

10th December, 2008
THE ST GERMAIN
Channeled by Sohrab

A New Family for the Group & the Year Ahead for Some in the Group

[The week following the stirring events in Bombay: Terrorist attack in the city]

Trance Channeling begins

And you think this meeting was held because she ('Ang') was visiting from a foreign country... WRONG (Sohrab laughing)....it was held because it is the right time to be held and it is being held with the right group of people, who are meant to be here today, and that is all....But we welcome all of you... who had to be here today....and we welcome all others who made special efforts to arrive from other cities, in time, as you had to be here...do you think we would let the traffic hold you up so that you could not attend?... WRONG (Sohrab laughing)..... Why are you here today?

But before we answer this, let us have your opinion of the energies you sense from this sub-group of your entire group...

Ir: Unity... Stillness...

St. Germain: Go on, let's have some vociferous answers!

St. Germain: What did you sense among this group, when you were chanting?

Soj: You were balancing something....

St. Germain: Anything else....What did you feel?

Group Member: *very strong energies...lots of Oneness....*

Ds: The curtain opening... and the Universe showing through...and I think today you are going to set forward the transforming..

St. Germain: Aahaa...and she has decided the course of the meeting as well!....and so be, it since she has decided it...anything else?

Ka: I kept seeing the face of a very, very old woman....

St. Germain: How did she make you feel?

***Ka:** Some relief...but I have been very tense after all the....attacks...but I don't know who she is...*

St. Germain: (To Ang) And what did you sense, dear friend?

***Ang:** The veil has been lifted...and there were some incredible energies coming down...I've never felt before...it was beautiful...we were lifted upward.....*

St. Germain: Today, this group...and we speak of this group....has chosen to form a new family. In 2009, every single similar group around the world is going to form, consciously or unconsciously, small sub-sets, which are vital for the group members' growth and development.

This is not separation, not at all, but it is deliberately being done in the form of 'little families' within a larger framework, where you work with one another, sharing your problems, your issues, your thoughts, your desires, your beliefs, as you would with your own family members.

This has no bearing on your relationship with the extended group and your friends there, but mark these people well, as they are your new family for 2009...and you must USE them: acknowledge them as your new family, all upon them in times of trouble, and share with them your personal triumphs.

Now there are roles within this group that you will assume. And these roles have no bearing on your Earth age.

Let us introduce you to your **Father (SOJ)**, who will guide you, lead you, advise you, listen to you, and parent you with masculine energies at the times you need that influence.

Let us introduce to the **Mother** of the group (**ANG**)...who will embrace you with her love, her unique vibrations, and will nurture you. Physical distance from her means absolutely nothing: take the opportunities you have to call or email her, when you wish to communicate with her directly. But at ALL times, she will assume this role energetically.

The **Uncle**, the dear, beloved uncle, is our friend here (**GI**). He (yes, we use the masculine gender term 'he') is the supportive uncle, who is always there to cheer, to nurture, to guide, to jolly you along in your times of pain or trauma.

The **Matriarch**, the grandmother, who is single, without a consort, but is the matriarch of the family, is there (**Ds**). And it is her job to hold the family together and to work in a balanced and yet extended manner: to embrace all, and to guide all, including the parents, when they require the advice of a wise matriarch.

(Please understand that these designations have no bearing on your physical age, and not even on your soul growth. It has been decided by your 'energetic **readiness**' for the task, in this moment of the NOW.)

Next comes a magnificent being who has chosen to serve as the beloved, fully-embraced, 'part-of-the-family' **Domestic**. One who, in reality, will take on many roles beyond pure service. She will sometimes play the loving aunt or uncle, at times play the role of the maid singing the child to sleep, sometimes play the wise counselor in the absence of the parents...and this magnificent beingness is this friend **(NI)**.

The rest of you are the children, all brothers and sisters. Children fight, children squabble, children argue, but children are related joyously through ties of energetic blood, in this case. So you must communicate throughout 2009 with your family. Now, you obviously cannot communicate with every single one simultaneously, but find your moments, where you need to share aspects of Self with sub-groups from this family, and please do so!

You have all chosen to bond today, here and now, as a new family and remember, an energetic family is far more powerful than a blood-related family, as there are no past-life tangles that come in the way. This is by mutual choice of every single family, consciously, here and now.

By the way, the **Baby** of the family, the youngest one of the brothers and sisters, and one who will need your cuddling, your guidance, your teasing and your tickling, from time to time, is your baby here **(Ksh)** and as energetic brothers and sisters, please view her as the little baby, BUT NOT as the foolish, unwise baby.

Embrace her fully, whenever she calls upon you. Guide her, bully her, prod her, teach her and yes, love her. Exactly as you would your youngest sibling.

So the birth you spoke of, the **new energy**, was indeed partly responsible for the aspect of bonding you energetically in this new family and you will understand why, as 2009 progresses. Each and every one of you will feel the need, from time to time, to share aspects of Self with either the entire group or parts of this group: please do so without hesitation and without fear of judgment, remember they are your energetic family. Energetic families do not judge, they are only there because they want to be there and so, dear one (Angela), it's not a coincidence that you have arrived after so many sessions, and you (Katie) have arrived after so many sessions. It is what was meant to be for today.

***Ds:** May I share something? Yesterday I had a very renowned Tarot reader with me, and it was nothing personal, I asked the question of the 26/11, events and of course the answer spread showed that there had to be Unity.*

The 2nd question I asked was, "How will we transform ourselves?" I am quite besotted with this word 'transformation.' The spread showed how the Moon gives all the information to us, the Sun upside down showed how we are still ambitious, and the root to transformation, the way to transformation, was FAMILY...and the thought arose, that I have a small nuclear family. Which family? My Earth family is very wide, so please tell me how it would be family. And now I have my answer!

St. Germain: Thank you, dear Matriarch, for sharing this piece of 'validation', to help energetically bond this family even further.

Let us speak today to each of you individually, as it is a luxury that we do not always have, and give you a little insight into Self, for 2009. Once again, let us reiterate what has been repeated over the last few weeks:

In 2009, the energies that are being drawn by planet Earth are extremely high-level cosmic ones. Most of the energies, over 97% of the energies that will be encircling and flooding planet Earth during 2009, have never ever, ever been experienced by any aspect of planet Earth, or her inhabitants, in any aspect of past lives. Completely new. And this is being demanded by the consciousness of earth and by your collective consciousness for a huge upliftment. Know this, so that when you feel strange, when you feel unfamiliar with these energies, understand that now you are moving into completely uncharted territory, as our friend (Ang) can later explain to you, if you choose to ask her at a later time.

And all of you are literally 'playing with new toys'. Toys you have never seen, toys which you will enjoy and which will excite you, and toys with which you will have to familiarize yourself. Yes, we use the word 'toys' deliberately, as these energies are the most magnificent playthings for your energetic structure.

These toys are not to be viewed frivolously: they are to be viewed with great responsibility, but also with a great sense of joy and cosmic wonder.

This flood that has already begun, and will continue to increase through 2009. You, in turn, have to be at full throttle at every moment of your existence, and hence we have been warning you over and over again, you cannot be 'tentative' in 2009.

Yes, when options come up, when choices are presented to you, of course you will use your technical mind and you will weigh options and you will consider possibilities, but then you must commit wholeheartedly to the choice you make and you must flow in that direction with no looking back and the more you do that, the more you do that, the more new exciting options will once again appear and again you must go down the path without looking back.

Too many of you come to a crossroad, take one path tentatively, then run back to the starting point and take the second, and continue to vacillate, always wondering what would have happened if you had taken the other road. In this process, you put out the energy of confusion and indecision, and these gushing cosmic energies will only serve to magnify this. You will then tumble head-over-heels.

Do not create that for yourself. The tap must be on, fully and gushing. Trickles will not be permitted by Self.

And if you stumble and fall, so be it, but pick yourself up, know what has happened and instantly turn on the tap. And this applies to every aspect of your lives: momentous decisions and small decisions alike.

So if you are choosing a meal at a restaurant, weigh your options, make a choice, and then enjoy it fully, without wondering if you 'should have' ordered something else. If you are at a party, commit fully to being in the moment, and extract every ounce of joy from that situation. Give everything YOUR ALL.

Ds: *Why?*

St. Germain: You will be working for a 'crossover' period with both your old and these new energies. When you make your decisions, you are using the old ones. When you then proceed, you are 'going down the rapids' with the new ones. Once these are harnessed, you can't go back and use the old ones again for the same situation. If you intermingle them, you will tumble.

Ds: *Are our brains completely merged?*

St. Germain: The process is under way. Let us explain this even further.

You are sailing down the river and there are rapids ahead: you have the option for a few seconds before you reach the rapids, to steer your raft to the side of the river, anchor yourself, and choose which set of rapids ahead you want to take. But come what may, you have to choose one or the other, as that is the only way to sail ahead on the river.

So you make your choice, and steer your dinghy to the appropriate one....but once you are underway, you cannot reach the bank again...you have to follow it to the end of its course, where once again you will come to a brief pool of stillness, before another set appears before you.

So the best way to negotiate the rapids is to 'throw you heart over' and enjoy the speedy and exhilarating ride.

Na: *Are you saying that when the intent is made, it will automatically go into that direction?*

St. Germain: Choices and commitment. Intent is still a long-term aspect; commitment is 'I have committed to come to this meeting today, because my Beingness has urged me to do so.' Once you walk into this room, and you sit here, you must be HERE now.

If you sit here and wonder about what you might have done at the beauty parlor, had you not come at 3:30 today, you will be causing energetic havoc with Self, because you have made the commitment and you have walked through the doorway, and you have chosen to be part of this family.

Ds: *Are these energies that are coming in, helping us get over this habit system of referring to the past, so that the new age can come in?*

St. Germain: Exactly that: you have all spent a long time examining your structures, habit and belief systems, and your conditioning. Now that which you have not resolved or examine will cause you to tumble.

Now you plunge headlong and if you are still trapped in an old habit or a belief, that you had wished to change, but 'hadn't got around to', it will be flipped on its head instantly, and you will go for a toss.

Ds: *Then what?*

St. Germain: Then you either crash and crack your head open, or you choose to get back on your feet, and move forward. And yes, many will crash. Dear ones, we have said this before and we will repeat it: the incidence of suicide in 2009 will be at its all time high, as energetically, those who are extremely blocked will find this new energy so threatening to Self, that the only way they will be able to right themselves is to exit from this planet and they will choose this vigorous method.

Ds: *Is the Universe.....harsh....?*

St. Germain: There is no harshness; beloved...it is what you have called for... You have decided to bungee jump. You cannot blame the Universe for pushing you off the ledge. You have decided to go up the stairs, you have attached the elastic ropes to your ankles and now you are choosing to leap. Once you have leapt, you cannot say that I don't want to do this now. You have climbed there, and Dear one, of course an option is being offered to many on planet Earth, who do not wish to work at this breakneck speed in 2009 and we will explain this to you, so you understand it.

Many will physically exit the planet; some gently and smoothly, and others vigorously, in any manner they choose for their soul growth, as this flood of energies may not be appropriate for them. They have every right not to choose to experience them.

Others, as we said, will be unable to contain them and yet desire to contain them and this huge conflict, if it goes beyond critical mass, will force them to commit suicide. No judgment here. Even the energies of suicide are completely different to what they were before. It is not a heinous crime anymore. It is a choice.

Other options are that certain Beingness will disconnect very consciously from the energies around. They will exist in the 'eye in a storm' and will actually cocoon themselves, in a protective energy that does not permit the whirlwind to affect them, but those are very few and believe me, none are sitting in this room today. None of you have chosen that, but you could and even now, moment to moment, you could change your choice.

Sh: *What have we chosen?*

St. Germain: To grow and to flow! You are a beautiful family on holiday in a boat together, taking a scenic route down the Grand Rapids at great speed, with lots of bumps and jolts and shrieks; but at the same time with a lot of hand-holding and an inner exhilaration you adore.

Sh: *Do you think it will settle down after 2009?*

Na: *I feel it is just the beginning*

St. Germain: It is just beginning, but not in the way you foresee it....2009 is a very energetically expanded year, so the energies are magnificent. Please do not perceive this year as one of 'unmitigated disasters'.

Yes, some of you will choose little pockets to overcome, which will be traumatic, but nothing to the degree that you do not wish for yourself. The predominance of the year will be extremely vibrant, extremely vibrant. Extremely personally vibrant and you: will find yourself blossoming like flowers in the rain and the sun, you will open and unfurl petals, and you will shine forth, and show the world your beauty and your aroma. So it is a choice and this group has chosen to blossom.

Sh: *Why was 2008 such a difficult year for everyone?*

St. Germain: You are correct. And this was not a celestial punishment; this was purely because of personal resistance> Not deliberate resistance necessarily, but utter refusal on the part of most human beings to even acknowledge that deeply hidden issue existed, let alone beginning to uncover them. When the bullet is buried very deep in the flesh, it has to be dug out before the healing can begin and for the most part it has, but there are still little bits of shrapnel that you have within all of you and this will be flushed out in 2009.

Ir: *Does this mean that the 2009 energies will bring you fruition in everything that you have been thinking of up to now, that is in terms of intentions?*

St. Germain: Not necessarily, but the energetic component of your own Beingness will be so high, as supported by the new cosmic light, that you can truly create almost anything you choose, if you have faith in Self.

Look at the power of those you call the terrorists and how a handful could hold out against a city. Use that power, that faith in Self, that alignment that they had with Self. Use that aspect and access it in yourself. If it is in them, it is in you.

Na: *Is time also going to go through a flux? More so?*

St. Germain: More so, more so.....

Na: *Can you explain that a little?*

St. Germain: There was a period where you were told 'time is speeding up'; there was a subsequent period which your scientists have now come to, where they feel the opposite is taking place and time is slowing down, and we laugh, because these are all 3rd dimensional perspectives.

Time is recreating itself, just as you are recreating yourself. Time is also rebirthing and the energies of time, as applicable to planet Earth, are predominantly past, present and future, forward and backward. Time is now in its process of recreating itself, going through energetic loops like a string of your infinity signs.

Because it is moving through these loops, at times it would appear to be speeding up, at times it would appear to be regressing and at times it appears to be standing still. All 3 are happening simultaneously, while time is reassessing and recreating Self.

Therefore, in terms of the 3rd dimensional Earth, Dear One, you have opened a Pandora's Box. Even your past, present, and future in the linear structure is now changing: sometimes you are leaping into your future and creating past events, and sometimes you are leaping into your past and creating future events. So you are little topsy-turvy right now. We will give you a practical explanation of this to simplify it as much as is possible.

Let us say a certain patient has walked into hospital and is diagnosed with a tumor. From your perception, that tumor has been created, over time, by certain issues which have '**energetically solidified**' in the physical body, due to the lack of resolution of these issues, over many lifetimes. Is that correct so far?

Now when a person walks in with a tumor, you will not be so sure anymore, it may have nothing to do with his past lifetimes, it may have to do energies that he will experience in the future which have looped back and are manifesting this in his physical body before he has undergone this experiences.

Ir: I know this...this has happened to a friend....

St. Germain: so you see, your therapists and your regressionists and your past life trauma specialist will be even more confused, as they will not be necessarily put their finger on the root issue as the root issue may not have even occurred yet. But due to the distortion in time, the certain individual, on a higher level, has to solve the problem before the problem occurs.

Na: so memory is going through the same flux...

St. Germain: Memory is going through the same flux: sometimes your thoughts are not of past experiences, but of experiences that have not yet occurred in your timeline.

Ds: ..(?) living in 8 or 9 dimensions that are around us...simultaneously....with whatever time structure is.

St. Germain: Just as your chakric system is now bleeding one into the other, which you have understood, your alternate dimensions and simultaneous realities are also beginning to bleed one into the other...where you completely embrace every aspect of Self, simultaneously.

Now we have explained this very briefly, only to answer her question. It is not something to delve into or worry about, as it is not fully formed in your consciousness as yet and all of you are not doing it, only some of you are experimenting with aspects of this. So now do not get into an energy tangle in the conscious mind where every patient you see, you decide has not created their issue yet. Not at all. It just makes it more confusing for you. So even a physical exit, as has happened recently which has left behind grieving relatives, may not even have been a choice that they had made, but a choice that they will make in the future, which they had looped back for a prior experience to prepare themselves in the future not to undergo it.

Ir: It is like remission of cancer....

St. Germain: .. and to use this example, when a physical cancer miraculously goes into remission, it could be for many reasons including the fact that a different aspect of Self has undertaken the cancer in a different reality and you have gone into remission in this reality; you have simply transferred it to another aspect of Self. And that is only one of millions of possibilities. So you cannot use this brain now in 2009 except to perform very basic functions in your day to day life. Please do not rely on it. It is inaccurate, it is also upgrading at a different rate.

Ir: So how do we help it upgrade..?

St. Germain: By going with the flow...by Being...by going with the flow...Do not resist the tide, or attempt to swim against it. Just go with it.

GOING WITH THE FLOW indicates LIVING IN THE MOMENT.

Because the flow changes moment to moment, you are not only recreating your blueprint, but you are also recreating time, you recreating aspects of Self and you are recreating new opportunities that will present themselves to you.

Long term planning in 2009 can only take place at a very basic level. For example, if there is a person who is working on a task, say to open a new business or to finish the decoration of a home or to plan an educational career, whatever it is, yes you may have the overall goal in mind, but you cannot go for it in the old manner, where you would set out all the options and research it and do it methodically, step by step. You will still have to set up the basic framework, but that basic framework will change, moment to moment. So what you have done yesterday may not be applicable today. It has to be reassessed and you start from THIS point, not from yesterday's point.

Na: So what will decide the flow for the next moment? How?

St. Germain: **WITH YOUR POWER.....**if you do not touch your power, your flow is not only a trickle, but it is inaccurate, and you will wander into the maze of your own making and you will not find your way out. Now in 2009, if you do not flow fully, if you do not exercise your power at every instant and if you do not believe in moment to moment creation, you will fall.

Ds: *Define my Power? How....?? Is loving yourselfs power?*

St. Germain: POWER IS AN AKNOWLEDGMENT AND APPRECIATION OF YOUR OWN MAGNIFICENCE.
These words are carefully chosen.

Gl: *it is exactly what the creator is doing through us...*

St. Germain: It is not about boasting, it is not about hiding your talents under a bushel, it is about standing up and declaring that this is who I AM. Not more, not less, THIS IS IT.

(**Sohrab** stands up) If you now ask him, 'How tall are you?' He will answer "6ft 1 inch". It is a statement of power. He is acknowledging and appreciating his own magnificence. He is not apologizing for being 6ft 1 in, instead of being 6ft 3 ins, and he is not boasting that he is above 6ft and is therefore superior. He is stating "6ft 1in", because in the physical world that is what he is. That is power. As simple as that.

But the moment he either boasts of his height, or apologizes for it, the same statement is then uttered in an imbalance of power. Power is simply a statement of WHO YOU ARE. You are acknowledging and appreciating your own Magnificence.

Na: *People who will not be able to do this, will find themselves in.....?*

St. Germain; Dire straits.....and your next questions is how unfair, as they have not had the opportunity to hear these words, as we now are. Not so.

They have had every opportunity you have had, in a different manner. They may have not have chosen it with the transcript in front of them, but they've had opportunities you do not know of. And they are resisting or not resisting, just as you are resisting or not resisting: every single human being has had the opportunity this year in his or her own way, to touch the root issue, to examine it and exercise his or her power.

Ds: *Plan is beautiful...Unity....Equality (inaudible).*

St. Germain: And equality is achieved NOT by lowering yourself to the lowest common denominator , but by raising all to the highest common factor.....

Now let us speak individually to each one in this room:

To Gl For you it will be a year of opportunities. Opportunities at every step, to reassess who you are, and to choose who you wish to be, at that moment. Not at some obscure point in the future. You will create millions of opportunities, some so microscopic that they will pass you by and some so vibrant that you will reel from them. Joyous-vibrant and traumatic-vibrant. Both....No fear now, but each one is an opportunity for what we have just said.

You have chosen this because you know you are ready for it. If you go with your flow, you will find yourself blossoming. You will find yourself becoming even more vibrant than you are today and you will find yourself the center of attention of many, which is desirable for you, as you need to get comfortable in that arena, without internalizing either praise or criticism. You just need to be comfortable being the center of attention, in full power.

Gl: *Along with this family and our other families, can we also take in help or connection from the siblings in space?*

St. Germain: Of course...you must!...this is not your exclusive family, it is your particular family, and remember: love is completely boundless and in the Spirit world, the more you love the more you are magnificent, unlike the Earthly world which judges you, for sharing love with more than a few people and declaring it unacceptable. It is not like that. **LOVE IS MAGNIFICENT.** The more you have to give, the more you must give.

To Ir: it is a beautiful year to examine Self and your placement in society, as you see it. You will be examining the different roles you have played: the mother, the wife, the goddess, the actress, the dramatist, the writer, the director, etc. Explore every aspect that you wish, either in actual physical motion, or in conceptualization. Explore aspects of Self that you have not explored before. How about 'Ir' the painter, 'Ir' the musician, 'Ir' the mathematician, 'Ir' the science major, 'Ir' the teacher? Explore all possible facets of self.

When you are trapped (as you perceive it) in physical, day to day life, sometimes not being able to do things you wish; live those moments fully, fuller than you are living them now, experience the moment so much, even if it is pain, that you fill to the utmost with that moment.

You are pushing your boundaries in 2009. Push them, so when you choose to have a rip-roaring fight, have the biggest fight you can possibly create; and when you are the loving wife, be the most loving, nurturing, sensual wife you can be. When you are being the joyous mother, become the child with your child and when you are playing the disciplinary mother, be the best and most balanced disciplinarian you can be. Live each moment to its fullest. Push your boundaries.

Ir: I am experiencing exactly that right now. I can see all these opportunities and all these parts of me like you said, but I am feeling very trapped. I do not know how to deal with the power of anger I have suddenly discovered inside of me.

St. Germain: Start from your own two points. Experienced anger and experience the feeling of being trapped to the extreme. You haven't even gone halfway there. Go ahead, and feel so trapped that you are completely claustrophobic. Experience anger so much that you cannot contain it. Start with these 2 points, everything will suddenly open out for you.

Ir: Will this affect my physical?

St. Germain: Why not experience these two and at the same time, be the most physically beautiful you can be? Choose that as well. Do all 3 together.

To Sh....2009 and will be the year in which you must work further, not just for Self, which you are already doing, but for others around you. Now is the time, in 2009, to push your boundaries and to get out there and do much more than you are doing now. This is not about being Selfless, it is about finding new aspects of Self that you constantly deny and suppress, and you will be able to do this by working for others.

Of course you will continue your own work, that must not stop, but you must now fearlessly offer others the opportunity to share of your knowledge, your wisdom and your guidance, in any manner you choose. You will resist this, we are aware, but you will find yourself more and more cut off if you resist this.

You will end up getting bored and frustrated. So go out there and spread the word. Your word, in any way you wish.

Sh: *I attempted to start an issue resolution workshop which didn't materialize. What happened?*

St. Germain: You were tentative. The energy you put out was 'I am doing this because I should, but I really don't have the expertise to help you' and everyone responded to that. You told them, don't come...and so they listened. That is the truth. It is all right. Learn from that, and start small. Casually. Do it every moment, beloved, it does not have to be structured.

Sh: *But aren't I? I talk to people all the time.*

St. Germain: Yes you do, but we wish you to push your boundaries even further. Where there is no hesitation in sharing your views. Beloved One, you do share your views and sometimes rather stridently and vociferously, but there's always a note of apology, inherently stating 'I am not sure if this is right.' We are not asking you to be stubborn, intrusive and opinionated; but we are asking you to touch that aspect of Self that is pure confidence, which is within you, and to use that at all times. Then watch the heads turn!

To Soj: Dear friend, you have been placed in charge as the 'father' of this wonderful group, and though you do so much work for others on a higher level and you have spent so many years as the matriarch in your physical family, 2009 is the year for you really to find out 'what do I need at every step?'

What are my needs, my wants, my desires, my aspirations, my beliefs, and my thoughts? It is a beautiful, paradoxical year for you, as you will be doing even more work for the group, and for an extended group family, yet, at the same time, you have to intensify your desires. Yes, desires and you have to align with them. There's an element within you that suppresses this, saying, 'Yes, I have learnt now that I matter, but I don't matter that much.' So its really time to listen to Self, about Self. It's a lovely year, if you align Self with this aspect.

St. Germain: (To the group in general) Please understand, dear friends, we are honing in on one aspect that is vital for you, but of course will be working with other aspects of Self. If you use this aspect, others will open out more easily for you.

To Nss: You have a multifaceted time ahead of you, dear one, there are various aspects you will explore: 1) you will reassess, during 2009, your structures, where it refers to spirituality. It is interesting that the area that is the most dear to you right now, is also an area that requires a level of spring cleaning. This does not mean rejecting all that you have been all these years, this simply means enhancing it, and upgrading it to new levels of expansion.

There are areas where you are still trapped in old methods of work, not out of fear, not at all, but because you don't really feel you have the ability to push your boundaries. You do. So allow every aspect of your work to take on new light, new vibrations, and new beginnings. When you are writing, challenge yourself, find new ways to write, allow a new level of communication to come through, invite unknown beings to write through you. Take the writing one step further and say 'I will write a bit and I will speak a bit.' Push your boundaries, you will find new opportunities of Spirit work coming up, which you must explore in new, vibrant and unthought-of manners. Open to this, you need fresh energies.

Nss: I feel depleted and I need to rejuvenate...I lack energy and I feel as if I have plunging down.

St. Germain: We are aware of that: that is why we said you will be working on different paths this year. This is but one aspect we have pointed out. 2) like our friend here, you will need to really really pay personal attention to your needs and wants, physical as well as energetic, and you will need to start listening to self and giving yourself the gifts you need, be it a holiday, be it a moment alone, be it an evening with friends, be it a joyous visit to a beauty salon; whatever you need, you must offer yourself.

You will not go out of balance here, you will not get self-indulgent, you will be simply be listening to Self. Speak to your spirit family about this. There are many here who have some information for you. (To the Group) Dear friends, please communicate with your beloved sister here, as she needs to hear your points of view. She also needs you to visit her. Support her, provoke her and guide her.

(To 'Nss' again) Things will shift, you are in an energetic downward spiral right now, this will shift, beloved, this will shift. But you have to offer yourself the opportunity to blossom, then the others will support you through this process.

To Gy: Heed our words, Beloved, they come with love, not with criticism or judgment. You are highly sensitive to energies, but you have moved into a space where you are becoming slightly self-indulgent with energy work and this self-indulgence is turning itself inward on you and taking you towards energy paths that you do not necessarily want to visit. We will help all of you understand this, as it is an area everyone in this room has visited.

Energies of this very high level, when finally accessed by the human body, become extremely seductive, like rich foreign chocolate, and then you start to gorge on them. After a while, the taste buds still want more, but the body says 'enough', and that's when there is a conflict.

What has happened for you is you have taken in, manipulated and used so much energy, because it is seductive and because you are sensitive to it, that it is sending your personal alignment out of whack. A lot of the trauma that you are experiencing right now actually has nothing to do with the physical circumstances you attribute it to, it has to do with your body getting over-saturated with energies, and often reacting very violently to a situation that would otherwise not disturb you so much.

Throughout **2009** you are on a beautiful journey, teaching self energetic responsibility. You will do this for Self first and through this process, you will be able to teach others as well. And through this process, you will find (we promise you this) new levels of vibration to touch. Ones that you have never touched before. You will also find a new balance within you in every form: physical, emotional and mental.

We urge you to speak of this specifically to these four friends (four group members were indicated by Sohrab) at different times. Each friend will have an aspect to offer you with their intuitive abilities, which will guide you. But feel free to speak to anyone else as well. Allow your intuition to guide you.

Gy: *Has this got anything to do with the fact that I carry the no 8 and I was born on the 8th and therefore striving to achieve balance has been one my major thrust in everything? Often I haven't achieved it and then I pick myself up again.....move further....*

St. Germain: Let us rephrase that the other way around. It is because of your energetic desire (under the no: 8) to strive for balance, that you have deliberately 'overfed' on energies, to be able to learn the responsibility. How would you have learnt it otherwise? You would not have ventured into this area. So you deliberately pushed yourself to over-saturation point, to now begin to backtrack and understand and appreciate energetic responsibility. And you will. Now do not misinterpret this, it is not that you are out of balance in every energetic aspect of life, not at all, but it is up to you to distinguish which are in balance and which are not.

To Ds: Dear One, most of what we wish to say today, has already been said to you in a private session at your office, but let us touch upon it again. During 2009 your whole focus will be 'to return home'. We don't need say more. You understand. We will talk more in private.

To Sl: For you it is just 'To Be': you don't have to work, you don't have to grow. If you choose to access and develop new aspects of knowledge and wisdom, you may do so joyously, but you don't NEED to, you just have 'to be'. Please don't disregard this statement, as 'just being' is unfamiliar to you. Your whole structure constantly guides you to work for others, not for yourself.

We are not even asking you to switch it around and work for yourself now, we are asking you to just BE. And to do that, you have to live in the moment and appreciate all that is, in that moment. If you are sitting and reading a newspaper, appreciate the moment for the news you are receiving and the light above you, and your ability to read and enjoy that moment. If you are watching television, enjoy the madness or the mayhem of the programme. JUST BE.

Sl: Does that mean I don't do anything?

St. Germain; 'Just being', for you, is much harder for you than 'doing.' Doing comes easily and you have always done. We will talk more of this in person. Help her understand this concept.

To Ksh: The Baby: NOT the helpless baby, not the weak baby, and not the child, but the baby. What is a baby? **A baby is the bridge between the Spirit world and the physical world, where the energies are still at their purest,** as they have just entered from one energetic realm to another. You have to touch the pure energies that you contain, in this physical existence, that you have constantly denied. The Who Am I. You have constantly said 'I am not worthwhile'. You have constantly demanded to be removed from this physical realm, saying, 'what's my point?' Well, now is the time to find out what the point is.

Use your friends. Question them, pick their brains, but they will not let you lean on them, they will help you, guide you and provoke you, as brothers and sisters would. Use this year joyously to touch your Spirit energies, acknowledge I am the Baby, I am fully connected with my Spirit energies. Who Am I? Keep asking this question over and over again. Each time you ask it, one more piece of the puzzle will appear. Who Am I....Who Am I.....Who Am I.....Have fun!

To Kh: We will respect your desire for privacy, and we will speak to you privately, after this session is over.

To Ni: 2009, for you, is the year to 'loosen up' To shed those rigid patterns, not that you are extremely rigid, but you have pockets or areas in your existence, where there are very strong 'should and shouldn'ts' and 'rights and wrongs', and those are going to be questioned by you with situations created by you, around you. And you will HAVE to loosen up: that is the only way you can deal with them

And in this process, you will find a new ease in your energy structure, which will lead to great growth. Dear One, we hear you already saying, 'I am not judgmental', and you are not judgmental, but there are still areas, certain issues, certain aspects, where you have rather rigid boundaries, and you know what we are speaking of. You have challenged yourself now, saying to self, 'I worked on so much on Self, let me now open up.' So your task for Self is.. Loosen up. 'Just chill', as they say. Enjoy it.

To Ka My dear one, you have grown, you have worked, and you have agitated, joyously and beautifully. This is the year to release the remaining fears that exist. 'Fear' is the watchword for you this year and you know why we are saying this. You confuse yourself, as in certain areas you are fearless and brave as a lion, and in certain areas, you are racked with fear, paralyzed by fear.

We urge you to use the energies of 2009 to examine up these fears. How? Speak of them. Your family is here. Call them. Meet them. They will not judge you. Speak of your large fears. Speak of your small fears. Chat. Not even sessions. Chat, express, acknowledge, and allow your family to offer you an external perspective, through which you may be able to see them from a different perspective.

It is the year to tackle your fears head on. Fearlessly tackle your fears. Do It. You will feel so cleansed by this process. Similarly, if you hold on to a fear very tightly, in 2009 you will, with the new energies, create a circumstance or a situation that brings that to the fore in their strongest form.

But if you just unlock the fear by saying 'I acknowledge this fear, I have it, so why do I have it, let me start the search. Then you will not create this. Please be aware of this, as you do not want to slap yourself around. And the choice is in your own hands. Many here can help you in this.

(To the group) You are not to offer her assistance till she asks for it. That is the first fear that she has to overcome. They are all here for you today. But you are not to offer assistance till she asks for it. Let her overcome that aspect and then open the floodgates. Similarly we ask all of you, if there is one call, or one e-mail, or one sms from Katie, please respond to it, in your fullest. Will you commit to this? (To Katy) Now the ball is in your court, and you will do it when you are ready. When you are ready, your family is there for you.

To Ang There will be a lot of physical movement in 2009. Take all the trips that you can. Physically shift around and physically work. You have been told that this particular (India) trip was for you and you alone, you are permitted to resume your duties to the Universe when you return to China. Do not do it on the plane. Do it when you touch the soil. Then you may resume your work. There is reason for this, Dear one. There is an energy grid that has been set up, which should not be destroyed, and it has vaster implications than have been explained to you. So joyously appreciate your time here for self, and receive, receive, receive, till you hit the physical country of China.

Allow yourself to travel, both physically and astrally: a lot of work will be required of you in 2009. But the work must dovetail with personal work. However much you do for the Universe and the cosmos, you must do for yourself. It must be an equal 50-50 balance and if the tilt goes one way, you will intuit it, instantly right the tilt, by working on Self. Enjoy the physical movement. You are needed to move from space to space to shake up energies to mend, to amend, to recreate; exactly what you do, which you are already aware of.

You will have to do work also at different levels: you will have to do Spirit Work, you will have to do energetic work, you will have to do physical communication work, and you will have to do verbal communication work. At times you may have to do hands-on work, at other times you will have to Just Be and radiate light. You will be guided by Self at every step.

And you will be doing tremendous work (as we said before in your personal session), far beyond planet Earth. In fact planet Earth is now a secondary task for you. Your primary work is forging high level cosmic inter- stellar relationships. You are working for the entire Universe; bringing into balance a new level of cosmic astrology, which means you are fine tuning the vibrations and the emissions that each and every planetary body around the Universe is putting out.

You are one of many who are doing this work, but it is extremely high-level work, and as such, most of this cannot be done at the conscious level. What you touch consciously you must do, but know it is but a fragment of the actual magnitude of the work that you do. You are ready for it, therefore it has

come. Continue. Take every opportunity to travel, be it 2 kilometers, 2000, or 200, 000. Initiate travel when you can. It is important in 2009. AND TRAVEL FEARLESSLY. Do not fear bombs and attacks. TRAVEL FEARLESSLY anywhere you desire. (laughing) You wanted a 'shout' from us, so you got one. This is the only one we will give today!

To Na: Your personal sessions and classes are due for an upgrade. Change your methodology to a certain degree: restructure, shuffle class members around, swap and interrelate groups, and take your energies to new levels of communication. You already officially channel and connect and speak, trust it further, and allow yourself to wander off into paths you have not taken before, without worrying that it does not belong to the structure of this class.

Be more adventurous. It is time for a reshuffle energies within your own groups: this does not mean you turn the whole thing topsy-turvy, but deliberately facilitate mixed energies at certain classes. Take a few from one group, take a few from another and a few from a third and mix them up, encourage them to interrelate.

From time to time take an outdoor class. This is essential: anywhere you wish, but an actual physical outdoor class. It is necessary, from time to time, introduce them to members of your family and invite members to come and speak at your classes. Allow fresh new energies to come in. And for your personal life. HAVE A BALL.

Na: YES...Why not 2??.

St. Germain: Have 2, have 4, but do not change your sex....yet! (laughter in the room)

Na: (laughing) no I won't do that...I am not that adventurous!

BLESSINGS JOY, LOVE AND LIGHT
FROM ST GERMAIN

