

3<sup>rd</sup> April, 2008  
UNKNOWN ENERGY  
*Channeled by Sohrab*

## Discovering “Who Am I” and “Who I Am NOT”

[The session commenced with Sohrab giving the group a psychological test. Some of the answers were then discussed. ]

Trance Channeling begins

Sohrab laughing....I have been in attendance throughout this session, and if I had a physical body, I would have doubled over in laughter, as you have going round and round in circles, just as I have, for millennia. Who Am I? (Sohrab, laughing).

Well, at this moment in my now, I am what you would call a space being, but my single-minded quest over millennia, through countless incarnations, has been **WHO AM I ?** And shall I let you into a little secret.....the more I explore this, the more I find out WHO I AM NOT. And through the Who I Am Not, I begin to glimpse WHO I AM.

I am a Being who has taken many many incarnations, not only on your Earth planet, but also on many other bodies of Light and within energetic forms throughout the Universe. I spent much of my early personal evolution in what you would term ‘pre-historic caveman times’, working on the basic core of the Who Am I.

Survival, courage, instinct, the need to hunt and feed self, the need to expand, the need to be earthbound.... through that process, every time I exited and returned to Spirit, I would reassess Self, and I would find much of Who I Am Not. I realized for Self, the baseness of the life in that existence was not Who I Was. In understanding that, I was acknowledging a level of ‘**refinement of energies**’ I had then reached. Not as refined as your energies are today, but much more refined than I had been at the start of my quest.

I then proceeded and I leapt in time and space and spent much time in the Middle Ages, and I experienced famine, trauma, killing, mutilation. I was at times a warrior, and at times I chose to play the victim. Oh Yes! I experienced being burnt at the stake, I experienced being tortured, murdered and killed. I experienced the Crusades, and I also experienced being the perpetrator of some of these ‘so-called’ atrocities. Each time I retracted into the Spirit (and I worked very rapidly, often exiting very ‘young’, living 25 to 30 years at a time), I kept discovering Who I Was Not. What does that mean to you? Who I Am Not?

To me it meant 'this doesn't fit with my vibration any more'. NOT that I was better than others, who were doing that. But that I had simply passed that stage and I had to find who my vibrations were now, as compared to what they were in the last linear lifetime. Each time I climbed the ladder of '**energetic success**'.

I then moved into cultures outside of planet Earth; where I learnt about being part Nature, inherent to those societies. Not nature as you know it, such as plants and trees.

I explored being a part of living crystals, of sentient lava and magma, molten energies, and through that, once again, I learnt Who I Was Not. Each experience propelled me to a new level of '**energetic consciousness**'.

I then returned to several simple lifetimes on planet Earth: a peasant, a farmer, a wandering priest.

My choice and pattern is slightly different to all of you. I chose to fully 'experience without questioning', when in incarnation; and to learn and assimilate when I retracted into spirit form.

So when I was in physical existence each time, I had no official 'spiritual connection or awareness', I just immersed myself in whatever life I had chosen, and I immersed Self in it fully, FULLY. So if I was playing the role of a vicious murderer, I reveled in it. If I was playing the role of the mendicant priest, I reveled in it, and each time I exited, I learnt a little more of Who I Was, by observing Who I Was Not.

Right now, I am in a 'rest and recuperation' stage. I am existent, not in physical form, but in an energetic form of a different planet and the Beings of my culture simply float free, generally staying within the boundaries of the planetary pull, but at times venturing across time and space to visit others such as you, to learn from them.

I am here today to learn from you, you are not here to learn from me, and yet of course you will. So I thank you for your gift. Once again, listening to your joyous discussion, I am learning more about Who I Am Not and in that, I will add to Who I Am. Do you have any questions of me?

**Group Member:** When you say 'I Am Not' are you referring to the 'neti, neti' (not this, not this) philosophy of Hinduism?

**Unknown Energy:** I am not familiar with those philosophies. Let me try and explain this in very simple terms. If in a lifetime, I have played a vicious, manipulative bully (and remember, I am a Master at immersing myself in it for the entire lifetime, without questioning), I am able to go through a whole lifetime without questioning Self.

It is a great strength. So, during the experience, I do not feel guilty for being the vicious bully, **I enjoy it**. I manipulate, I use, I torture, I torment in complete joy, and then when I move back into Spirit (and I speak of this, as it has been a recent experience), I am able to observe my actions WITHOUT any disgust or guilt, I simply assimilate the experience into my beingness, and in doing so, the experience moves from WHO I AM to WHO I AM NOT anymore, as it has already been assimilated! Through this energetic growth, I never have to experience it again, as it is now a part of me.

Once the lesson is over, why should I waste my '**energetic time**' repeating it? I acknowledge, in full joy, those magnificent aspects that I have lived through, which are now part of me. There is a part of me that has experienced full, **the bully**. There is part of me that has experienced fully, **the saint**. There is part of me that has experienced fully, the **rapist**. There is part of me that has experienced fully, the **nurturing mother**. So why should I repeat those? They are now WHO I AM NOT, as they have already become WHO I AM!!!

I would get bored. So I, as a soul, choose to explore very specifically one predominant aspect of Self each incarnation, and that is why I am not speaking for all of you, because most of you have chosen to experience many aspects of Self. I do not work that way. I experience one fully and never go back there again, because in having experienced it, it is part of Who I Am and therefore I already know Who I Am not any more. Now are you beginning to understand this?

**Group Member:** *Yes...I understand...*

**Group Member:** *This is what the creator is doing...the creator....inaudible...*

**Unknown Energy:** Each of you, who is the creator, is doing it in a slightly different manner. I am simply sharing my processes with you!

**Group Member:** *If we only had day, and no night, we would never know what day is and in night we enjoy the beauty of the stars. So both are equally good.*

**Unknown Energy:** I will share a secret with you. I personally get bored very quickly. So I need to challenge myself with new and intense experiences each time. That is why I explained; I focus upon one thing and play it out like a beautiful role for 20, 30, 40, 80 years of my existence, if I come to Earth; and in other existences, for millennia.

But I play it so single-mindedly; I do not allow myself to be distracted by thoughts of growth or development while I am in that experience. I am just 'fully there'. Were I on your Earth planet right now, I would never sit in a meeting such as this! I would just be doing what I had chosen to do and would do it joyously; I would never attempt to increase my growth in this reality, because that is my 'style', and there are many like me, who on your Earth planet, so don't judge them, they are simply working my way.

**Group Member:** *Murderer.....intention...inaudible....*

**Unknown Energy:** She (G) spoke of it...that is a generalization, but what the '**prime energetic focus**' was for that murderer is what counts, not the act of murder.

For example, I have been, in my past, a beautiful and very successful murderer, committing many, many, many, many successful crimes, for which I was never caught. When I exited, I went fully into the light, in complete joy, as I was only following my life path.

I was, in fact, following my path and had I chosen NOT to murder, I would have been going AGAINST my own 'energetic growth' and then I would have been in turmoil. So for me, during that lifetime, I was following it as dedicatedly as a saint does in your perception.

And of course, all those who were my so called 'victims' had contracted with me to undergo that experience. And I was never in doubt. Had I experienced a moment's doubt in physical form, I would have been in turmoil in the crossover, but I never did.

Similarly, I played a beautiful victim once. When I played victim, I gave into my victimhood fully. I was the doormat upon which everyone could and did trample. My husband, my family, my friends, those with who I worked all kicked, pushed, trampled and abused me, and I played the victim to the hilt. So once again when I transferred across, I did not have to work or resolve victimhood, as it was what I had chosen to experience fully.

I say in great gratitude, that I have never once erred in the focus that I have chosen in any incarnation: that is my greatest strength. Whatever I play, and I am a consummate actor, I play to the full, **in complete, experiential joy.**

Right now, in this lifetime, I am experiencing free-flow and I do this in complete joy. I have no desire to be incarnated anywhere else at this moment of my NOW. And when the time is right, I will return to spirit once again and then decide what to do.

FAREWELL.