

10th January, 2008
THE ENERGIES OF THE GROUP
Channeled by Sohrab

The Year 2008 – The Year of Manifestation & Personal Energies

A new chant..

Om Namaha Shivaaya.... Om Namaha Shivaaya.... Om Namaha Shivaaya

Trance Channeling begins

🌈 Would you all be able to replace the name Shivaaya with your name? Are you that empowered? Try it on your own, at home, for a month.

Use this chant, or any other of your choice, replacing the name of the Master with your own name, for a month. See the difference in your energies at the end of that period.

Your Inner Being will glow. Your skin will glow. Your body will come into alignment. Your physical problems will diminish. Those around you will begin to see you with new eyes. You will walk forth shining.

Do it and mean it .Do you accept the challenge? And see how you react, not respond...react to it, the first few times. You (Group Member 'N') will report back in a month, to the group. You (Group Member 'G') will report back to the group in a month.

Group Member: *The number 8.... 2008...the 3 loops of the 8*

🌈 2007 has been the Year of Self- Empowerment, 2008 heralds the Year of Manifestation, and the two dovetail beautifully. And Self- Empowerment does not end here: it just carries forth into 2008, but it becomes a natural part of your Beingness.

Take a moment right now, and assess in which areas you have truly moved forward, with regard to Self- Empowerment? We will give you a few examples. You do not have to answer aloud, but answer to yourself. Yes or No:

In the area of:

- 1) Relationships
- 2) Self – Esteem
- 3) Gratitude

- 4) Humor
- 5) Manifestation
- 6) Happiness
- 7) Self- Search
- 8) Pain
- 9) Emotional Release
- 10) Embracing Self
- 11) Friendship
- 12) Inter Family Relationships
- 13) Asserting Self
- 14) Giving Self permission to Weep
- 15) Giving Self permission to Grieve
- 16) Giving Self permission to Grow and Expand
- 17) Giving Self Pleasure
- 18) Accepting the Negative Aspects of Self.
- 19) Embracing the Negative Aspects of Self
- 20) Self-Judgment
- 21) Powerlessness
- 22) Fear
- 23) Joy

Most of you have grown in these areas. Pay specific attention to those areas where you feel you still need to work. Where you still feel powerless.

If a certain situation comes to mind, bring it up right now. Examine it. Do not judge it. Ask self if you are ready to work with it. If so, choose to do so. If not, choose to put it aside for future reviewal.

In an earlier session, you were taught to not only accept, but to EMBRACE aspects of self that **you perceive** as repulsive, discordant or disgusting. Some of you have begun the journey; others resist it with every fiber of their being.

Would you (Nandinie) be kind enough to volunteer one aspect of Self that you are comfortable sharing with the group, but yet find unpalatable?

Group Member: *Procrastination...*

🌈 Explain this....

Group Member: *I keep postponing things....as I am fearful....and I am quite in denial of an issue....*

🌈 You do not have to reveal any personal issues...and so she finds the aspect of procrastination distasteful to Self.... How could we help her work upon this? Do you have any suggestions?

Group Member: *Whenever you become aware of procrastination, you become aware of ... (Inaudible)*

Group Member: *Two aspects of this are coming up... one is fearfulness of the issue and the other is complete denial...so I just put it off..*

🌈 Bravo....

Group Member: *What about the denial....i have the denial...*

Group Member: *When you become aware of the denial...inaudible*

Group Member: *I don't think you have any denial of the issue...you are acknowledging your past denial of it, but are ready to bring it up and address it right her! So don't bring that up...*

🌈 Clapping

Group Member: *Maybe I am just aware of the denial right now...*

Group Member: *but that's half your battle won...*

Group Member: *thank you...*

🌈 Upto now, you would have explored this with past life examination, but if you use your newly gained self-empowerment, you can direct the energies to instantly change from now onwards. You can instantly change this, and manifest new energetic strands that do not hold this aspect in your stream. **Do you see how Self-Empowerment and Manifestation must flow one into another?**

This must not be done as a mind game. Then you are once again caught in the same loop. It must be a conscious and joyous inner choice. I have lived for many lifetimes, in various situations that have caused procrastination, and denial, and fear, to come up with this set of issues, **"I now choose to consciously change the energies."**

Group Member: *I am doing that...*

🌈 And you have, and the energies have changed, as the Year of Manifestation must support this! Now the instant the energies have changed, with your conscious choice, it is upto you to ride the new energies or to remain in the tangles of the old. Those are but

ghosts, these are the real energies, but in your perception those will be as real as these. That is the shift you must make, and that **must be done consciously**. It cannot be done on a higher level. You will choose at every step to change.

Now when this situation arises, as it will again, remember this moment. Know that you have already chosen to change the energy stream, and know that you are already flowing in the new stream, and manifestation has already taken place. It doesn't have to be done again. That is bringing yourself, which is here (bringing left hand to right hand), to the new level of energies, which have already been manifest. That is the motion, but if you remain here (left hand) and the energies remain here (right hand) you have manifest them, but there is a divide between the two.

Group Member: *I have this...I used to get angry very fast...when another person was not upto a standard...I could never understand why 2 persons, having the same brain are of different levels...including servants...and including educated people...you know...so I used to get very irritated and I use to tell them, you are both alike, there is no difference, make them aware, but I would yet be angry and I would burn...then I said let me look at the situation again, especially my secretaries, why is she acting with me in that way, and with my son she is acting differently, there must be a purpose to this...again she would do something that would irritate...and at that time I would become aware..Suraiya... on guard. See, she is trying to tell you something...tell you something...still I continued to get angry, then I said Suraiya stop and look at it.*

Something is.. she is trying to tell you something...whenever she used to slip up on any of her work, I used to keep to myself and not get angry...and started to give her the benefit for her reasonings and her shortcomings. I said, look at her atmosphere, look at her education, look at her thinking, I said Suraiya, and you have come up in environment that is different, she is come from an environment, which is different, and she can't even see things that you are seeing, so it is not really her fault, it is just her level of thinking., but I could not accept...so I said let me change my attitude...with her.

I changed my attitude with her and I find that this person is different now—I am not even angry with her...I accept her and her faults, and show her another way, and make her better off...so with my attitude change...she has come very much up...and now because we have joined with my other companies, have joined together, all of us merged together, with the result I was afraid that she will have to take a back seat, I did not want to sack her, every time, I was telling every time, the manager to put her at the back, that she doesn't come in the view of others, they want to sack her, because my nephew and my sons are all hot headed, they would not want the shortcoming, but she's bucked up, in less than a fortnight, I've find a change.

I say, whenever she's making you angry, keep cool, just walk away, just think about it, what it is, then solve it. I tell you it makes a difference, and now, I don't get angry, and I see always another's point of view. When you are driving also, you have some one

coming 'tuk' in front of you, and then you start wanting to bang you car in to that person...it used to be like that, then I said okay let me see his point of view...then other people were doing it, I noticed that I also was doing it, we both were doing the same thing, so the reasoning had to overcome...

🌈 Let us explain this: in her case, this aspect is extremely acute, as she has been through lifetimes where she has been physically held back, physically tortured, and physically punished for expressing herself. The rage that has built up over these lifetimes must manifest again in this physical form. And for her to overcome this is indeed a triumph.

And we commend you. You have further to go on this path; it is not over and the year 2008 will present you more and more opportunities, where you will have the opportunities to exercise your anger, or to choose a new flow. We do caution you, situations will arise that will bring up past memories, which you are not conscious of, but surges of anger will arise.

Be aware of the new manifested aspect of Self that you have already chosen and ride with that. This does not mean that you do not express yourself if you are angry; you must, but do it in a manner that works for your new energies, not in the old patterns. Do not bottle up rage, express self.

All right, now we will throw out a new challenge at people in this room. Who here truly believes that they do not have the ability to connect with another's energies? Be Honest.

A few hands went up in the room.

Wonderful, wonderful...we thank you for your honesty. That is courage, to acknowledge this in public. Who would like to take a little test on this? The hand there (Group Member 'D') went up first. So we will start. Now we need a volunteer. Who wishes to volunteer as a test case subject, to be scanned by our friend there? (Group Member 'S' volunteered).... Thank you.

Will you (referring to Group member 'S') sit for a few moments in gentle balance and allow her to access your energies? You are simply permitting her to scan you. Do not assist her, do not stretch out you energies and offer them to her; just be open and allow her to reach out and access yours. Be aware that nothing you wish to keep private will be accessed by her, or revealed to the group.

(To another: Group member 'D') Sit for a moment and just be with Self. You do not need to meditate; you may just sit and relax. Close your eyes for a moment, dear friend. Breathe. And congratulate yourself that you have chosen to manifest a new aspect of

Self that you do not believe you have. You have already manifested the outcome, it is done. You now just have to bring yourself to it.

Reach out your energies in any manner you wish, and begin to scan her (Group member 'S') energies. See them; feel them; experience them; in a manner that is most comfortable to you. Now begin to describe them...

Group Member 'D': *I see her as ...not anxious, but hesitant about what I am going to say.. I see a very bubbly energy...*

🌈 describe the 'bubbly energy' that you see

Group Member 'D': *uuh...happy, warm, very friendly..*

🌈 *is there a texture or color being revealed to you?*

Group Member 'D': *pink...a vibrant pink...*

🌈 what does this vibrant pink mean to you?

Group Member 'D': *A very open and a wonderful soul*

🌈 Now within this energy that you are seeing, are there any shapes or forms? Go beyond the pink, what do you see at the edges? Expand your consciousness. Merge with her.

Group Member 'D': *I see a fringe of purple...layer of purple energy...*

🌈 What does this signify to you?

Group Member 'D': *she's got a great deal of depth on a spiritual level in communicating and connecting with others.*

🌈 *Do you see any beings or entities around her?*

Group Member 'D': *No...*

Sohrab: Is there anything else that you wish to share?

Group Member 'D': *I get the word 'complete'...I don't know what that means*

🌈 Give her a message from Self. In it, use the word 'complete'.

Group Member 'D': *She's well grounded and well in control of her inner self...she likes to use that, to help others... maybe not on a conscious level, but sub consciously she draws on that, for the sake of others...*

🌈 Continue to link with her energies...Group Member 'S', you may ask her a simple question.

Group Member: *Do you feel happy that you linked with me?*

Group Member 'D': *I feel wonderful. Very good, very happy.*

🌈 Thank you both! (To Group Member 'D') When you are ready, you may gently open you're your eyes. See how easy it was to manifest that in your life?

Group Member 'D': It felt wonderful. But was that my mind?

🌈 Who would like to answer that?

Group Member:*...Of course this is correct...what I get confused in is, .the doubt sets in...and I don't know whether I am doing this randomly or it's happening consciously, because sometimes you connect to people randomly, because either they are thinking of you and you suddenly start thinking of them...*

🌈 Of course...what is the question?

Group Member: *The question is...how do we know...how do we trust it...If you can just fine tune...*

🌈 One way alone.... validation from time to time, will give you the boost...but through validation you can never trust it...you have to feel it out from within...did it sit with you? Did your energies expand... what you feel from within, not from here (indicating the mind)? Do you feel a pleasant and expanded inner vibration?

(To Group Member 'D') To answer your earlier question, "Was it my mind?" It HAS TO BE a perfect combination of the actual mind and the spirit. Do not try to push the mind away, EMBRACE IT.

Do you think he (Sohrab) is not using his mind right now? Of course he is! Without his beautiful mind, he would not be able to sit here, translate his energetic impressions into words, and communicate them to you. Without the mind, the information would be a jumble of meaningless, inarticulate sounds!

The mind must be welcomed and it must join with Spirit, it must join with Beingness, it must join with everything and everyone! It is not to be derided, and it is not to be scorned and it is NOT to be disconnected!

And when you truly embrace the mind, does it matter what percentage is the mind, and what percentage is the spirit? Because they are one.

Yes, (to Group Member 'D') you were accurate. And if another person had scanned her (Group Member 'S'), they could have picked up different colors and different vibrations, but that does not mean you are wrong. It means from their perspective, they had attuned themselves to different aspects of who she is. Just as you (Sitter) may describe him (Sohrab) as a serious person, and she (sitter) may describe him as a humorous person: they are simply different facets of who he is.

Group Member: *Suppose we don't want another to access our energies...*

🌈 (Amused) We ask you to look at one word - fear .Why? Why? Energies are energies, they are intermingled. Why are you protective of them? You have spent too many years and too many lifetimes building walls around you, "my energies are pristine, they must be not touched by another, they must not be accessed."

Energies are meant to flow free. We are not speaking of personal aspect of Self, which you may choose to keep private. We are talking of your **energetic quotient**, and that must be given freely to all. How can you separate yourself from another, when you are one? Right now you are all one energy. How can you separate yourself from a group? There is a certain rhythm and signature within this framework, that is unique to you and not unique to her. But right now you and she are intermingling, just as you are, with her, and her, and her, and her.

Group Member: *I understood the difference....*

🌈 Shift this perspective, dear friends. Stop being so protective of your energies, when you are working with others. Stop building walls between them and self.

On the contrary, welcome them into your energetic field, flow with them, and embrace them, FLAWS AND ALL. There is no such thing as negativity; there is no such thing as an energetic attack, if you KNOW that you are Spirit and you are merged with all.

How can you create a separation? Because, the wall you create is also only energy. How can energy separate one energy from another? Instead embrace it all, enjoy acknowledging that the dark aspect that you are in fear of in another's energies, are only aspects of your own dark side that you haven't yet embraced. And when you embrace your own dark side, you will not feel threatened by the dark side in another.

Group Member: *...inaudible.... cleaning business...workers...little confused in how I should accept/embrace their energies.... I don't understand. I am ready to...not against it, but how would one do it...I come here and I am okay....*

🌈 Let us answer with a practical example. What would happen to you, if you were to walk into a hospital ward filled with plague-ridden patients? You know that the plague is highly contagious, and is also air-borne.

Your fear levels would rise. You would wonder if you should wear a surgical mask, and not touch anything. You would definitely start feeling uneasy, vulnerable and scared. You would start to panic.

What is really happening? You are instantly creating weakness in self. You are empowering the disease to attack you. You are handing over your power to the germs. You are declaring to the Universe, "I know I am under attack", and the Universe must instantly respond to your call!

Whereas if you walk into that same room, with expanded light, saying "we are all one" and the plague is part of Who I Am, you will never pick it up as you are already acknowledging that it is within you. **How can you pick up something that is within you already?**

It is the same with your office staff. Whom you perceive as having different vibrations, different thoughts, different concepts, different backgrounds, different class structures, different attitudes, different beliefs, and different ideals. But all of them are simply a reflection of you, and what you hold within self. You must now be able to see all as ONE energy, no different from yours.

Dear friends, when we say that you are ONE, it is a beautiful, mental concept that sounds wonderful and yet has little meaning to most of you. There is always a uniqueness in your personal energy structure and there always will be, lifetime to lifetime to lifetime. That is what makes you, YOU. But within that uniqueness, flow other energies, as there are no boundaries.

Right now, this friend is wearing what you perceive as a black T-shirt. This color black is unique to her today, as is green to her blue to her, and white to her. Correct?

But right now, as all these friends are sitting together in this room, the white is flowing into the black, is flowing into the green, into the blue, forming a new kaleidoscope of colors. Energetically, if you were to see their physical blouses right now, with sight beyond your human capacity, you would see a complete merger of colors. Even the different patterns on their blouses are merging and creating new and exciting designs. And yet she would have a predominance of green in a particular pattern, which would be her predominance, versus her pattern, versus hers.

You would see this beautiful kaleidoscope of colours, shapes and patterns emerging, which you didn't know could exist. You would be so joyous from within your beingness, as without the presence of these friends, this new experience would not have been possible. You would revel in this magnificent tapestry of color, light and vibration, and you would say, "This is glorious! This is Me and also US.

Group Member: *...Tell me what an energy signature is?*

🌈 Several women can wear exactly the same perfume, and yet it will smell a little different on each one. That is because the fragrance combines with each one's unique body aroma. And so it is with an energy signature, in a far more complex manner.

The energy signature of anything, be it a physical table, be it a human, be it a celestial object, is a combination of vibrations, energies, colors, light, sound, music, and the expanded knowledge of the Beingness of all existences.

To you an energy signature is one-dimensional. It is either an odor or a sound, or a color, or a light, or a vibration. But an energy signature is generally a combination of 144 aspects. Most of which is beyond your knowledge or comprehension.

Group Member: *144 aspects of me! Wow!*

🌈 Let us surmise that in a past life, you have been an Egyptian queen. In another life you have been a hermit, in a third you have worked as a farmer, and in a fourth life you have been a soaring, extra-terrestrial Being.

Each of those will have a combination of energetic elements that makes each unique. Each time you re-incarnate, you add those combinations to your 'newness' and keep distilling them into new forms that are appropriate for you to hold in whatever form you are right now.

For example, if you had incarnated as an Ashtaar Being right now, you would be able to hold much more than you can in this physical Earth plane. So all your energy signature, over existences, had been distilled in to a rather crude formation that can be held in this third dimensional Beingness. But the instant you move on to your next Beingness, which may be Ashtaari; you will be able to refine this and add to this your Earthly aspects and exist in an extremely expanded energy signature.

Group Member: *yeah... I need to go a little back...when you said you come from the old energy to the new energy. How do we get to the new energy...we are struggling...*

🌈 You are struggling because you are choosing to see it as a struggle. And the Universe is saying, "Very well, you want the experience of a struggle."

What did she (Group Member 'D') do? She chose not to struggle, she connected self with a friend and she did something that she perceived she could not do. Was there effort? A little. Was there struggle? A little. But she did it within a few minutes.

She could have chosen to say, "I cannot link with those energies" and she would still be 'trying'. The choice was hers. She manifested the outcome and she chose to just move from here (left hand to right hand) to here. It's that quick and that simple. Manifestation is not really about the act of manifestation; it is about the act of acknowledging and bringing yourself to it.

The Manifestation has ALREADY BEEN DONE before the conscious thought enters your head. You don't have to learn how to manifest, you have to learn to trust Self and bring yourself to the outcome.

You have every right to change your own reality.

Love and Light from the Energies of All of Us.