

25th October, 2007
THE ARCHANGEL MICHAEL
Channeled by Sohrab Ardeshir

Self Empowerment The Core Center of Human Energy Aspects of the Jesus Christ

Trance Channeling begins
[Loud sounds and exhalations from Sohrab]

Welcome.... No, he was not yawning. We were releasing certain toxins from his physical to enable this session to flow more freely...that is all.... you might want to try it from time to time. Use that sound starting with an 'mmm' and going into an 'aaaaah'...mmmmaaaaaah....

***Nan:** laughing...*

Sohrab 🍌: (amused) Keep your toxins, if you wish...they are yours to play with!

We have spoken to all of you, from time to time throughout this year, of **Self Empowerment**: you are aware that almost every session, in some form or the other, has dealt with an aspect of Self Empowerment.

Today, let us examine the physical side. Yes, the practical, physical side of Self Empowerment, in relation to your physical body.

You all have within you **an energy center** that is uniquely yours. We do not refer here to the chakric system, we do not refer to the Unified Cosmic chakra; we refer to the energy center that is uniquely yours. The Orientals refer to this as the '**chi**'. You may refer to this sometimes as the gut—**the Inner Power**...

Let us first understand just how this manifests in the physical body. When you are in Spirit form, there is no physical to bind you. You have combination strands of energies: those of Masters, Guides, Universal and Cosmic strands; and then those that are **UNIQUELY YOURS**. These have developed over lifetime after lifetime, and are those that contribute to making you a unique YOU.

These YOU energies, when you are in Spirit form, float free throughout your entire Spirit content. When you then take birth, you attach these to your physical form. These energies have to anchor at a focal point within the physical, and for most humans, **the focal point is the hara area**. Do not confuse this with the hara chakra. This is superimposed and co-exists within the hara area.

For most humans, the focal point remains here (pointing to the center of lower abdomen), but depending on their activity, or the processes of their life, it may move. We will explain this in great detail....

First, think of animals...think of any animal within the **Cat** family: the tiger, the lion, the leopard, or the house cat. They are able to spring up to great heights, because of their full alignment with this core energy and **they harness it intuitively**. They gather their power from the core, and leap.

The **Snake** has a different core center. It extends the length of the spinal column, but it is focused somewhere in the upper regions, the point from which the snake rears up in defense or attack.

Let us take the **Scorpion**. The focal point is in the base of the tail, the equivalent of your tailbone, from where the sting may be reared, to defend or attack.

Let us take a completely different animal, the **Bear**. The energy center is here (thumping his chest), that is why the Bear's torso is so powerful and strong when it rears up and the physical legs are relatively weak.

Are you beginning to see how core centers vary?

Now, let us take the **Human Being**. Yes, we have said the core center remains primarily within the hara region, but it changes depending on circumstances.

A manual laborer in your country, who constantly bends to pick up heavy loads, and then carries them on his or her head, shifts his core center to the lower back. That is why they so rarely have lower-back problems, whereas if you tried to do that kind of work, your back would give out within a few hours.

The instant he straightens up, he moves his energies up to the center of the shoulders, allowing for perfect alignment of the back, and permitting perfect balance of the weight upon his head.

Now, let us take the case of two individuals who have lost the use of their lower limbs, and are in wheelchairs. The first is a poor man on the street, who only has access to a manual chair, which he has to move with his two arms. He will move this core center to the center of his chest.

The other, who is more affluent, and can afford an electric wheelchair, would move his core center to his palms and fingertips.

Athletes are a wonderful example of humans who change their core centers intuitively. The runner will naturally retain it within the base. The discus thrower will temporarily shift it upward, throw this discus, and then allow it to settle back into its natural position. The swimmer works very much like the snake: the core centre starts to elongate and extend between the hara and the heart and remains in an elongated fashion, giving equal weightage to the kick of the legs and the motion of the arms.

For the average human, the core center remains at the hara, and extends from time to time, depending on the activity he is engaged in. When he is writing, painting, singing or acting, he extends his core center not only to the appropriate limbs and extremities, but also to his creative center.

When he eats, he extends his core center to the digestive tract, to the arms, and to the pleasure center of the brain. This naturally puts the body into motion, permitting the appropriate enzymes to be released for the assimilation of the nutrients, and permitting him to enjoy his meal.

Simple, isn't it? And yet, why do humans constantly 'short-circuit' themselves?

Look at daily life today: you eat your meals while watching television, or while socializing at a dinner party. Your attention is divided. The core center does not quite know where to send out its energies. To your brain, for taking in the television programme? To your social and reasoning skills, as you are involved in a deep discussion while eating?

Your energies rush first to the digestive tract, and then are suddenly diverted to your creative center, then to the reason and logic center. You may then begin to gesticulate wildly, and the energies rush down the arms, activating those pathways. They do not know where they are primarily needed, and in their attempt to 'cope' with the situation, their efficacy reduces tremendously.

What are you actually doing when you bless your food, as you have been taught? You are simply aligning with your core center, and bringing your focus to the activity you are about to initiate, so that you can best benefit from it.

How can you now overcome these obstacles? Yes, you are going to be faced with dinner parties where you will be eating and conversing simultaneously: you cannot stop it and you cannot sit at a dinner party in complete silence, on your own.

What you can do is this: consciously switch between the energies required for the digestion of the food and the energies required for social intercourse. While you are eating that meal, putting that piece of food into your mouth, be with it FULLY. You do not have to consciously channel the energies, your own inner intuition will do this for you, but you have to be in perfect alignment with that piece of food as you are putting it in the mouth, chewing and swallowing it. You can then instantly change your focus: laugh, joke with friends, and contribute to the conversation. Then switch back. Multi-task!!!

The beautiful part is that you don't have to instruct the energies what to do. They will instantly respond to this clear signal you are giving them and they will shift effortlessly, without short circuiting, between the digestive track and the social center of the brain.

Are you now understanding why the Masters have been urging you to BE IN THE MOMENT? When you are 'in the moment' you are fully focused on what you are doing. Having a shower. Eating. Having fun. Weeping. Laughter. Each must be experienced to the full. This is the basis of the Mind-Body-Soul connection. The Holy Trinity.

Let us now offer you a magnificent example:

The Jesus Christ, during his earthly incarnation, lived in a paradox. He accepted his divine connection fully, and exercised his powers in a joyous and expanded manner, fully conscious of them. At the same time, he COULD NOT ACCEPT his earthly body and its attributes: physical desire, anger, irritability, trauma. His energy center was firmly lodged in the hara area.

During His last few moments of turmoil upon the cross, He embedded Himself more and more firmly within his core center, trying to hold on, in some way, to His earthliness. THE PROCESS OF THE CRUCIFIXION, AND THE POSITION IN WHICH HE WAS PLACED UPON THE CROSS, FORCED HIS ENERGY CENTER TO MOVE UPWARD, DIRECTLY INTO THE CROWN CHAKRA.

AT THIS MOMENT, HE BECAME FULLY REALISED. HE ACCEPTED HIS EARTHLY ATTRIBUTES AS A PART OF THE EXPERIENCE THAT HE HAD UNDERTAKEN TO KNOW. WHEN HE SAID THE LINES 'FORGIVE THEM, OH LORD, FOR THEY KNOW NOT WHAT THEY DO', HE WAS ONLY REFERRING TO SELF!

YES, HE WAS REFERRING TO SELF. HE FORGAVE HIMSELF AT THAT INSTANT FOR THE DISCONNECT IN HIS OWN MIND-BODY-SOUL CONNECTION, KNOWING THAT IN FORGIVING SELF HE WAS FORGIVING HUMANITY, AS THEY ALL RESIDED WITHIN SELF.

AT THAT INSTANT, HE ASSIMILATED ALL, BECAME FULLY REALISED, AND EXITED.

The act of crucifying him was the biggest gift that the people could give him.

Does this now turn your belief on its head?

Dar: *This is so beautiful! We constantly reject our bodies, and you have shown us the most beautiful example of the mind-body-spirit connection. I am really moved. Thank you.*

Ngs: *I have a question: We have been doing Christ Conscious classes with Ell –she has asked us to find our core centre for connection. She explained that it could be in different parts of the body. She has asked us to hone in on the one which was most active, from which we could connect and we all have different centers, some over the top some on legs some on arms.... what are those?*

■ - As we have just seen, the average human has a core center at the hara. The human race is now learning to put out the energy tendrils that we spoke of earlier, and anchor them at different points in the body, so that the energies flow continuously from the core to those new centers. This is precisely what you are now learning to do consciously.

For example, when you, dear friend, channel, or paint, as you so frequently do; your energy center moves to the back of the neck. You have now done this so many times, that you have managed to forge a pathway between these two areas: the secondary core center is constantly being fuelled by the primary one. Both will now remain permanently active, and in time, both may shine to such a degree that neither will be fuelling the other. They will then be two separate, powerful, core centers.

Group Member: – *Is this why we sometimes feel so moved by a piece of writing or a verse?*

■ – Let us answer this in detail. What happens when you read a piece of writing that moves you intensely? When you see a painting that gets your pulses racing? When you watch a performance that stays with you for years?

These are all examples of intense energy transfer and healing. The connected healer, the artist, the writer, the communicator, the therapist: all function this way. They have within themselves core energies that are so high and are so perfectly aligned that, when their energies meet yours, be it through physical touch, the visual senses or the written word; and energy explosion takes place. In this explosion, a merger of the two energies take place. Sounds paradoxical, doesn't it? Yet through this explosion, a union takes place.

In simple terms, it is like being whisked upwards in a lift to the top floor of a building. Suddenly you are treated to a magnificent view of the city beneath, where you are able to view it in its entirety, and appreciate its vast beauty. You have always known the city from the ground level; suddenly you appreciate totally different aspects of it that you

never before saw. The lift is the other's energies, and when you merge with them, you are able to press the button that suddenly elevates you.

So when you act as the healer, the councilor, what you are doing is offering the other the joyous vastness of your power, to enable him to use it or not, to facilitate a merger or not, as must be his choice.

Group Member:– *You can then have the powers to heal yourself?*

■ – Of course, because are the ground floor, you are the top floor and you are the lift.

Dar:– *I actually have two questions: the first: Is this connected to all the other strands of the DNA that we have? The second: (inaudible)*

■ – Let us answer your second question before the first. The only way you can grow and access this is to believe it. That is all, that is all. Why is he sitting here today officially 'channeling'? Sohrab is very present here, he is completely aware of what is happening, and there is another energy speaking in a merger. He is able to do this, because over the last 8 or 9 years, with training and experience, he has come to believe that he can. At first he only believed he would be able to speak for three minutes and he did only speak for three minutes. Then he extended his belief to 5 and 7 and 10 and now he can speak for 5 hours if he wishes. He does not wish to do that.

It is exactly the same thing. If you believe it and acknowledge it, it is there and this does NOT mean blind faith. "Blind Faith" is simply another form of self deception. Blind faith is another form of handing your power over to another: in this case, to a 'supreme being'.

"Take my power, I believe in you fully". Not acceptable any more. Not acceptable any more.

The belief that it is all within you, the knowledge that it is all within you, has to emanate from within you, from your energy center. And only you will be the arbiter of this. Only you know at every instant whether it is acceptable or not, whether the words are true or not. No one else: no Master, guide nor guru has that power over you, only you have it and the process of self empowerment is to start expanding with this consciousness and only acknowledging your own already expanded level of power. You are not trying to raise your power, you are bringing your consciousness to your already expanded power.

Sohrab lives in this house: if he perceives it as a hut, he will see it as a hut and yet you may perceive it as a mansion. If he perceives it as an ordinary flat, it will be an ordinary flat and if he perceives it as a temple, it will be a temple to him. It is all in his belief and he has to check from within. Your telling him that his perception is awry will have no effect. All that matters to him is his perception. And when he truly feels that this is his

temple, the space will vibrate with an energy more powerful than any temple in this city.

Let us now answer the first part of the question, relating to the DNA. The core energy we speak of, dear friend, influence the DNA indirectly. As you begin to access your power, and now begin to place offshoots of the core energy within the body, this process of upgrading your own energies has to activate the DNA. By this process of raising your vibrations, the dormant strands of the DNA that we have spoken of before now slowly begin to activate.

Nan: – *How does the breath and prana affect this? How does it fuel the core centre?*

■ – Each of these act as a focus for you to bring self, once again, into the awareness of the core centre. What did we do at the beginning of the session with him? We released, through breath, certain blockages in his core centre. Only to the level that was required for this discourse – not more – not less.

The breath and the prana – let us take them separately. The breath generally refers to the physical breath that is within the body and the prana refers to the cosmic breath that is within the body.

Nan: – *So is the core centre connected to the cosmos?*

■ – Of course, of course!

Nan:– *Then what the full relationship and how does it work?*

■ – (laughing) Do you want a 5 hour discourse?.

Nan:– *I am willing to sit here till midnight!*

■ The physical breath is what fuels the cells and the various organs within the body. Physical breath is vital to bring about physical balance within the body and to release and expel certain toxins that build up from time to time.

The prana is the universal breath that you take into the body: you merge this with your own physical breath, which in turn flows through every aspect of the body, raising self to a new level of consciousness.

The core center that we speak of is fueled by pranayam, the physical breath is only a small aspect of bringing self into alignment. It is the prana that brings the core center into alignment. And prana, as you know, can be accessed in many ways. Meditation is only one of them. Pranayam – physical breathing- stimulates the flow of prana as well.

It stimulates the flow, it is not the prana. They work simultaneously. The physical breath opens up the body to the prana.

Group Member: – *(The question was inaudible, but it dealt with forgiving people who ill-treated him.)*

■ – For most, forgiveness implies placing oneself on a pedestal, acknowledging one's own superiority over another's lesser awareness. Then one pats oneself on the back for having 'forgiven' a 'lesser mortal'.

Forgiveness is only one thing: Thankfulness. Thankfulness to the other person **for giving** you the experience that you needed, and indeed, have chosen! It is extremely easy to thank someone for a lovely present that you unwrap and place upon the table – it is not so easy to thank them for giving you the gift of feeling victimized, of being brutalized.

When you truly reach the stage of forgiveness, you have acknowledged to self that these were experiences that you have chosen to undergo for growth and self-learning. You realize that the person who seems to be your worst enemy has actually been a spiritual friend, who has contracted with you to come to earth and offer you the learning you desire, without any possibility of acknowledgment or thanks from you.

So **'forgiveness'** is only **'thankfulness'**, because you are acknowledging you wanted that gift and that this is your gift giver. **He is giving you what you want.**

Sil: *Did Hitler do that to the millions of Jews?*

■ – Do you know that the souls you refer to as the Hitler and the Osama BOTH have a higher light quotient than any of you in this room? Changing your beliefs again? Changing the paradigms?

The Hitler did several things. He awoke the consciousness of the entire world to discrimination. He helped the entire world, not only at that period, but so many years later, shatter their rigid beliefs of racism, of sexuality, of hating others. He also awoke the people of the world to the fact that they need to SPEAK UP collectively when they perceive atrocities being committed. The question we ask you is: Why did the world wait so long before it stopped the Hitler? Why did you, as a collective human race, permitted his atrocities to go unchecked for so long?

Group Member: – *When we realized that what we created was not right*

■ – So humanity needs to take collective responsibility for having created the Hitler, the Osama, and the destruction of the twin towers. Energies only reflect what is within humanity. If there was no collective prejudice, there would be no need for a Hitler.

Yes – great souls often come in the disguise of the oppressor, of the tyrant, of the murderer, the slayer, to perform the actions needed to awaken man. It requires an extremely great soul to perform these actions and exist in physical form with the amount of hatred directed towards them during their physical life. It hits them like a physical wave: they need to be extremely strong and have a very high light quotient, not only to stay on the path, but to continue to do so. This does NOT mean that all the ‘negatively’ oriented humans are great masters. Not at all.

At the same time the Hitlers and the Osamas come to teach humanity many lessons, and are very creative souls. Humanity, for example, may put out a call to the Universe, saying “We need to learn tolerance on a vast scale”, and certain brave volunteer souls offer their services, by incarnating and then exhibiting their creativity. They display aspects of extreme intolerance, and progress into genocide and jihadi movements. Humanity has to then do its part in learning from this, and indeed stopping them.

Nan: *The movement of the core center, that you have just explained...is this what we call the rising of the Kundalini?*

■ – In your terminology, it is the rising of the Kundalini. In spiritual terminology, it is the core center extending outward now, into different energy points throughout the physical body which then slowly expand and empower themselves so that the Kundalini is fully flowing through the body. It is exactly the same.

Nan: *You spoke earlier of the Jesus Christ: so He never experienced it throughout his life, only at that last point in time?*

■ – No, let us not be simplistic. Of course he periodically experienced inner expansions of consciousness, energy and growth. But it may interest you to know that the Christ, in his human form, was often very, very stubborn Not rigid, but unwilling to constantly expand into and embrace the human aspect of self.

He personally felt like a split personality. His spiritual beingness was so powerful and bright and yet His physical beingness was like a curse to Him. He despised Himself for feeling the sexual urge, and yet He experienced it fully. He despised Himself for bleeding when He cut Himself, when He could heal others with His touch. He despised Himself for not being heard, understood, and comprehended. Can you now begin to understand the self-torment that this Magnificent Soul underwent?

He only came to terms with Himself and forgave Himself and thanked Himself at that last instant. And that was what enabled Him release. That was his last obstacle. In those final moments, he was able to forgive self. He understood that he could only forgive others if he first forgave himself, as all of humanity was contained within self. It was in this “thankfulness” that he finally achieved the mind-body-spirit connection, and was fully realized. His mission was over, and he exited joyously.

Dar: (inaudible)

■ – Your core center, dear friend, is in disarray at this moment. It is a paradox: your energies have expanded tremendously, but your core centre is in flux as it is not willing to accept this expansion. You are feeling paradoxically tremendously balanced and expanded and at the same time ‘I don’t deserve this, what have I done to gain this?’ Bring it now into alignment. Acknowledge your own core, do this work. In your case, you will find your core is in a tubular form extending between the heart and the hara and extending upwards quite frequently. You will find it almost in a tubular form. It is a new formation for you, accept it, and enjoy it. If you continue to feel you do not deserve it, you will continue to push it right back: your choice.

Nan: (inaudible) *the core centre will keep changing?*

■ – Not changing, but expanding, shifting, energizing different parts, strengthening in certain areas and as you resist the changes you are pushing it back. You are trying to become who you were and you can never be that. You can never be that. So the more you push it back, the more you are causing it to bounce outward irregularly and the more trauma you will create in your physical body

BLESSINGS, JOY, LOVE AND LIGHT
FROM THAT ASPECT OF THE SOHRAB THAT IS ARCHANGEL MICHAEL.