urges you to go to the gym, that is then the equivalent of spinning for you, at that instant.

Nan: – *All that's fallen off – there's something else happening.*

■ - Aah –

Nan: – *I don't know what it is.*

■ – Then you must heed the new call, and you must shed the gym.

Nan: – *that I've shed, that definitely I have*

■ – Do you see why, friend, you can never prompt another to do what you surmise is best for them? Because each person's unique vibration requires, at varying times, different sets of stimuli.

The gym may be appropriate for him and for her, meditation may be appropriate. How can he urge her to go the gym or she urge him to meditate? You are only speaking from what you know, in your consciousness, is best for you and you are surmising it is appropriate for the other. Stop urging others to follow your path!

Parents constantly urge their children to follow in their footsteps – to join the family business, or to become a doctor or lawyer. Other parents demand that their children study in their particular pattern. Each child knows inherently what course he needs to follow...even if it to garner experience by being the slowest in the class.

He must learn from his own mistakes and not from yours. No one learns from another's mistakes, no one – that is only lip service and the conscious mind says 'ah! I have learnt from the mistakes of my mother, father, or friend'. You only learn from your own experiences, not only in this life time, but past, present and future. You are learning even now, from future mistakes. Time is not linear.

Nan: – *Ya, coming back to time, every morning I get up feeling different, and I just feel time is going so fast. Can you expand on that?*

■ – Yes, yes. Do you really think YOU are asking your questions?

Nan: – *Yaa – (light laugh)*

■ - You are being prompted to ask questions that take the session to the next level. You are an empty vessel, you have no thoughts of your own!!! (all laugh)

Nan: – *And I make the most sound (laugh again)*

■ – A new energy formation is now appearing in your Solar System. Your scientist will publish this fact within 6 months to a year. Mark the day and date, you will see it in your newspapers.

A new Energy Source has now entered your solar system. Your scientists will pick this up as tangible, visible energy, moving in streams and eddies, with little illumined lights, points of vibration within it.

These new energies have been introduced into your Solar System as A COSMIC EXPERIMENT. Yes, this is not part of the blueprint of Earth, the people of Earth or each individual planet in your particular Solar System. It is not even in the blueprint of the Sun.

Nan: – *Can I interrupt? Is it creating a flux of the other Rays of Planets?*

■ – Of course. It is an experiment. Now you may say: how dare you use us as guinea pigs? Do we not have free will?

Nan: – *Yes that's the point*

■ – It is an experiment that has been chosen by the collective consciousness, not only of Earth and all her inhabitants; but by the entire Solar System. It is a Solar System collective call. You have chosen to experiment with new energies, and there is no Master or Guide who knows its actual outcome or effect!

Once it is fully introduced, everything, EVERYTHING will vibrate at a new and different frequency. Your species, animals, plants, oceans, the earth herself; all other celestial objects in your Solar System; even the 'space' between the planets itself.

We cannot tell you exactly what the outcome will be, but we can offer you probabilities.

Nan: – *And the properties of the planet ?*

■ – there is no planet

Nan: – *I mean energy properties of the energy and what sign is it in.*

Gl: - *Global warming ?*

■ – These energies are a newly created strain from across the Cosmos. They are, as a collective, sentient: you may consider them collective beings, but they are pure energy. They have a collective consciousness and their only desire is much like yours: to grow, expand, vibrate; and to energize self and those around.

By swirling around your Solar system, they will cause all they come in contact with to vibrate at a new rate. Once the other planetary bodies start to vibrate at a new frequency, this must have a ripple effect. Don't worry, the effect will be gradual.


The effects on you will be like this: imagine you are on a trampoline. You have a certain amount of control over your body movement, but at the same time, you HAVE to align with the bouncing motion. As we said earlier, give yourself into the motion, don't resist it.

This will change not only the planets and the effect they have upon your own charts, your Blue prints, your astrological configuration; but this will change what Earth gives out to the other planets. (We will give you a full session on that one day: the effect of the Earth on each of the other planets. You have only focused upon the effect that each planet has on the peoples of earth. Wouldn't it follow logically that earth also has an effect on all of them? You will then understand your astrology even further. We promise you this.)

This new vibration will force you out of your comfort zone. At first, it will be so low in frequency that you will not be able to acknowledge it; but within the next three to five years, you will find your whole physical beingness actually vibrating at a new level. The established norms of blood pressure, heart beat, vibration, and pulse will all change. Your 'normal' levels of cholesterol will change. The inner levels of the pumping and flowing of the liquids within the body will change. You will have to set new norms, and you will be unable to set new norms, as they will keep changing. Doctors will be very confused! But the beautiful part of this experiment will be a very rapid rise of consciousness, knowledge, awareness and acceptance.

But remember, if you will increase your propensity to diseases, trauma and alienation. Why do you think we have been urging you, over the last few years, to bring self into balance? It was in preparation of this experiment. Because once this hits the solar system, there is no going back.


Nan: – *It hasn't yet hit?, am already feeling the –*

 – It has begun.

Nan: – *So that's why am feeling some ---*

Mon: – *I felt it energetically since November.*

Gy: – *I thought I wouldn't speak out, but after what's just been said, I feel compelled to do so.*

 – What do you think your recent ailment was?

Gy: – *I think it was – aah, bring me into alignment and it was very necessary. There's been a lot of change in my life, we went to Dubai, and we keep coming back every two*

months, and there's totally different energies in both places, and completely varied experiences, and I was told by somebody who did a channeling for me that, "You're being juggled, you're being juggled", and this was eight months ago.

■ – The Trampoline

Gy:– *And I didn't understand what it meant and a few days ago, when I was lying in bed (with typhoid)... in fact the day my symptoms started was the third day of my being in Mehrabad, and it just came like that, very instantly, and there is very high energies there and I have a feeling that that precipitated this for me. And a lot has gone on for me just lying in bed. Spontaneous writing, where information has come and I have just written it down,*

■ - You have been hearing, but have you been listening?

Gy: – *Trying to.*

– Listen well. Not with this (indicating the ear), but with this (the heart). Listen to the music of the spheres: you will receive messages far beyond words. This has been activated within you now.

Gy:– *You are absolutely right about the blood pressure, since I delivered my child I've been on medication for two years, its been 145 – 99.5, and in this illness, the blood pressure had gone to 170 and the doctor cannot understand it and overnight I have been taken off the medication for a whole month! He said to me, "You are not going back on it", and he cannot understand what has happened.*

So, I had to tell you, because this is true, its going on right now, and we were supposed to go back to Dubai for three / four months and come back in January 2008, and that's all changed, because now I'm not going back and I am staying here now. Its like there is no time, everything is fast forwarding and there's just no time, its all co-existing in a moment, its just manifestation of what is needed.

■ – You are an energy 'eager-beaver'!. You always want to get there first! And that is your choice!

Group Member: – *I, too, feel a change in energy not just through looking at the time, because that's – all of us who are interested in Astrology do, but this November the shift has started happening and the acceleration is taking place, and I feel its coincided with Pluto hitting the Galactic center and then all the personal planets thereafter, so its like out of that Nebulae something is coming out, because Pluto is the Lord of the Underworld and if it connects with the Galactic center it is to blast everything.*

■ – What is the '**underworld**' in spiritual terms?

Group Member: –??

■ – Inter dimensionality.

Group Member:– *Yes - Also its within ourselves, the hidden parts in ourselves, which we do not want to see.*

■ – Also parts within self which have not **revealed** themselves yet and are beginning now to reveal themselves. Not parts that have been suppressed, no, parts that have to be discovered.

Group Member: – *OK*

■ – The unexplored jungle, the hidden mountain, and the secret cave within self: now revealing themselves.

Group Member: – *Also there is amplification between negative as well as positive at the same time as (inaudible)*

■ – Each must balance the other.

Group Member:– *It's like almost challenging the positivity to grow --*

■ – Let us explain this very briefly, for those of you who work with astrology. As we told you, your readings, your charts are tentatively in a state of flux and inaccurate, for several reasons.


1. You are merging nine aspects of self, from other realities, other dimensions.
2. The planetary bodies are merging nine aspects with self, so they do not now know what they are going to be.
3. The introduction of the new planet into the solar system has caused a ripple effect among all the other planetary bodies; that particular planet does not effect you directly, it effects you through each of the other planets. It has combined its upgraded DNA with each individual planet and through that, Earth and its people are being affected.
4. The introduction of this new energy strain will once again permit the planets to move into a new level of understanding self, tapping those secret areas within themselves that they did not know existed. As above – so below. And as they are revealing new aspects to themselves, those in turn, energetically

through the rays, are now triggering you to look at these aspects, which are now changing your being-ness.


Your charts will have to be completely upgraded, when this settles into a new level of relative stability, and this has not happened yet. Right now, all predictions are inaccurate: kindly remember this. Predictions at this moment in time are completely inaccurate: they are only probabilities. Nobody, human or Master, can predict accurately at this moment as the outcome, particularly with this new energy, is still a mystery to all and that is the beautiful challenge.

When you go exploring in the jungle, you know, probability-wise, you will encounter snakes and animals and dense foliage; but you do not really know what you will actually encounter on that trip till you take it. Will you find a lost city? A new species of animal or plant? A new tribe? That is the exciting part.

Nan: – *Is this also affecting time as we know it?*


 – Yes, we do not wish to go there today, as that will confuse you further –but time itself is being re-invented. We spoke, perhaps two months ago, of the recreation of the time-space continuum: that is now occurring. Time is now so elastic it does not know where it wishes to go. It is exploring self. **Time is exploring self.**

Nan:– *If we humans know that time is elastic, can we mould it?*

 – No, not yet. You can ride its waves; you can flow with it, rather than against it; but you cannot mould it. Not yet. When you learn to harness time, you will be a Universal Master.

Nan: – *Theek hai!*

Sap: – *When is the phase going to be done?*

 – That is not decided – it depends on the energetic participation of all those within your Solar System, not just your planet. Do you see the vastness of this? So that is not decided.

Sur:— *Has this taken place because we've moved into the 5th Dimension?*

■ — It is one of the opportunities that has been offered to you, BECAUSE you are moving there. It could not have happened, had you not grown. As you graduate, more and more beautiful opportunities will be offered.

BLESSINGS, JOY, LOVE AND LIGHT
FROM THAT ASPECT OF SOHRAB
THAT IS JADE FIRE.
THAT IS THE LORD SANNANDA.