

22nd November, 2007
THE ARCHANGEL MICHAEL.
UNKNOWN TRAINEE GUIDES
Channeled by Sohrab Ardeshir

A Workshop: Giving Thanks & The Energy of Gratitude and Pain

Trance Channeling begins

(To 'Nol') Son, what do you see?

Group Member:— Light

■— Look Further

Group Member: — A man

■— Close your eyes and look with the inner eye.

Group Member:— Blue light - a man who has golden hair touching his shoulders

■— Who is this man?

Group Member:— Someone I know. (inaudible)

■— Well done — from time to time, we will push you. Trust your vision, don't 'think' and worry about failure. We will push you. --- Does anyone else see or sense anything in this room? Go on, be courageous.

Nan:— Calm, peaceful energy. Peaceful, dynamic and a—

■— Peaceful and dynamic together? Very good.

Group Member:— And cleansing.

Another Group Member:— I see a circle of pure white light

■— Where?

Group Member:– Over your head

Del:- Spinning white light over your head

Sur:– I see a band of Golden light passing right through you.

■ – You see how bits of the puzzle are being observed and put together. Not all see the same thing. And yet each is correct. – Come on, some more responses --

Group Member:– Very lovingly and caring---

Another Group Member:– I can't see anything, but I am hearing an inner sound.

■ – So you are experiencing 'sound'

Group Member: I see a huge (inaudible) spiraling into ---- its not light – its just rays ---

■ – Now observe the change – --- Son? (to 'Nol')

Group Member:– I can't get anything.

■ – Don't block – let yourself flow with the change – the first image that comes to mind.

Group Member: Just stars --- just stars – because all of us here in this room, play a very important part, not just with --- its hard explain – but all of us have knowledge to share with the world and through you we are channeling this knowledge and we go and take something different to people around us, our families, societies, - the world at large.

■ – (clapping) – All these energies are elements of you, different elements and different combinations of your personal energies, including the golden-haired man. Let us begin the 'Thanksgiving Ceremony' today. The Thanks must begin with self.

Go within --- Find your energy center – wherever it resides at this moment. It is a bright Golden Mass of Light --- find it --- be within it

(Sohrab chants OM repeatedly)

Move the Golden Mass of Light to the Brain.

Give Thanks with your own Light to the Brain and the Mind, two separate entities that work together, to create your thought- patterns, your images, your fantasies. Your beliefs, your knowledge bank, your wisdom.

Give thanks to this magnificent aspect of self that enlivens you, permits you to think with clarity. Permits you to dream, to create, to expand, to grow, to know.

Move the Light now, to the centre of Skull and illuminate the eyes from within. Those magnificent windows, which permit you sight – far beyond the physical sight. They permit you the joy of the beauty around you, they permit you to experience love in another's eyes. They permit you to see danger when it is arising. They permit you to read body language, to experience situations which enable you to grow, learn, observe, see, and comprehend.

Give Light and Thanks to the ears that permit you to hear, to listen. They take in sounds and make sense of these sounds; they allow music into your soul. They take in the voice, not only of self but of friends, and lovers. The sound of the child laughing, the sounds of nature, and the sound of the Universe.

Give Thanks to the nose and the mouth, which permit you smell and speech and taste. These magnificent instruments permit you the joy of the senses and the ability to communicate. Language, thoughts, experiences.

Now move the energy center down into the torso and give thanks to all the organs within the chest. The heart, the lungs, the diaphragm, the kidneys, the stomach, the intestines, all other organs: illuminate these organs, these magnificent aspects of self that work ceaselessly and tirelessly to keep you in perfect health.

Move the energy center into the arms, the arms that permit you to embrace and touch and feel. The arms that permit you to caress.

Move the energy down, deep into the navel, illuminate all the sexual organs fill these with light and bless this area. This area, that has permitted procreation, pleasure, joy and the rise of your personal energies.

Move the light now down into the legs, the thighs upon which you stand so firm, the knees that give your persona flexibility. The calves, the ankles and feet that bare your weight and help you stride forth into the world, in complete joy.

Now allow your energies to illuminate the Twelve Body System that exist round the physical. Illuminate each and every one of the twelve bodies. Fill these with your light.

In this state of illumination, now give Thanks from within, to your homes, your families. The dear ones, who mean so much to you, give them Thanks by illuminating them with your light, embrace them with your light.

Give Thanks to all those who serve you, your friends, your domestics. Your implements and tools, your machines, your cars, bless your offices and businesses and all those who serve you.

Bless your physical homes, for they nurture you and cradle you and serve you joyously. Bless your pets, not only physical pets, but pet hobbies. Bless your clothing and jewellery – for they adorn you and keep you joyous.

Bless your experiences, -- good, bad and indifferent, - - for they have helped you become who you are today.

Now, find it within yourself to bless at least three people who have caused you great pain, harm, and trauma. Do this courageously, without thinking, just illuminate them in your light.

Bless Mother Earth for Her Succour, Nurture and Joyous caring of you.

And finally, embrace your Entire Being-ness in this Thanksgiving. Your Entire Being-ness includes your Masters, Guides, Angelic presences, your dear departed ones, friends and lovers from past, present and future life times, and all your experiences. All that makes you WHO YOU ARE.


Give Thanks to Self

Activate your Love Centre, experience love as a force, pouring out, illuminating all.

Come back to full consciousness. Open your eyes and look down at your own physical body. You will bless every part of it, with your eyes open, in full consciousness. You may, if you wish, caress your own body as you do this. Be in joy for inhabiting this magnificent space.

It is your unique space that you inhabit during this lifetime. No one, except you, can inhabit this space. You are truly unique.

BLESSINGS, JOY AND LIGHT
FROM ARCHANGEL MICHAEL.

: (To' Sil') Thank you for all you did for me during my passing. And before. Thank you.

Nan: – Dheeraj?

[Sohrab starts shaking and falls off the chair]

Sohrab disconnects with the energy

Sohrab:- That was Dheeraj

Sohrab :- He did not know how to come in and out of me – I just short-circuited , that's all.

GI: (explaining to the group): 'Sil' has been going to a Cancer hospice, as a volunteer, for many years and there is this little boy there about 23 years – diagnosed with terminal cancer and 'Sil' has helped him in many ways while he was still on Earth and in his passing later – so he had come to thank 'Sil', but as Sohrab explained, he did not know how to remain in the body.

Sohrab :- I am absolutely fine physically, it's just that my body went into shock. Just give me a couple of minutes – I'm absolutely fine, I just need to balance.

Long Pause.

Sohrab resumes channeling.

■ - I come to give thanks to you. You do not know me, but I am one of the many trainee guides who attends your meetings on a regular basis. There are many of us in attendance. Some of you have sensed us. We do not energetically interfere with the meeting at all.

In fact you place an energy shield between our vibrations and yours. It is not appropriate for us to add our energies to yours and the guides who are working with you. That would, in some way, contaminate the aspects that you need to access. At the same time, we must protect ourselves from you as we are not in an energetic expanded level, strong enough to be able to communicate, as I am now doing.

This, in many ways, is a 'final exam' for me and I am permitted into a physical body for the first time, to experience this for self and to attempt to communicate with you and I wish to offer you my personal gratitude as I have attended session after session and I have grown in energy thanks to you. I am permitted to take any questions you wish to ask.

Nan:- Can you exactly explain to us the 'Energy of Gratitude'?

■ – It is hard to put this into words, as for us it is a pure vibration. These physical terms of love, and truth and gratitude mean very little to us in words, they are only an inner vibration. Let me try and explain how my being-ness experiences gratitude.

When I look at all of you, though I do not have a heart like you do, I do have an energy structure in approximately the same space and this energy structure starts to open and vibrate with your energy ribbons and each time I pass my energy glance over you, I vibrate with your and your and your rhythms. So the '*vibration of Gratitude*' gets stronger as I embrace all of you with my intent which is '*Thankfulness*'. The more thankful I am, the more I experience the '*vibration of Gratitude*'. Does this make sense? I am new to this.

Group Member:– So have you ever been in human form before?

■ – Oh yes, oh yes, I have been in physical human form several times over. I have been a doctor, I have been a healer, I have been a Nurse, and I have been a teacher. I have now chosen to expand my growth, not by taking any form or incarnation, but by working from the spirit realm as a guide and teacher through the human body, with which I am still familiar.

Because I have had so many Earthly incarnations, this assumption of his body is not unfamiliar, it is only limiting. I am also limited by his brain capacity and his vocal abilities. My task is to communicate as effectively as I can, using the medium's capabilities. (Laughing) And he is pretty good!

Sil: – Can you tell me whether you have always been associated with the medical field?

■ – Yes, and I chose this both on a higher level and on a conscious level. My entire stream over lifetimes has been the nurture and upliftment of others, through scientific knowledge of some form. Therefore, with each incarnation, I chose different aspects to explore: pure medicine, allopathy, homeopathy, herbal cures, touch healing, nursing.

Gy: (inaudible) which medicine should you go through?

■ – I would advice you to go to the stream that pulls you the most in that incarnation. That should be your only yardstick. You will find, if you are in incarnated form, there is always a specific pull. You may need to explore several different avenues first, but the predominant pull should be your focus. Use your knowledge gleaned from the others to support this.

Group Member:– What would you advice us to do when we see people in pain?

■ – Pain is a very, very complex learning tool. It is a harsh one. It seems almost merciless: it is only the very courageous souls who choose this to accelerate their growth.

Extreme pain, and particularly extreme pain over an extended period, is predominantly the courageous soul wishing to speed up the growth process and sometimes, in spirit form, the soul undertakes a little more than he can actually deal with. However, the beautiful aspect is that if he or she chooses to declare to the universe that he or she wishes to go at a slower rate, the pain must abate. What generally happens, though, is that the person thinks he wants to do that, but on a higher level says 'Absolutely not, I must finish this quickly!'

Now having understood this, it does not mean that you not should attempt to alleviate another's pain. You must use all your practical medical knowledge and your healing techniques to aid another and help them reduce the pain, **because--- you, may be one of the catalysts they have drawn, to help them through the process and if you do not do that, you are not serving them as they wish to be served.**

You, in turn, must do all you can, and yet release the outcome, especially if the pain does not abate. A very delicate subject to discuss: and you have experienced this personally, dear friend, both externally and internally – you can help others in this room who do not fully understand this concept.

Group Member: – About 4 years or 5 years back, I had an extreme pain (inaudible) and I have been through a lot of seeing total suffering and that's what got me into spirituality, the suffering at that stage, which I didn't understand at that time and I want to know what is all this, because today you've come and I am hearing this and those moments all came back of acute pain and I used to be ready to share that pain with her, not knowing how I was sharing it, but there is something to it, which I have learnt today, so could you help me out to get this answer?

■ – Let us take this now from your perspective, not from the growth perspective of the others who experienced it. They have their own reasons. From your perspective you have to learn many things.

First - You have been, in many past lives, one who has physically inflicted pain upon others. You chose to use this experience to understand how it is to be on the receiving end, not necessarily physically, but for those around for whom you care. For you, that is the more traumatic lesson. This does not mean that you must now visit these past...just use this for your knowledge and growth.

Second - You have chosen to be a nurturer. You have used these opportunities to learn to nurture others and in doing so, to nurture self. Most learn about self nurture by looking inwards first, in your case the process has been reversed, you have chosen to nurture outward and by doing that, learn to nurture self. It has been your pattern. It does not matter which way you start the process, as long as you get to the other end.

Thirdly – You have to learn the difference between help and rescue. A big one! Your patterns have been to ‘rescue’ at all times and you have to learn that you can support and help, but you cannot rescue any one else.

The example you yourself cited was that you were willing to take on another’s pain, to help alleviate it. You can never share the pain; you can only double it. Whereas if you are detached and fully empathetic, you can serve the person joyously without getting involved – that is true help. Help does not mean being unfeeling or uncaring, not at all – it is the degree of caring so great that you are able to embrace the other without taking on their experience. That is help. You have learnt much of this and you still walk this path.

By the way, how am I doing?

All answer – very well, very well. 100% marks. Flying colours.

■ – My examiners are writing notes.

Group Member:– We have already given you full marks

■ – Please tell them.

Group Member:– They already know.

Group Member: – Emotional pain – a friend who extremely emotional – no matter how much I try, I can’t get her to see the light.

■ – That is exactly what I was saying: you can open the door, but you cannot push the person through. Support her, hold her energetic hands, offer her guidance and advice, and then permit her her course. Speak to this friend here (indicating another sitter). She has been through this process and has pulled herself out of it. Speak to her after this session; she will share her personal experiences with you.

Group Member:– How many of you are there?

■ – (laughing) How many students are there in Bombay city?

There are, in presence here, innumerable Masters, Guides, Angelic presences, and ‘friends’ that EACH ONE OF YOU has brought along with you. Most of you are accompanied by at least ten friends. Each one has an entourage! And when you come to energetic meetings like this, the entourage increases in number.

Then there are 237 trainee guides present.

All: – Oh my God!

■ – I'm the 238th energy. And today is my Graduation –

All :- Congratulations! Bless you! (all clapping)

Group Member:– What will you do after graduation?

■ – I will work as a guide through various mediums around the world, whose energy signatures match my own. I will explain this.

After we Graduate – to use your terminology – we are then released into the Ether and we find energy signatures similar to our own, that is the easiest way not only for us to work through an entity, but for that human to work with us.

The likelihood is I will work with fledgling mediums for a while, and after I grow in strength and they grow in strength, I will keep upgrading to different mediums. Today I have been placed within an energy structure, which is actually higher than my own, and in doing this, this friend is permitting me to work and serve you.

It may amuse you to know that he had to lower his energies to hold mine. Hence the physical breakdown prior to this session, where he had to shatter relatively higher structures, reduce his vibrations and permit my entrance.

Nan:– You will be working with mediums that are (inaudible) – I mean being a doctor or something?

■ – This time, the medicine is not the focus, the teaching is the focus; but the likelihood is over time, I will pass on a lot of scientific and medical information through the mediums.

Group Member:– Any message for homeopathy?

■ – Kindly stand up and permit me to scan you. Do I have your permission? I am not yet permitted to do this without your vocal permission.

Group Member:– Yes you may.

■ – You have a very powerful structure that is appropriate for alternate medicine. Homeopathy is a powerful part of your essence, but do not limit yourself to this. You will find a great attraction, in time, to working with plants, leaves and roots. This will add dimensions to your work and growth.

You will also find your channeling extremely important, do not dismiss this aspect of self. Your connection with the spirit realm MUST feed your work.

When a person comes for a consultation, you must now be aware of their energies. Scan their bodies, intuit what has been left unsaid by them, and formulate your homeopathic preparations accordingly.

Others will have great faith in you. You will be your own worst enemy. Work on that: faith in self.

Group Member:- - How do I work on that?

■ By talking to friends, by trusting your instincts, by vocalizing those intuitive feelings you get for others, by passing on messages as and when they arise. Do not block the messages. Most will accept them gladly. You will be a shining light.

Group Member:- May we know your name?

■ There is no name – When I reach energetic maturity and I begin my work in full, I will assume an energetic name of my choice at that time.

Sil:- Do you ever go to other planets, or do you only come to Earth?

■ – Our training requires us to visit many planets and existences, but I am concentrating on Earth right now, as this is my area of choice.

Group Member:- Do all species around the Universe experience pain?

■ – Almost all species experience pain in some form. Those that have dense physical bodies like yours experience both physical and emotional pain.

Beings that have higher vibrations do not experience physical pain, but they can experience an inner displacement of their vibratory levels, that can be more traumatic than physical pain. It is like being torn apart from within, and not being able to hold oneself together.

However, most societies which are at a higher level of vibration, do not allow themselves to reach that level of displacement. They tend to examine self, release and resolve before the levels go so high.

Nan:- You are telling us that it is not right to resist pain, it is better to feel it. How do you handle the pain, and what actually happens: do you evolve in pain?

■ – If you are personally experiencing acute pain you need to do several things:

Check if the body is warning you that the physical needs attention. Take whatever medical steps are necessary to examine and counteract this. You would be foolish not to do this...pain is a magnificent internal wake-up call.

Check where the pain resides in your body, and intuit what aspect of emotional disarray it corresponds to. Then work on self. You know how to look at your issues, you know where to research them, and you know who to go to for help. Start this work immediately.

Soul search. Go beyond the obvious issue. Ask self, “Why have I chosen to be attacked by this extreme pain?” Find the underlying root cause.

Remember, it is also in your power to change the intensity of the pain, to lessen it, to demand that it reduce for periods of time.

I must leave now. (Indicating GI) Some of you may require nurturing and caring. Come to her when you intuit that you need this. Just a few minutes in her presence, with her potent energy structure, may be all you need.

■ – I give thanks to all of you. I have graduated.

All: – Thank you, Thank you.