

21<sup>st</sup> February, 2008  
THE ASPCTS OF SOHRAB THAT ARE  
The MAHACHOHAN  
*Channeled by Sohrab*

## Visiting Energies: A Soul Traveler, A Mumbai Socialite & Benazir Bhutto

Trance Channeling begins

You are not seeing a Being or an entity, and yet you are picking up an energy that appeals to you. A pleasant, vibrant, rather expanded energy.

What you are experiencing right now is that aspect of Sohrab that is his **Expanded Self**, and the reason you are being shown this, is so you can acknowledge it in yourself. This is how you are when you are 'in flow'. This is not the 'baba' (to Kaushal), this is just Sohrab, and yet it is not Sohrab's Higher Soul, it is the conduit between Sohrab and the Higher Soul.

This is being externalized for you, so that you can appreciate Who You Are, when you raise your vibrations just a little bit: not when you are in deep meditation, not when you are channeling, not when you are being the sage, but just when you raise your own vibrations that little bit. You instantly become this divine presence: very, very physical, very much you and yet bigger than the 'you' with which you are so familiar. You can achieve this level of expansion 24 hours a day, it's not difficult.

Right now Sohrab is holding this energy at a slightly higher level than he normally would, just to demonstrate to you, visually and energetically, how it would be if you did the same. Hence his eyes are not blinking as he normally would and his speech is just a little slower. But this is you. Come on: achieve it here and now, all of you. Just raise your vibrations. Don't ask how; don't ask for a method, just feel more and more in touch with **Who You Are**.

You (referring to a group member) may do the same in motion. No sitting still for you. No playing games (to another group member), just acknowledge it.

Just begin to experience that slight shift: when you were a little more vibrant than you were a couple of minutes ago; where you start to like yourself a little more; where those elements of Self-Judgment are now falling away, not vanishing, just moving into the background; where you can feel an inner rhythm that pleases you.

Where you know the breath is nourishing every part of the physical body, where you just vibrate at a higher level. You are ALL doing this, but not all of you are acknowledging it. Now do it with eyes open: look around at each other, look around at each other, make eye contact, and allow yourself to see in them, their higher vibration. If you can acknowledge it in another, you are doing it yourself. If you cannot acknowledge it in another, you are not doing it. (Sohrab amused) That's how easy it is. Why not live like this? Now maintain this for the whole meeting!

Welcome Friends, we have a few friends who wish to visit you today...

**Group Member:** *very nice...*

🌈 Very nice? You approve? She has given her approval, we may now proceed, we thank you. (Everyone amused)

**Group Member:** *Most welcome...*

🌈 Do you know how much laughter is part of your beingness? Yes, you (to another group member) It is such a vital part of your beingness and every time you laugh, your vibrations leap upward, remember that. It is a general rule for most, but in her case they 'leap.'

### **1<sup>st</sup> Energy – The Traveler**

**The Traveler:** Aaaahhhh.....the physical form...so familiar and yet so limiting. Hello Friends...I am just a traveler from the other side, who has come to speak with you for a few minutes.

I passed over about 2 Earth years ago, and I have been through many processes of growth and development. I still have a family: a wife and children in your city. They are growing well and are learning to accept my transition.

I come to speak to you about an Earthly aspect that I hung onto: not only in this past life, but in several lives before this. An aspect of '**never feeling good enough.**'

I don't want to use complex terminology, but my internal feelings were I was never good enough and I judged myself as not being good enough as a father, a husband, a provider, and a caretaker for my aged parents. I was not good enough in school; I was not good enough in any sphere of my life.

Now this does not mean that I existed as a complete loser, I did have points about Self that I appreciated, but this was an overriding factor and I have come to speak to you

and help you understand my processes of growth and development, to help those of you (and there are many in this room) who experience or have experienced this aspect.

Many of you have this in certain sections of your lives, not everywhere but in certain places. I had it across them all, but I am not that person anymore. Would you like to question me about this?

**Group Member:** *Have you gotten over it?*

**The Traveler:** I am not yet over it, but I will explain my processes to you. When I first passed over, the initial feeling was relief. I did not experience great emotional trauma at leaving behind a family and the world, on the contrary I felt relieved about exiting as I was just 'not good enough' to live. This pattern translated through the tunnel of light which I did experience and I found myself inhabiting a space which was very much like a classroom all over again, where I was a child being derided by all those in the room around me and I said to myself, "I am in hell, I am in hell". I knew I was not on Earth, I knew I was in a different space, and I said "I am going to be tortured by this experience for the rest of my existence." (Sohrab crying) and I... wallowed in that...till I realized, with the help of friends, who were around me, I realized this was simply my own thought creation and that I had the responsibility and the power of having created this energetic classroom.

The instant that realization dawned upon me, it did not vanish, but parts of it started to disintegrate, and that is when I realized it was an illusion of my own making. I then started to get a sense of my own power as I realized that I had it in me to change whatever I wish to now inhabit.

From there, and it was a gentler process: it was not that I was removed in an instant. I was not, as I was not willing to let go all those feelings, but from there, I saw in terms of light and figures, those who were standing beyond, waiting to receive me and urging me to move towards them.

At that instant I once again felt I was not 'worthy' of going towards them and the classroom rebuilt itself. I went through this process hundreds of times, not once, not twice, but hundreds of times. This was hell, for me, till I realized from my essence that if I had the power to dissolve and recreate this scenario so strongly, hundreds of times, why couldn't I create another scenario for myself? That is when the shift occurred, and I suddenly created for myself a space of balance where I was valued by those around me. I knew even that was an illusion, but it was an illusion I wished inhabit for awhile till such times as my Beingness reached a new level of vibration.

Post this, if we are to use the example of linear time, post this I have been able to work with many many Guides and Masters, I have been put into healing sleeps time and again, and I am well on my way to recovery. Right now I am in the process of debating

whether I wish to reincarnate and re-experience this, but my Guides are advising me not to do this, as I am not yet in an energetic position of full strength.

I am working now with many souls who are who moving over with the same issue. I am there to receive them and to help them and to explain that I vibrate with their energy. They feel comfortable with me as they move across, and each time I am able to help them receive enlightenment, I receive a small aspect of enlightenment for Self.

**Group Member:** *If you were helped by your family, the family helped you from not having this feeling....spirit work...*

**The Traveler:** Dear Friend, I created a family who would give me that experience, so I could raise myself from it, and my magnificent family, God bless them, beautiful, wonderful souls, all created this in divine excellence. My wife derided me, put me down, scorned me, taunted me, and humiliated me, and my children constantly ignored me. They did me the best service that I could have chosen and I would not have changed it for anything. It was I who could not raise my levels of vibration beyond the circumstance I created.

Now, if they were to sit now in energetic awareness, such as you are, and energize me, they once again would be doing me a disservice, as I need to grow by myself. I do not want their help and I do not want your help.

**Group Member:** *But don't you have to re-incarnate with the same persons?*

**The Traveler:** Not at all. I will answer from my perspective. What I have learnt so far from my guides and friends, is I have many many options. I may choose to reincarnate on Earth, which actually is my propensity. I am being advised by the guides that at this moment in time, it is too early. I am still energetically fragile and I would probably fall deeper into the spiral of non-appreciation of Self. If, however, I stay in Spirit form and strengthen with the processes I am undergoing right now, I will reach a '**critical mass of energetic awareness**' after which I will be ready to choose the most appropriate society and set of circumstances into which to reincarnate.

I am, in fact, being urged to reincarnate into a society where there is no free will, so that I can experience the strength and power of working with the light and for the light. After which I may be ready to take on another Earth challenge, but none of this is decided yet.

**Group Member:** *I was under the impression that one has to complete one's so called issues and experiences before we can move away from Earth permanently...*

**The Traveler:** Not that I am aware of, dear Friend. I have been given these options. I cannot escape the issue, only because I will not permit Self to escape the issues. It is a half-baked job at this point, and I would feel energetically incomplete if I did not pursue

this course. There is no force, there is no Guide urging me to do this, it is entirely my desire.

**Group Member:** *May I ask what processes you are going through right now? .*

**The Traveler:** The processes I am going through are entirely 'learning on the job'. I am working ceaselessly and tirelessly with souls of my ilk, who are passing over, and each time I receive them, I experience what they are experiencing.

I experience their levels (Sohrab crying) of lack of Self-Appreciation, and each time I experience them, I internalize a portion of it. Yes, I take it into my energetic field, and each time I receive that dose I strengthen, because from within I say "it is not me, it is not me, it is not me" and each time I affirm that, I grow stronger. Understand this is not Self-flagellation: it is my choice and it is a rigorous choice.

**Group Member:** *If you had done the same work on Earth, it would be that much easier... on Earth.*

**The Traveler:** It would have been, had I been able to free myself from my own trap. I had created the appropriate opportunities around me. It is not all, who reviled me and depressed me. There were those stray elements who appeared in my life from time to time, to propel me further and give me the impetus I needed to leap. But I was so trapped in my own 'wallow', I refused to acknowledge them. I now take responsibility. Now.

**Group Member:** *But it is much easier on Earth....*

**Group Member:** *I woke up this morning, I came out of the shower, I sat and meditated, after 5 minutes, I started feeling low, and somehow I could feel that this is existential, this is not my...because I have no reason to feel low. Earlier I would say okay this is not being done, I need to feel low, this is not being done, it started becoming a habit, then I realized that okay this an existential vibration, maybe I am connecting to it, so maybe I should just watch and...*

**The Traveler:** Dear Friend, I am not of a knowledge level where I can answer this, you may need to speak to the Master within him (Sohrab).However, I would like to answer this from my perspective.

I experienced similar games on Earth, where I use to justify my aspects of 'low'. I now look back and realized I never took responsibility for having taken myself there. This is not quite the same as your experience, but I am speaking only from mine. And I now look back and realize the tangles and the games and the excuses that I indulged in, to hide myself from my own Power.

What I am receiving from you is tremendous power, but a lack of being appreciated for your intellect and for your knowledge bank. That is a certain area of lack in your physical existence. If you are able to draw to yourself like minded souls who do appreciate this, you may find this existential angst dissipating.

**Group Member:** *This is exactly what is happening...*

**The Traveler:** I must now leave; I may permit one more question...another friend is waiting.

**Group Member:** *Are you in Astral body or in Causal body?*

**The Traveler:** I shift between forms. I am primarily in an astral form, but when I need to work at certain areas of my growth, I move into the Causal or the Mental.

**Group Member:** *So when you evolve, do you go through any mental agony?*

**The Traveler:** As I evolve, as all souls evolve in the Spirit realm, the mental agony increases along with the expansion.

When one is in physical form, and one experiences pain or trauma, one has many escape routes: to bring down walls, to block the pain, to divert the focus with alcohol or entertainment.

As you rise in vibration, these facades are peeled away from you. At the level where I am right now, when I receive a soul into my sphere that has my experience, I vibrate at the same level with his pain. But at the same time, though I vibrate with the same level of pain and I can experience exactly what he or she is going through, I have the soul knowledge now, the **'energetic wisdom'**, where I can accept it as a beautiful part of the Divine Plan.

I cannot distance myself energetically, but I can appreciate its overall beauty, expansion, and relevance, and as I will progress further both elements will increase. That is why when the Masters speak to you and say "we know your pain," they truly know your pain, more than you do, as they see and experience the source of the pain or trauma you are experiencing in the physical, without the facades you have. That is the level to which they are willing to receive you with open arms and experience your pain with you. This may sound a trifle melodramatic and rather indulgent, but it is not. It is a tribute to their expansion. Thank you.

**Group Member:** *Thank you for bearing your soul to all of us, and showing us what beliefs can do, what it is to create with your own thoughts or destroy, and not to judge. Thank you.*

Sohrab changes energies to the 2<sup>nd</sup> Energy: A soul fragment of a celebrity

**The Celebrity:** (shaking in the chair....smiling) Hello... (Sohrab amused) This body feels strange. I was always in the feminine form (everyone laughing). Oh...no wonder I chose the feminine form. It's much better.

**Group Member:** *In what way?*

**The Celebrity:** (laughing) Hmmmm... in every way.

**Group Member:** *What message you have for us?*

**The Celebrity:** I have been in Spirit for a long time now. And just as all of you have issues, I had many many issues. And the one I wish to speak of today is this: I **constantly hid behind facades**. I constantly hid behind a cheery, brave face. And more importantly, I put on that façade for myself, so I would not look at the truth behind it. And I lived a life of mirrors and illusions and facades, and make-believe.

When I passed over, all I could feel was, 'What a waste. What a colossal waste.' Not of anyone else's time, but of my own, and Yes I am using the word time. And I learnt from this, that certain levels of the facades are essential for all humans and certainly for me, but there were those areas where the Universe and various people around me were offering me the glorious opportunities to drop them.

There were those around me, my friends and family, my loved ones, who used to keep saying "Mom, who are you, tell us what you feel, you don't have to smile all the time, why don't you show us what you feel?" and I couldn't, because my belief was: smile, and everything will vanish and all will be fine. And it took me a long time to learn that this was not true.

**Group Member:** *Are you still smiling?*

**The Celebrity:** Oh yes...OH YES...and now it's genuine!

**Group Member:** Did you share a lot of tears before you became genuine...?

**The Celebrity:** In physical form, I could not cry. I could not cry and I could not laugh. I could smile, I could fake it, but I could not cry or laugh. I did not shed a tear in my physical existence

**Group Member:** *Why?*

**The Celebrity:** Because my walls were strong. I was terrified that others would see me as this awful, weak, vacillating, useless woman. Someone who had no worth. I did not accept any part of who I was. I did not like my appearance, so I dolled it up as much as I could to take focus away from the physical form of it. I was extremely extravagant, eccentric, in physical appearance, clothing, jewelry, make-up, perfume and attitude. I would be the one who would walk into the party, laugh the loudest, behave outrageously and make a spectacle of myself. I did this constantly. It was not that I did not love those around me; it was not that those around me did not love me, but I perceived myself as this aberration.

**Group Member:** (????)

**The Celebrity:** Completely...completely...conditionings from many lifetimes, but particularly in the last lifetime from parents who rejected me outright and directly. From a young man in my youth, who used and abused me (not to shirk responsibility here, I am using wording to help you understand), and then from a series of unfortunate relationships, not only personal, but friendships, work relationships as well, where I would create a circumstance so that people would reject me and I would fling myself back at them and say "accept me." Of course they didn't.

**Group Member:** *Were you royalty or a socialite?*

**The Celebrity:** A socialite to a degree. I was of the affluent set and did move around with them.

**Group Member:** *You could not have got help?*

**The Celebrity:** I did... I did get help. I did go through a series of therapists, but naturally I only drew to myself those who would take me further down this path. Of course

**Group Member:** *Have you chosen the medium, or the medium has chosen you?*

**The Celebrity:** It is a combination of the two. If there was not a match, this could not take place. The group has chosen me, the medium has chosen me and I have chosen to speak to all of you. It is a perfect 3-way match.

**Group Member:** *Are you going to reincarnate again on Earth?*

**The Celebrity:** I already have. ( Suraiya in shock) When you reincarnate there is still a vast portion of you, who is in Spirit. It is that who is speaking now.

**Group Member:** *The Higher Soul...*

**The Celebrity:** The Higher Soul, the Beingness, the essence, the flavor of the month, call it whatever you wish!

**Group Member:** *Have you reincarnated with the same issues, because you have to go through it again?*

**The Celebrity:** I do not wish to reveal my current identity.

**Group Member:** *We don't need to know that....we just...need the issue....*

**The Celebrity:** But I am what you call today a Bombay socialite.

**Group Member:** *Whoa...*

**The Celebrity:** A very good Page 3 socialite...

**Group Member:** *yes!*

**The Celebrity:** And one you have all read about...and perhaps met...no names, don't even bother to ask.

**Group Member:** *Why not...it will make us connect and understand better...*

**Group Member:** *Can we click a picture of you...*

**Group Member:** *No, that is wrong...*

**The Celebrity:** That is entirely your gossip factor coming into play!

**Group Member:** *(laughing): we will put you back in Page 3...*

**Group Member:** *Have you...grown in awareness????*

**The Celebrity:** In certain areas I have grown in awareness, and believe it or not, my life is not meaningless, even as a 'Page 3 socialite' ....

**Group Member:** *Are you male or female now?*

**The Celebrity:** Female...I am not living in complete unawareness, but there are areas in my life where I am still stuck in this façade. I am now able, as a human being, to connect to a certain level with my own family and my own true friends. They are not many of those but there are a few. But the facades I must still maintain for the world at large. And the aspect of being a Page 3 celebrity is still extremely seductive to my Beingness, but I deliberately chose this...

**Group Member:** *Why?*

**The Celebrity:** A hunting ground, to find myself, if I had chosen to incarnate into an ordinary family, I would not have the urgency and the challenge to put up facades again. Being a celebrity in this current day and age, forces me back into the same structure I was in before. But I've given myself opportunities to crack, and I do crack from time to time, physically and emotionally.

**Group Member:** *Can we help you in anyway?*

**The Celebrity:** You are already helping me by internalizing my issue and examining whether it exists in you or not and by receiving your energies right here, I am being helped. You don't have to 'do' anything.

**Group Member:** You may tell your Page 3 other self, about Vipassna

**The Celebrity:** Thank you. I will implant the thought; we will see whether it is received. Now here is an aspect that may interest you. Yes, I am the Beingness of my own physical incarnation. And yes, I am in constant communication and even I do not know how much is going to be received from me. Just as you don't know how much your own souls are speaking to you, right now. So now look at it from this perspective, I sometimes bang and knock and shout and I am not heard and yet in receptive moments everything flows through.

**Everyone;** *Thank you....*

**The Celebrity:** Look for me in the papers tomorrow!!!

**Group Member:** *Tomorrow...tomorrow.....( Everyone very excited)*

Sohrab changes energies to the 3<sup>rd</sup> Energy: Benezir Bhutto

**Sohrab:** Ummmmaaahhhh.....this will be a very brief conversation. You will not ask questions. I will talk.

I chose a physical incarnation in my last existence in perfect balance, perfect harmony and full expansion. And my choice was to wreak havoc in the political arena. Almost the whole world judged me, at least those who were aware of who I was, but the one person who was in full balance was ME.

I knew I had to come and do what I had to do. I had that spiritual awareness from within. Not from book learning, not from groups, not from religion, but from within. And

I joyously came, fulfilled my task and exited. And in doing so, in complete balance, I am at a much higher level than I was before.

My learning, as there has to be learning, even when a person is in full balance. My learning was to not judge Self for any action. I had given myself this single-minded mission and I added to it a twist, where I would choose to incarnate as a devious, manipulative politician and I fulfilled my task in full awareness and glory. And I proudly stand before you today, shining in my awareness and glory.

(Some sitters mentioned Arafat? Hitler? (Laughter in the room)

**Group Member:** *Benazir Bhutto.*

Sohrab affirmed a YES to the group member.

**The Bhutto:** Before we leave you, Friends, we offer you the opportunity to ask a few questions.

**Group Member:** *In the case of the first entity, he used the term ‘critical mass’ I need to understand that concept?*

**The Bhutto:** In any aspect of energetic growth, be they applicable to relationships, emotions, development, change, etc., it is not necessary to be at a 100% strength to move to the next level. Just as in an examination, you can move to the next class by obtaining a pass mark. There is no standard: different areas have different levels of critical mass.

**Group Member:** *So in reaching the critical mass, do you need to use effort?*

**The Bhutto:** You need to use

- 1) INTENT
- 2) EFFORT
- 3) FOCUS
- 4) DESIRE
- 5) COMPLETE BELIEF IN SELF.

And as these qualities increase, you hit critical mass. Once you hit the critical mass, you already have an appropriate amount of these qualities to speed up the rest. The effect has taken place, the causes will follow.

**Group Member:** *Thank you.*

**Group Member:** *You mentioned there were different percentages for different energies, does that mean there is one aspect of ascension and the other aspects stay behind?*

**The Bhutto:** They are all moving. Once again the description was linear for the example, but all are moving simultaneously at different levels, it is the Cosmic Dance; this is the dance of the **NATRAJ**---everywhere altogether, simultaneously, creating from itself newer visuals, expansions, energies, forms, shapes, dimensions.

**BLESSINGS FROM THAT ASPECT OF SOHRAB**

**THAT IS THE MAHACHOHAN.**

