

16<sup>th</sup> October, 2008  
ST. GERMAIN  
MEHER BABA  
*Channeled by Sohrab*

## Reconstructing and Recreating Self

Trance Channeling begins

(Laughing)....Welcome, my energetically scattered friends! We asked for 16 more chants today, to see, as an experiment, what you would do with your haphazard energies.

You have all been walking around the last few weeks with '**energetic entrails**' hanging out of your body. You have been shedding little bits and pieces along the way and trying to hold yourself together! (More laughter)

With the additional chants, what you did was simply 'open the bag and stuffed all pieces back in haphazardly' and now you are trying to 'sit on your suitcase' to close the bag, but its not going to work! (Everyone laughing) This is simply a part of a process you are all undergoing.

**You are restructuring Self, you are Recreating Self, you are Rebirthing Self and as such, this process will continue for at least 3 more months.**

And now we will teach you a little trick, to **help you center**, even with these 'energetic innards' trailing behind you. Don't try and stuff them back. When you are feeling energetically haywire and you will, frequently, during the next 3 months, don't try to center yourself in the way you used to before. It is like a computer that has been dissembled and the parts are being polished and re-worked and will eventually be put back together in a new and improved format, but for the moment, you cannot stuff the parts back in.

What we recommend, instead, which you will find very beneficial, is this: when you are feeling particularly scattered, rather than trying to come into balance and center, which is, figuratively, trying to gather your fragments shoving them back in the bag, instead of that find your **core center**, which never wavers.

Each one has a **central energy coil**, very much like a spiral running up the physical center of the body. Yes, this corresponds to the chakric formation, but it is far more than the chakras, it is your '**energetic center of lifetimes**' and this rarely gets disturbed. Go

within yourself, simply tap into the energies of that energetic coil and allow that balance to facilitate whatever is at hand at that moment.

Let us say, hypothetically, that you are in emotional turmoil over a fight with your spouse: rather than trying to find balance and center at this moment in time, during the next 3 months, draw from your own core center and achieve an inner balance without disturbing the aspects that you have spilled out... so if you have lost your temper, don't try and 'reclaim' that, let it be out there, acknowledge that you will continue to lose your temper, that you will feel irrational, that you will feel dispirited, that you will feel put upon for a temporary period of time. Accept it. Draw on the core center and a temporary new level of balance will come into you, at that moment in time. Practice this, you will find it extremely beneficial.

Today, a special **energetic window** has opened around planet Earth. New energies in the form of a gateway or a portal have been unleashed on the planet and they are temporary in nature. These energies, by the way, for those of you who work with astrological energies, have nothing whatsoever to do with your planetary astrology, they do not correspond to it and they are not affected by it. They are **pure cosmic energies** that have entered planet Earth today, for a brief period in time, with the specific intent to work upon the **family and household unit..**

Now, with greater and greater frequency, these windows will keep opening, each one containing specific, high-level, far-reaching cosmic energies, flooding Earth for one specific purpose alone. Since you are gathered here today, and since this energy has 'co-incidentally' occurred on the same day, let us work with this for a few minutes, so that all of you use this to empower every aspect of your own homes and your families. Allow us to walk you through the process. You may do this in meditation or in full consciousness, as you choose.

Just Breathe; and visualize the spiral in the center of your physical body, that is '**your core light**'. Allow it to bring you into balance here and now. Do not reclaim any of the vibrant, discordant energies that are pouring out of you, allow them to pour out freely, and at the same time balance yourself with your core center.

Aaum....Aaum....Aaum...Aaum.....Aaum

Now spread your personal light outward to this home in which this meeting is being held. Let us begin where we are. Spread your personal light throughout this apartment. Flood it. Vibrate it. Energize it. Empower it. Love it. Give it Thanks. Give it Blessings. Give it Joy.

If you wish, you may even visualize yourself energetically cleaning this entire space, flooding it with gold light, scrubbing it, washing it, cleaning it; do it anyway you wish. Now continue this with all the inhabitants of this home: domestics, owners, friends,

relatives, pets, all those who enter this space: flood them with your light and your love. Clean them. Cleanse them. Vibrate them. Move them to a new level of expansion.

Now expand as a group beyond this home and move directly **into your own home**. Visualize your own homes and know that not only you, but the power of the group, is working with each individual home. Flood it with your light, with the group light, cleanse it, wash it, scrub it, and scour it. If you see areas of density, instantly flood that area with your light. Now visualizing yourself in your physical home: spread your light, first to your husband, wife, or partner and if you are single, spread your light to any Beingness who appears as a partner.

Draw constantly on the portal that has opened, merge the Universal energies with your energies and flood them once again into this partner, without any intent to change the partner, simply bathe the partner with this light. Now empower all family members, children, brothers, sisters, immediate family members. If you have, in your home space, any other members, flood them with it too, including your domestics, your pets.

Now expand your light outward, and flood and energize the surroundings of your home, be it an apartment or a house. Energize the entire building; energize the space around the building. Now spread your light to your extended family which includes close friends, and your group, just embrace them in this new, powerful light. We hear certain minds in this room attempting to suppress issues that deal with the family, do not suppress them; in fact empower them, so that they arise in the smoothest and most expanded manner possible.

Now spread this light to your personal appliances, your cars, your utensils, your instruments in the home, your tools, extend this light to your workspace and to all those within it. Extend this light now to your Mother planet, bathe her, vibrate her and fill her with this new cosmic light, she is also your home and your family.

Amen. And so it is, and so it is, and so it is.....

Return now to full consciousness. Now we can no longer say, 'welcome scattered friends'. You are all, every single one of you, in relative balance. See how easy it is?

**What is this new light?** Why has it been drawn by Earth, and why are you choosing to use it?

The physical cellular structure in your bodies is now very demanding. You are all constantly 'hungry' and the cells are primarily nourished and vibrated with these new energies. As your cells grow energetically, they demand higher and higher levels of **'energetic nutrition'**.

You have put out this 'call', and it has been answered. These energies will bring to the surface old, trapped, knotted family issues, that you have either buried deep, or lived with for years. If you flow with the energies, the issues will arise and can be resolved smoothly and easily. If you resist, you will create family trauma. So use them to your benefit.

The actual energy comes from a multitude of sources. We will touch upon a few to help you understand the power of this new light. The main thrust comes from the Natraj energies...the symbol of the COSMIC DANCE.

And what is the cosmic dance, dear friends? It, of course, refers to the recreation of the Universe, and the recreation of Self. But now it refers to **the Recreation of the Physical body**.

This Natraj energy is spiraling into your physical body, vibrating your organs, shifting aspects that are blocked within the organs, fixing certain things, **mis-aligning** others that require mis-alignment so that you're attention is brought there, bringing up issues and at the same time helping the cells regenerate into a new level of openness & vibration.

It is doing exactly the same thing with your physical walls and your homes...your homes are changing. You will find new little leaks and cracks appearing. Welcome them, work with them, fix them, bless them, do what you wish with them, but acknowledge that the home is changing as well.

Along with this Natraj energy, is a very strong dose of what you call the **Buddh** energy. **Pure cosmic wisdom**. And with this pure wisdom comes a new level of balance. You are all, individually and as a collective, working towards finding a new level of inner balance, that you have never had before, and this will come post the 3 month period.

The third and very important energy is the **SAI BABA** energy. The Sai Baba energy in this aspect refers purely to **cosmic light being infused into your cells**. Please acknowledge this Sai energy as pure cosmic light and do not get trapped in your visual of Sai Baba, as you knew him on planet Earth. It has almost nothing to do with that. It is pure cosmic light, facilitating new windows, new dimensions within self.

**Group Member:** ( *inaudible*)..... *does this energy help us to be less linear?*

**The St Germain:** Absolutely....and many other things as well...infused also with these energies are the energy of a Beingness you do not have conscious knowledge of on Earth. Therefore there is no name to give you as it is not a prophet or a seer, or an energy you are familiar with, but it is an energy of great power, magnitude, and vibration that is, in fact, a vital energy of many other societies in different parts of the Universe. It is so different to your own Master energies that you will not even sense it or feel it in this light and yet it is being introduced into your physical bodies now. At a

future date, we will speak more of this. Just know that it exists. Before we move further let us have your questions.....

**Group Member:** *When you talk of restructuring, exactly what can we do with the restructuring?...give intent?...for restructuring we want..*

**The St Germain:** What aspect of the restructure do you refer to?

**Group Member:** Physical body, internal restructuring....

**The St Germain:** You can give intent...and desire to any aspect of the restructure that you wish, if **you BELIEVE it**....In your homes now, the energies have already begun their work, when you return to the physical space, check your home, see which aspect you wish to vibrate at a higher level, see where you wish to flood the energies, see where you wish to use the energies to cleanse out past aspects you wish to rid of in the home. Use these energies to vibrate different parts of the home to new levels of power, use these energies to flood your own physical body and adjust your organs as you choose. Understand these energies have a full consciousness of their own, and therefore will work as is best for you without any direction on your part, but if you choose if, for example, to vibrate a sluggish organ, you may do so. If you are aware of a certain aspect of the physical body that is not in perfect harmony with Self, you may flood that region with these energies, but beware, beware, that if it is in your highest interests for this organ to malfunction, by flooding it you will cause a further malfunction...that is your responsibility, but don't be timid, go ahead.....and do it.

**Group Member:** *When you say 'highest good' what do you mean? Now that there is no blueprint, how can there be a 'highest good' anymore?*

**The St Germain:** The highest good of an individual refers to many aspects of their '**energetic growth**' on a vast level, not generally appreciated or even acknowledged in this physical form...correct...Your highest good may be a certain experience you need to undergo for your growth and development which seems painful, traumatic and unnecessary in this physical form, but if, on a higher conscious level, you know you desire that particular training, you will draw it to yourself.

A child, who is encouraged to eat vegetables, generally resists it, but the consciousness of the child is actually propelling the mother to ask them to eat the vegetables for their highest good: it is not the will of the mother; **it is the will of the child that** does this.

**Group Member:** *If I have taken a disease, in this incarnation, can I eradicate it?*

**The St Germain:**

1. You would have to search whether you have undertaken that disease to work out aspects of the past

2. To undergo a current life experience, where you need to experience the symptoms and the external aspects that are drawn to you by that disease or
3. Whether you have undertaken that disease to overcome it. That may be the only reason that you have contracted that disease: to establish your power to overcome it.

So that you have to check within Self. So now, work fearlessly with your new power, and have faith in self that WHATEVER you choose will be right for self, regardless of the blueprint or the lack thereof.

Getting back to the blueprint, Yes, now the blueprint of each physical human being has been dissolved. When we speak of that blueprint, we are speaking of the past rigid blueprint that you had created and that you have created lifetime after lifetime, you are still working with a blueprint, but you are creating it as you go along, moment to moment.

To use a simple analogy: in school, you were first taught by your art teacher how to paint within a line, to draw realistic pictures, to adhere to a structured colour scheme. Now you have moved onto a blank canvas, where you can create anything you want. The Universe is saying: Go ahead and use all the colour and texture you want...it's your choice how you want it to look, feel and vibrate.

Some of you, out of fear, will simply recreate the old, familiar blueprint and that is your choice, but you must know that when your blueprint hasn't changed, you are simply recreating, moment to moment, exactly what you created before, out of fear. But where your blueprint is changing, you are creating afresh...

**Group Member:** *It's a tough battle: a rigid cellular structure and free will choice...*

**The St Germain:** What would be the point of having the ability to recreate the blueprint, moment to moment, and not having free will? You have already chosen to incarnate, where you span the two eras.

You are all explorers, dear friends, why else have you chosen to exist in 2008? You would have exited before this or entered the planet after this, but you have all chosen to be part of the '**cross-over**' team. The team that experiences the old and experiences the new. You are courageous beings and you have chosen it! Why? Because you KNOW you can handle it, and because you desire the experience of bridging the gap.

**Group Member:** *Can I just restructure the question? You are telling us we have Infinite Possibilities, then why does this 'highest good' **limitation** come in?*

**The St Germain:** With every new path you choose, a new set of Infinite Possibilities for your highest good arise, even that is now infinite. So if you walk out of that door, you

have created infinite possibilities for your highest good and if you jump out of this window, you have also created an entirely different set of Infinite Possibilities, which would not have been appropriate, had you walked out that door.

**Group Member:** *Why am I seeing 'highest good' as a 'limitation'?*

**The St Germain:** Because you are creating it as one, do not create it as a limitation; create it as Infinite Possibilities. Change your structure. Recreate now. **NOW.** It's done. **It's done,** that is the speed. Never again see highest good as rigid.

**Group Member:** *Flexible....*

**The St Germain:** Beyond flexible...beyond flexible...INFINITE...up to now and from what you have studied, the concept of 'highest good' in itself has been limiting, because your conditioned mind says my highest good must be for growth & vibration, in an aspect I do not necessarily know in this conscious life and therefore I must accept everything that happens as my 'highest good' and I must suffer through it and I must just blindly accept it....**NOT ANYMORE.....If you choose not to accept it, it's not for your 'highest good' any more!**

**Group Member:** **YES! DONE.....**

**The St Germain:** That is the level of openness NOW in a blueprint and yes, of course, you have a blueprint, because as long as you exist in a physical realm, there HAVE to be a set of structures to adhere to. But these are now constantly changing, and are of infinite variety, as chosen by YOU.

You have moved from a Military school to a New Age School. You don't have to wake up at 5am and exercise for precisely an hour before eating a precise meal and study in a rigid, precise manner. It is all fluid. You are now creating a new and exciting curriculum for self. And in doing this, you can explore any subject you desire, at the level to which you desire. You are not bound by a formalized board's requirements for an examination.

Now here comes a paradox: **the more freedom you give yourself, the more you wish to create a structure for Self, within which you will exist.**

If you deny a child chocolate, he will constantly crave it. But if you give a child the license to eat as many chocolates as he wishes, he will initially gorge on them, and very likely get sick. After this experience, his own beingness will guide him to eat other, more balanced foods, and to enjoy the chocolates in moderation.

So the more freedom you are being given to paint your own canvas, the more you will desire to find what suits you at every moment and the beautiful part is you can never get bored because **you are re-creating from moment to moment.**

So if you choose in this instant of **NOW** to change a stuck family relationship that you have lived with over 50 years, you have that power by shifting that energy within yourself and the other, and yes, you can flood the other with this energy, but you cannot force it to change them in the manner you wish. You have the right to flood them with this new energy from the portal, but you can only flood them and flood yourself to change. Come on, challenge yourselves...shift something small today, something small that you have been stuck with, in a family matter, over years. Take your time to think about this over the course of this evening...flood your energy into that situation, absorb the energy from this portal and shift it today. Start with something small to prove to yourself that you can do it and then move to the larger issues.

**Group Member:** *So how many days is this portal opened for?*

**The St Germain:** We anticipate that this portal will be opened for approximately 2 to 3 weeks, but it will remain open for as long as Earth keeps drawing this energy, so the moment saturation point has been reached, it will close.

**Group Member:** *You have explained these things to us...What happens to the masses, who do not know?*

**The St Germain:** A good question.....the reason that you are here and listening to this is not because you are blessed, but because energetically you have worked very hard and you have raised yourself to a level of consciousness where you ready to hear this in the physical mind, because you choose to use this conscious knowledge for personal growth and development. The average person upon the street, who is not consciously aware of all of this, is still using exactly the same energy to a level of his/her unconscious choice. Some of them may be using it more than you will use it, unconsciously as they do not wish to clutter the physical mind with the flow of energies.

Sometimes not knowing something facilitates less resistance. Again this may sound paradoxical, as your quest is always knowledge and growth, but for some people they prefer not to know consciously and **that must be respected**. You have no right to enlighten them, you have no right to enlighten them,

**Group Member:** *Can you tell us about the next three months?*

**The St Germain:** Over the next 3 months, please be aware of your levels of judgments of others. Now we are not speaking of self judgment; we are speaking of judgment of others .Over the next 3 months due to this (pointing to body) dissembled computer



system, a lot of people you interact with will be acting and behaving in manners that displease you and even may seem out of character for them.

Know this and accept that is their process and that they are also moving into a new level of expansion and Beingness, just as you are, and each one has to undergo his processes, which you have no idea about...for example, you may find some people mild alcoholics, people who have rarely drunk before, you may find others who have been relatively faithful, suddenly philandering very strongly. It is not for you judge them or, in fact, to guide them back to any path of your choice, as they must go down their path for their growth and their paths are not necessarily yours. It is going to be a period of relative confusion. Accept it. Work with it. Vibrate with your core center. Understand it and above all enjoy it. **You are receiving a personal upgrade.** A newer model is going to emerge very shortly.

**Group Member:** *Will we resonate faster?*

**The St Germain:** You already are, and that is the ultimate aim of the human race. It is happening, the discord that you are all experiencing, be it financial, be it emotional, is aspects of disassembly for a future of higher vibration.

If you recall, several sessions ago, we spoke of 5 aspects that were being drawn by earth and her inhabitants, to further her growth, development and vibration. We also informed you that this was a vast cosmic experiment.

That is your ultimate goal and nothing will change that, not even the dissolution of a blueprint and recreation of a new one, as your entire Beingness is such that it requires higher and higher levels of vibration... that will not change.

**Group Member:** *What do you see after 3 months for us...?*

**The St Germain:** Predictions...predictions...predictions...

**Group Member:** *I am tired of all this....*

**The St Germain:** Exit...your choice...completely....you can choose to exit now, if you wish. Go ahead, shall we watch. The window is open...

**Group Member:** *No, I am not doing it...that's so difficult...any easier way?...*

**The St Germain:** But allow us time to all, watch you...(everyone amused)...NO...as your vibrations increase, your inner (for want of a better word) inner enthusiasm begins to increase. As this enthusiasm increases,

[The group member asking the questions begins to cry]

**The St Germain:** Go ahead, release it, release it, go on...Yes, please empower her to release, YES.....yes....go ahead....[Sohrab facilitates this by hitting her back and chest]

What is she doing right now?

**Group Member:** *Releasing....she is reflecting that which we haven't released. Thank you Nandinie*

**The St Germain:** Thank you, dear friend, thank you....At the same time she has drawn energy from the portal, and she is working upon the kidneys, liver and spleen and the vibrations being released from those organs are also causing the physical release. Go ahead draw the energy in.

**Group Member:** *I was going to suggest.....thump all of us ! Please!*

**The St Germain:** Why not 'thump' your partners?...you can all participate, you all have arms...go ahead...let us have a fist fight, beginning with our friend here Go ahead, **this is not a joke**...go ahead...Release...help each other release...and enjoy it...enjoy it...(Group members begin to do this for each other).

It may interest you to know that some couples who share physical violence have actually contracted to participate in this, to shake up and vibrate energies that are so blocked in the cellular structure and have been blocked for so many lifetimes, that that is the only manner in which they can open up.

Now, this does not apply to every abused husband or wife, but it does apply to a substantial number of them. Where there is physical violence, it is a manner in which you open blocked energies that you have not been able to unleash before and therefore the partner gives you exactly what you need!

Now this does not mean that you sit back and allow all domestic violence to take place....Of course not.....but do you see what we mean about 'no judgment'? So when you now hear about a friend who is beaten black and blue, do all you can to help, but don't judge it, but do all you can to help, that is your responsibility, as if it has come to your attention, there is a reason for you as well to act. How you choose to act is your choice, but don't judge it. We will take one last question....

**Group Member:** *Does this also apply to emotional abuse?*

**The St Germain:** A very good question....a very good question...Emotional abuse, unlike physical abuse, works on many levels. Physical abuse primarily releases trapped energies from the cellular structure. Emotional abuse helps the person find '**energetic emotional strength**', which often does not correspond to the physical body, where they

may have a balanced physical structure, but a whirlwind of energies of emotion that they have not been able to bring into '**energetic alignment**' and expansion over lifetimes. So that person will choose often choose emotional abuse as a 'gym workout', to strengthen their emotional body.

**Group Member:** And 3 months later?

**The St Germain:** You may be annoyed with this answer...

**Group Member:** *Oh shit.....*

**The St Germain:** She has just said 'shit' (everyone laughing), she is annoyed. And what would you do without shit? You would not be able purge your physical body, you would be blocked. You would be stuck, you would be disharmonious. You would be very angry, you would be bottled up and choked; you would ooze from other orifices, so you better bless your shit....Germain can have fun as well!!!

**Group Member:** *Ooooh you're Germain..... (Very excited)*

**The St Germain:** OF COURSE.....now she wants a hug...

**Group Member:** *Yes... I do....*

**The St Germain:** The answer is: IT TRULY DEPENDS ON YOU.

There is no foretelling how these energies are going to be used by the human race. The energies, this one and the many more that are flooding into Earth, over the next 3 month period, are opportunities you are offering yourself to grow, expand and vibrate at newer levels.

How you, as a collective, choose to use them and manifest your new levels of vibration, is in your hands. We offer you some possibilities: in the end of this period, after 3 months, you would be connected energetically as a race, to a level where you could truly overcome your oil crisis, your electricity crisis and your water crises. All these 3 could be eradicated in 3 simple months.

Whether you choose to do that or whether you choose to return to higher and higher levels of greed, is entirely up to you. There will be groups of people who work in harmony with the earth as a collective...they will find themselves expanding, and will reap energetic rewards. There will be others who choose to work in greed and exploitation. They will find this backfiring on themselves.

We do foresee, in the next year, a very strong possibility of a **worldwide computer crash**. It is an extremely strong possibility at this moment in time. It will destroy the ease

of communication and will provoke human beings to interact, once again, on a much higher level, but it is not necessarily to do that: you can keep your beautiful technology and improve upon it and still communicate. Your choice.

BLESSINGS, LOVE, LIGHT AND JOY FROM THE ASPECT OF SOHRAB  
THAT IS ST. GERMAIN.

Sohrab changes energies to the Meher Baba

No long explanations now. Bhau theya....Baba just comes to see you all. Mai kem cho( Ferzana) Tamme tamme....Come and visit me one day.....you can keep all your other Angels but come and visit me also....

**Group Member:** *Inaudible....*

**The Meher Baba:** arre baap re! soon thase mara ....tamme auso tho...arre baap re satyanaas thase..of course aao...please don't fight with anybody there....Come (suraiya)...I want your blessings...

**Group Member:** *Soon vaat kare che....(Suraiya blesses Meher Baba)....*

**The Meher Baba:** Thank You.....you must laugh more...come on, turn around and laugh....at everyone...come on laugh at them all.

I AM WITH YOU.

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