

17<sup>th</sup> January, 2008  
THE ENERGIES OF THE RAMTHA  
*Channeled by Sohrab*

## Death: The Loss of a Loved One The Physical Trauma of the living Transition to the Spirit World

Trance Channeling begins

Many of you will suffer the loss of 'a loved one' during the course of this coming year. Yes, we have started with a most dramatic statement, guaranteed to plunge you all into terror, despair and pain. And yet it is not so.

Some of you will indeed experience the passing of loved ones; some of you will experience the passing of situations, or events that you are holding on to very, very tightly; some of you will experience the passage of movement, physical movement from one space to the other, or a movement of a loved one, from one space to the other on Earth. And some of you will be traumatized by the death of aspects of Self, and the birth of the new You.

Let us use, today, the physical loss of a loved one as a topic for discussion. This has been examined many times through sessions, but we have not taken you through the energetic perspective of what happens to those who are 'left behind' when a loved one passes over.

Why do you experience so much trauma? Many reasons.

When you form a bond of any kind of love: emotional, familial, the love for a friend or a pet; a strong energetic circuit is set up, which eventually affects the physical structure. Your physical cellular structure starts to merge with the other's structure.

1) When you have a relationship with someone, certain aspects of practical need come into play. For example, when you have a husband or a wife, you need him to pay the bills, you need her to take care of the house, you need him to drive you around as you do not drive, you need her to tend to the children, you need him to support your mother, etc, etc, and these 'need' based aspects that form between any bonds of love, enter your physical cellular structure and set up a 'walkie-talkie' system between the cells of the two people. They act at times as the receiver, and at times as the giver: the

cells begin to call to one another energetically. They act like magnets (and this is only on the need- based level).

2) There is, of course, the emotional level. Love, emotion, anger, caring, irritability: all the aspects that begin to flow between the two of you, once again form corresponding structures in the two sets of Selves. Now, these are not quite like the first set, they are not walkie-talkie like. No, they are PHYSICALLY embedded structures which have actual cords, attached to the other person, and no matter how far you move across the world, the cords stretch and you are still physically attached, rubber-band like, to the other person.

3) Then there is the next level, the spiritual connection. This is even vaster: this is not embedded in the cells in this lifetime, but it is like an echo in the cellular structure, particularly if you have been joined with that person over lifetimes. In this case (Sohrab laughing) it is so beautiful, in this case it is not cords, it is not a walkie- talkie, it is 2 parts of the same structure that are separated and placed into each cellular being. Let us hypothetically say that you and you (indicating two sitters) have been together for 5 lifetimes, then 5 separate sets of the same cellular structure are in both of you. Then for a few lifetimes you do not meet, and you meet with her for another 10 lifetimes, 10 aspects of the both of you are placed in the 2 of you. Now do you begin to see how you are all so interconnected? You actually hold almost the same skin sample. You are truly part of one another!

**Group Member:** *Is it to do with the mother.....*

**The Ramtha:** Nothing to do with the physical mother, dear one. It only has to do with past connections. You may have incarnated in different parts of the world and may never meet each other in that lifetime, but if there is this connection, you will still hold 5 parts of her with you.

You may never even know one another well in a certain lifetime, but if you do meet, those 5 parts get strengthened. Your cells recognize the mirror in each other. And when your structure reaches an optimal energetic resonance, you become soulmates. You cannot be a soulmate, till you have accumulated this energetic resonance over lifetimes. Then you are deemed soulmates. And once you are soulmates, you will remain soulmates for ever.

So today we have examined only three levels of the many, many levels of connection that exist.

When a loved one physically passes on and moves back into Spirit, it is like a nicotine addict whose 'fix' is now removed. Your entire cellular structure feels a huge physical lack, physical lack not spiritual, and your cells start to feel incomplete, ripped apart, torn

asunder: it is this that causes emotional outbursts of different forms. Hysteria, complete denial, being frozen in fear and panic, irrational behaviour of various forms.

The cellular structure needs some amount of physical time as well as internal growth, to help it come into a sense of wholeness, completion, and stability. How will this ripped apart experience manifest? It will manifest as experience such as yours (referring to a group member), where you feel helpless, you don't know how to run things, you ask repeatedly "how will I exist on my own? I have never paid a bill in my life, I do not know how to sign cheques, how will I earn for myself, will I be able to raise my children on my own", etc, etc...These are intellectual manifestations of what is actually happening in the cells.

And the process of grieving is your technique to help the cells heal. That is why GRIEVING IS SO VITAL to the process. There is no formula for grieving: each person must find his or her own technique to help the cells mend.

For those who are absolutely resistant or unwilling to do this, they generally form an ENERGY VIRUS in the physical cellular structure and more often they not, they exit and join the partner, as they cannot physically survive. Now this does not mean that all who exit immediately after their partners have done so because of cell degradation—No, but many do, and in those cases it is not an exit point they have chosen, they have actually performed the equivalent of suicide. But it is not for you to judge, and you will not know, looking at another, so do not judge, we help you understand this so you can grow, and learn.

Some of the experiences you (referring to another group member) have personally had, in past existences, have been highly imbalanced cellular reparation, to call it that. Yes you have fallen into imbalance in the past, and ironically in this life time, dear Friend, your fear is not [inaudible] and your fear is not even the love that you will touch, when you cross over, which you thought it was. Your fear is that once again you will destroy your own cellular integrity, by not healing. Be with this. Do not try and fathom it right now. It will become clearer in time and we will help you.

**Group Member:** *What about 'cosmic membranes'?*

**The Ramtha:** For the benefit of our other friends, would you explain 'cosmic membranes'? Then we will elaborate...

**Group Member:** *I have a memory of being with a cosmic person, who is with me constantly, i grieve from being wanting to be with this person, i don't say he or she or it, i say the entity, Sohrab as Sohrab tells me now 'he' is with me....What then of my cellular structure....in this...*

**The Ramtha:** We wished to see how much that you wanted to reveal to the group and we will respect your openness.

Our friend here has distinct memories, internal experiences, and connection with a great energetic being who is not in physical form in this lifetime or in fact any lifetime on Earth and yet her memories of her connection with him in past existences are crystal clear. She has now come to an energetic adventure where she is learning to intertwine her energies, snake-like, with those of her cosmic partner. We express this to the group as she has chosen to permit us to do it; else we would have respected her privacy in this matter.

In this particular case, which is rare, the 2 structures, cellular structures, have been very similar over many lifetimes, but in this particular lifetime, they have chosen to 'rip themselves apart' for personal reasons of growth and development.

The trauma she experienced at the time of birth was the process of ripping herself away from high level cosmic energies and those of her partner, and she has lived an existence, where she has always felt torn apart personally, from society, from loved ones around her, from situations, and her whole growth process has been to come into completeness through this process of being torn asunder. A very courageous choice. She has now come to an energetic level where she is ready to re-unite with certain aspects of her cosmic soulmate, **soulmate**. It is not that she will now vanish in a puff of smoke, not at all, but there are certain fine tuned upgrades happening between her energies and his, and they will manifest in her physical cellular structure. At the end of this calendar year, if she were to have a physical cellular structure examination by your doctors and were she to take a DNA test, they would think she was an alien!

**Group Member:** *So much...?*

**The Ramtha:** So much...so much... and it is what you require, it is what you wish...you have gone to that extreme and you are moving ....it is glorious moment in your life...this year...any other questions...?

**Group Member:** *When you talked....about, could it be about the cellular thing, and the attachment could it be that sometimes you may not know that you have the same for e.g. this individual, but you get on well with them and you wonder why? Could it be yes due to that...*

**The Ramtha:** Of course, you will never get on well or feel a bond with someone whom you don't share some form of these 3 levels of energy connection, they will otherwise be just social acquaintances or colleagues whom you don't particularly interact with. The instant you feel any form of connection with a person, any form however small, there is a certain aspect you share with the other person, otherwise it would not happen. NOW DO UNDERSTAND WHY YOU ARE ALL ONE?

**Group Member:** *Is that also one of the things is looking out for when one is falling in love...you can't fall in love with everybody...*

**The Ramtha:** You don't look out for it...those feelings are generated within you, sometimes against your better judgment, because you are simply recognizing the pull from the other. That is why sometimes you fall in love with the most seemingly inappropriate people whom your logical mind tells you, are not for you and yet there is that tug. Now, that is because **you share a certain quotient of energetic similarities**, it doesn't mean, however, that you must act on every one, that is also your choice; and you may joyously act on all of them if you wish, that is entirely your choice, no judgment here.

**Group Member:** *...so if you have an attachment for someone who is negative for example, I am just saying negative, nothing is negative, but if you do get attached to someone negative...maybe you want to start the cellular thing again for future lifetimes....*

**The Ramtha:** It could be...there could be many many reasons dear, what we are explaining is the 'attraction' that you feel and the pull of separation when you feel when a physical loved one moves back into Spirit. Even when you have had a particularly traumatic relationship with a loved one. There are those cellular bonds of irritability, anger, mis-understanding, which are as relevant in the 2 structures as are love, caring and understanding.

**Group Member:** *Is karma, cause and effect part of the cellular structure? The balance one has to have with a loved one works through the cellular first and then after that*

**The Ramtha:** Always...You were right, when you said; most people share the experience of the 'Death' process. We have said this to you many times. We speak generally, not everyone shares exactly the same experience, but most do.

Let us, right here and now, spend a few minutes with a beloved friend who is about to move across. He will not speak through him (Sohrab) as he cannot, but we will witness the entire event. We ask you to come along on the journey energetically and support this unknown friend who is about to make the passage right now. He is a patient in what you call the Bombay Hospital, and he is exiting now.

Connect with his energies and just support him. Do this completely consciously. No meditation. He is separating from the physical body and he is going through trauma. Contain him with your power, help him stabilize, he is floating up, up, he is still aware of the surroundings, he is feeling wrenched at this moment, not from loved ones but from his own physical body. Help soothe him.

He is floating free, he is still in the physical hospital and he is now floating up through he floors, he is disoriented, he is not secure, he is not happy, but he feels like he is being pulled and he must go with the flow. Support him, contain him, help him.

He is now lifted off and he is in 'bright sunlight'. Allow him the visual, do not change it, and allow him to be in bright sunlight. All he can see is sunlight. He is aware of your presences, but he does not know who you are. However he feels, within his Beingness, a certain sense of security and comfort, and he is relying on you right now, permit it.

Hold him as a collective. Your entire energies, all together in this group, are like a vast energetic bowl that are holding him. He is floating up, up, up into the light. He is now feeling a certain sense of expansion, there is no emotion, there is just expansion.

He is beginning to see entities, shapes, and Beings around him and he is rather confused, but they are not alarming him anymore. Raise the vibration of your collective energy and nurture him still further. Encase him in an energy bubble of your making, as a group.

He is now moving into a tunnel of light that still appears to be sunlight to him, do not try and influence his thoughts, just support him energetically, and as he moves through this tunnel, he is beginning to see friends, and other Beings, whom he recognizes from within him, though he does not recognize them physically. There is **energetic recognition** coming to him. Please empower his energetic recognition.

There are 3 particular Beings who are now hovering around him. They are supporting him, nurturing him, holding him and he is beginning to feel secure. They are leading him into what he perceives as a cloud. These are energy creations of his own, which he is comfortable with. He is now in a beautiful arena of clouds, there is still sunlight but it is dimmed and there are shadow, colors upon the clouds, and there is a beautiful wind blowing and he is feeling soothed. He is suddenly getting a moment of panic, fear of having left his loved ones. Instantly nurture him.

Connect with the 3 Beings who are with him, they are beautiful Beings; they are thanking you for your work. He is not able or capable of thanking you yet. Do not expect thanks or even an acknowledgment from him, and release him now from the energetic bubble, so that the 3 friends can move him forward on his journey. He is going quite willingly.

AUM...AUM...AUM...AUM...AUM...

Thank you, Dear Friends...for your wholehearted support. Be Kind to yourselves. Be Compassionate. Be Merciful.

We leave you with one thought; all of you think you have more fear of the experience than you actually do. We do not look at your thoughts, we read your energies. You are all well prepared. But if you continue to think that you will experience that level of fear and trauma...you will manifest that, because **the thought must create the manifestation.**

What do you (to a group member 'N') see?

**Group Member:** *inaudible...and on his (Sohrab) shoulders are hands...the hands of which are the color of Death, its silver and grey skin and very prominent veins, but the face and the person I am seeing is...again is dead, but the eyes are blue, which says don't fear me. It is Love.*

*In the vision I can also see the lady there, you are in Victorian age and you are wearing long flowing skirts, you are extremely wealthy, but you are also extremely powerful and you have a lot of control. And for you to get over your fear of Death, you need to give up the sense of control. In your life you are extremely successful and you are use to categorizing, everything needs to have a place, you need to work on that aspect of your life.*

**The Ramtha:** Last one to look at ....

**Group Member:** *She is a counselor, someone who is extremely old, an old woman, not as you are physically right now, but that's where you are, and you help people, you help people crossover and you can help them by your own instances of...you have seen Death before and you can help people crossover and make there death a lot more comfortable...most welcome*

The energies of the Ramtha blesses the group member; it's her birthday.

**BLESSINGS FROM THAT ASPECT OF SOHRAB  
THAT IS THE RAMTHA.**