

18th December, 2008

Those Aspects of Sohrab That are:

THE SAI BABA,

THE MEHER BABA

THE SAINT GERMAIN.

THE COSMIC BOARD.

Channeled by Sohrab

Faith in Self Love as an Energy The Energies of Pure Potential Exploration

Trance Channeling begins

[Sohrab is sitting on a high chair, given to him by SV]

To SV – Who did this seat belong to?

SV – I don't know really, but it may have belonged to an uncle of ours call Kavas Uncle – it was in the Lonavala bungalow.

🌈 There is much indignation on the part of the owner, that it has been appropriated without his permission!

SV – Am sorry, I did request his nieces and nephews who own the bungalow if I could take it!

🌈 But did you ask him?

SV – No, sorry

🌈 Please do so, right now---

SV – Kavas uncle, can we please use this chair here, for as long as you deem fit for us to use?

🌈 What is his answer?

SV (closing her eyes for a few moments) – Ya, I think he's ok with it.

🌈 Nodding – ‘Ok’ is about the correct word: He is not quite sure, but rather grudgingly says ‘ok’. (all laugh) Thank you. Connect with him in your writing, he wishes to speak to you.

For those of you who see auras with the physical eye, what are you seeing around these three friends right now? (Indicating ‘Na’, Sohrab and ‘Gl’) Come on, don’t be shy...

Group Member:– I see a lot of green, but I have to close my eyes and find out what it means..

🌈 Then close your eyes and find out what it means.

Group Member:– – There is a huge tunnel behind all of you .

🌈 What does this mean?

Group Member:– – Definitely some kind of connection. A force that is present today or is trying to come into the meeting today.

🌈 What do you get?

‘Ruk’ – There is a lot of white light – this is what I can see.

🌈 What does it mean to you?

‘Ruk’ – It means divinity.

(to Dr. Y) – What do you get?

‘Dr. Y’ – I see, around ‘N’, a lot of weapons –

🌈 What do these weapons signify?

Dr. Y – I will have to connect, one by one, but I see a huge pyramid over ‘Gl’, her head – and I cannot see anything around you.

To another group member – What do you get?

Group Member:– – I see a lot of rays of light, a lot of them and I feel as if they are all connecting you three together, just one curtain which is putting you on one screen.

🌈 (to Gy) - What do you get?

Gy – Give me a moment. --- I see – or sense rather, not see – I am sensing - a portal. This portal is emanating light to the whole group and it signifies – it's the new energies that are coming in, and its helping us all move into that energy space, so they are using the Trinity that you three represent, the strength of the trinity that you three represent here right now, to help us access the energies of this higher portal.

🌈 Who else would like to speak of the energies coming through this portal, right here, right now?

SV – Are these the new age energies?

🌈 You are going to tell us, you are not going to ask us!

Ds– It is the fifth shift: We've gone through the first four, which is the love for the divine, understand the light and dark, being strong about the light, the light can overcome the dark, no more karma, and the fifth one is the quantum lift where we can change form – change, change form – and therefore, so called in our third dimension, it is a miracle, it is a quantum leap.

🌈 (Clapping) – thank you, thank you all! Now see how accurate each one was in his or her own way, putting the peaces together and identifying, so simply and easily, an energy flow that you would never have believed, in the past, that you could identify.

Yes, these are new energies, a portal has opened up here, at this very moment, and you are being flooded, as we speak, with energies beyond your comprehension. There are very, very vibrant energies flooding in, all of which are unfamiliar to you.

Some of you, after today's session, may experience minor aches and pains within the physical body. Just relax into it and allow it to happen. It is the body's resistance to the new energies, which is perceived by the cells as an 'attack'. But it is not an attack, it is an upgrade. So keep opening to the energies, and continue to do so for as long as the resistance persists.

You have all been brought here today, not by us, but by your own beingnesses, as you wish to participate very actively in the session that is about to take place. Most of you are aware of the new rush of energies, that are going to flood Planet Earth during the year 2009, and that flood has already begun. You are still stumbling with blocked issues and areas that are trapped within self and today's session is specifically to help you target, examine, acknowledge and begin to release these areas, before the physical end of 2008. (

Go within yourselves, and get comfortable in your own skin. If you wish, close your eyes, relax the physical body, and begin to get in touch with who you are. Begin to embrace

all aspects of self: those which you like and those which you don't like, just acknowledge they are part of who you are.

Now ask your beingness to bring up one word in front of you, either in the mind or as a visual in front of you, one word that requires work on your part, one word or one phrase that tells you what is stubborn and stuck within you; one aspect of self that you must address before the end of 2008.

(Sohrab chants OM) Do not censor the word, some of you are pushing it away, saying it is too silly or judging it to be frivolous: do not do that, whatever word has come up, has come up for a reason. Now ask your beingness to produce a second word

(Sohrab chants OM)

Now ask your beingness to present you with a third word,

Now ask your beingness to present you with a fourth word,

And finally ask the beingness to present you with a fifth word.

Now just play with these five words in your mind and allow the strongest one to come up.

Gently return to full consciousness.

Let us ask a few of you to share aspects of self (only if you so choose), and we will discuss them, so that you can understand how to bring up your aspects and to work with them during this brief period before the end of the year. Who would like to share with the group?

'Ruk' – Lack of self faith – faith in self

🌈 Lack of faith in self – and this appears to be the most prominent one of the five?

'Ruk' – Yes

🌈 We will accept the phrase. How do you feel this pertains to you?

'Ruk' – It affects my work, because - the doubts come in, that's when I feel that I should have more faith in myself.

🌈 Lack of faith in self – an interesting combination for our friend here, as it deals with three aspects of self, all intertwined : Lack – a feeling of not being abundant, a feeling of

not matching up to your own expectation and to the expectations of others, a feeling of depletion in your energetic structure, and so much more.

Faith – where you do not acknowledge your power – as faith is having faith in your power and your Self, it is not about giving away your power to another divine being, it is the search for the ‘who am I’? A very, very accurate one, dear friend, and you have been most courageous in sharing this with a large group of friends, none of whom will judge you for this.

It is imperative, before the end of this year (and spilling it over into the next year), that you spend time in contemplation of this phrase: write down what it means to you, write down what comes up for you, use it like a header or a title for a small essay about self.

But we urge you NOT to view yourself the way you WERE, but as you are in the here and now. Go ahead and frankly assess your current strengths and weakness (as you perceive them), and also decide what you are going to manifest for self starting NOW.

This is going to be your task for 2009: Eliminating the lack, finding abundance, finding faith in self, and exploring newer and newer aspects of self. It is a beautiful year for you, and a year in which you will blossom, if you dedicate your work to self, for self, by self. Now you may have received three or four other words, they are peripheral words, see how they fit into this umbrella statement, do that on your own.

‘Kh’ – First came jealousy...then came love...then came Mother Gaya and animals...then service and honesty. But I am not jealous of anyone!

🌈 Aahh!! She has chosen to provoke this beingness, and to challenge the group with this last statement! (all laugh) ‘I am not jealous of anything’ – lets take that one word alone: what is jealousy? What is jealousy to you?

‘Kh’ – Intellectually – its envy.

🌈 Understand we are not looking for a dictionary meaning, we are looking at her perception of jealousy – in her perception, it is envy, what else?

‘Kh’ – I don’t know?

🌈 And you feel you are not envious?

‘Kh’ – Yes

🌈 And yet the word has been flung up from deep within you. Do you wish to contribute something to this, friend? Why has this word been flung up from your beingness?

'Kh'– You tell me!!

● Would anyone like to offer her an explanation?

'Ds'– Lack of abundance, (inaudible) emotional jealousy.

● Thank you! Would someone else wish to offer an explanation?

'Ruk' – This was what she experienced very strongly during her childhood and during her school life...it is not yet resolved.

● Aspects from her childhood which are now rearing their heads again. (to 'Kh') Dear one, you have done a lot of work in this area, we are aware of that. In the past, you were directly jealous and envious of others; now you are able to appreciate another's abundance, but you turn that energy around, directing it inward, and still feel great lack because they are abundant.

'Kh' - Oh!!

● Aah! That is a small shift; it is little game that you are playing with yourself. So simply examine that, it not directed now outward as it used to be, you have worked that through, but you have shifted the game and now you are using it as an excuse to push yourself down once again. So clean that little area, bring it up, examine all the situations in your life where you do that and start to assimilate them, which is to first acknowledge it is alright to feel this way, understand why you feel this way and then choose not to exercise that aspect any more.

'Ruk'– Is that self pity?

● Of course

'Kh'– No – I don't feel pity any more, I love myself very much

● Ah, ah, ah –

'Kh'– I'm not in that mode anymore –

● You are far less in that mode, dear one, far, far less than you were before. But there are still those hidden areas, the dust under the carpet, which you have not cleaned out yet, so examine those small areas where you still play that game, those are the hidden areas, you have examined and worked through the obvious ones, now find the hidden ones.

SV – She needs to start liking herself.

🌈 Explain this further, as she has worked upon herself – explain what you are perceiving.

SV – (very forcefully) See, love, its very easy to love – but it's very difficult to like, extremely difficult to like. Love - you can love out of obligation. You can love your parents, you can love your siblings, but you don't need to like them. Like – it is so difficult to like others and it is very difficult to like yourself. First learn to like yourself. If you can like yourself, -- you already love yourself, -- so?

🌈 This applies to every single person in this room. Thank you. (to Khush) This is not a personal attack and the personal attack you just perceived is exactly what we were just talking about. You saw it as an individual's personal attack on you. It was not, it was a forceful statement and it applies to every single person in this room. Please find out how much you like yourself.

'Kh' – Thank you

🌈 Thank you - and thank you! (to Shireen)

'Na' – She hasn't changed in critical mass----- loving herself – or jealousy

🌈 Why do you say this?

'Na' – Because she wouldn't have got those words.

🌈 No, dear one, -

'Na' – But not as much -

🌈 she has changed, she has changed greatly. But just as every single human being in this room has areas that are so hidden from self, they are unable to even acknowledge they exist, so is she beginning to touch those deep areas now.

The exercise given today was to provoke every single one in this room to do precisely that.

'Gy' – I was just going to say it before you said it – that what has come up for you Khush today is actually something that represents the group consciousness and you bringing it up for all of us, you are being very brave by having voiced it, because it pertains to every single one of us in this room.

🌈 Thank you! And what came up for you?

'Gy'– The first word was 'consciousness' and it came up before you even finished the question, it just popped up. The second one was 'me' but it was a small 'me', the consciousness with a big 'C' and the 'me' was with a small 'me.' The third word was 'selfishness,' the fourth word was 'anger,' and the fifth word came with a – as a hyphen – it was 'wonderful-expansion'.

So I asked self what the connection was. I tried to get it for myself, and I actually saw my entire journey and it was like a loop. Consciousness giving rise to me, selfishness, anger – which was the height of separation, the height of the experience of separation, and God knows how many life times including this one, which I am not willing to accept – 'no, I cannot be selfish and angry' – 'yes, I can be selfish and angry' and so what, the minute I embrace it, is when my experience is complete and total and it will lead to my wonderful expansion.

🌈 How beautifully she has brought up, examined and linked the words, forging a pathway for self to work on self, for the next few days! We urge you to look at the two aspects that you are attempting to assimilate: 'selfishness' and 'anger', and see how these two aspects are actually your greatest friends, in helping you touch layer upon layer upon layer of liquid light consciousness. They are your greatest friends at this moment and must be acknowledged as such.

This does not apply to the whole room, it applies to you specifically. Please look at these two aspects, and look at 'selfishness' from both perspectives: the traditional Earth meaning, which implies selfishness and the spirit meaning which is the paradoxical opposite, which is a complete appreciation of self.

Look at both sides and the space that lies between, and in the case of anger, do not examine the word 'anger' so much, as the feelings it generates in you, when you experience anger with different people. Anger towards the mother, the father, the husband, the friends, the staff, the domestics: look at the spectrum that anger creates in you, in your case the spectrum is more important than the word itself. These two clues will help you on your journey, 'consciousness' for you is vital. It came up first as it is your eternal quest and it is a path you will follow, no matter what, life time after life time. So it is your greatest asset, your greatest strength and at the same time, when you do not touch the consciousness you wish, it becomes your greatest obstacle.

'Sur'– I'd like to share mine. I saw a light – darkness, - I saw happiness, - I saw joy and finally I saw unity. I found when I was analyzing myself, it's a path I am going through – and I have to accept this further.

🌈 Explain this further.

'Sur'– You see, in my lifetime, I've had experiences ranging from the traumatic to the magnificent, and I couldn't understand either extreme. But self-annihilation brought me eventual unification with Kalima, and then joy.

🌈 If you look at the thread through the statement you have just made, you will see that your quest, leading into the next year, is to exercise your power, but at the same time with complete responsibility. This is your quest and you exercise it at times in complete balance and at times in complete imbalance.

'Sur'– Yes, absolutely right – I'm reluctant –

🌈 This is your quest, enjoy it, work with it, examine it, and experience it.

'Sur'– OK

'Ds' – May I ask a question? In the period of 2009 we should look at our core, which is what we are doing just now, and you also mentioned there is great energy coming in, why don't you tell us what this will be for us?

🌈 With pleasure

'Ds'– and what is the transformation that we will see in us?

– Before we answer that, let us have one more person share their words with the group.

'Bz' – The first word that came up, even before you finished asking us was 'love'. The second word 'health' came up, and slowly the third word...'focus'. The fourth was 'family' and the fifth was 'wealth'. So this is what I'd like to share.

🌈 What does 'love' mean to you?

'Bz' – Sharing your own self with others, whatever you have within you, that's what you want to share: your kindness, your joy, everything that you love about yourself to others, your entire personality... you want to share with everybody, even if its any person on this planet.

🌈 Very good – The word 'love' has been explained to all of you over several past sessions. At times you have been told that 'love' is not an emotion, it is a force; at other times you have been told that love is not the 'cotton wool' emotion you experience on planet Earth.

It is magnificence and it is, indeed, a difficult word to explain in the third dimension context, as love cannot be 'explained', it can only be 'experienced'. So your

comprehension of the word 'love', and yours, and yours and yours (pointing to different people) is totally different. This is the primary reason that relationships often undergo upheavals, as individuals do not have the same focus, belief or experience of love, and they demand that other person 'love' them in the way they experience it, which is physically, spiritually and emotionally impossible.

So we say to you now 'love' is the same as 'power', which is an appreciation and acknowledgement of your own magnificence, and we say to you that love – this is going to be controversial - - love can never be directed outward, it can only be directed inward.

Imagine you on board a ship, and you see a man drowning in front of you. If you fling him a rope, without tethering it to yourself, he will only grasp it and sink.

Love is the same: if you cannot appreciate and acknowledge your own magnificence, if you are not in power, how can you possibly appreciate and acknowledge another's magnificence?

If your vibrations are not at a level where you can 'love' self, how can you possibly begin to wrap another with your energy field? You may try, but you do not have the energetic capacity to do so. It is like trying to grab hold of a cloud.

Understand this, love is not given, love is an energetic embrace, and if you do not have energy arms as wide as this, (spreading out his arms wide on either side) how can you embrace anything? How can you embrace anything, if your arms energetically are not expanded?

So if my love quotient is only this much (palms flapping near the chest), I may look at my sister and my mother and my friend and my lover and say 'I love you,' but my energy arms do not even come near your energetic sphere, they are flapping wildly here.

It is a concept that you have been brought up with: that you 'must' love your partner, your mother, your father, your friends, and you say the words, but often they are meaningless. But when you begin to love yourself, and expand and appreciate your own magnificence, these tendrils move outward and when you are in the vicinity of others, you cannot 'not love them' – as your energies are already cradling them, because they must, because they are this wide (spreading arms wide out again). Then whether this person wants you to love him or her or not, it matters not, as you then cannot 'not love'.

We suggest you all re-examine your concepts of 'love'. Be honest with yourselves. First start with your Earthly perspective of 'love': what have I been taught about love? Who do I love? – all of this, from a very Earthly, ordinary perspective, then go further – 'I am meant to love my family because they are my family, but do my energies really wrap

them? Who within my family is wrapped by my energies right now? Extend it outward, extend it to inanimate objects. 'Do I truly love fine things, do I love food, do I love the environment I am in?'

Then go a step further and check first, 'how much do **I like myself**'? Before I can even have the temerity to say that I love myself, do I even like myself? Check your energetic field. How expanded is it in the 'like' department? How expanded is it in the 'love' area?

The new energies that are working here, so smoothly and vibrantly today, are **energies of pure potential exploration**. What does this mean?

Pure – they are energies never before accessed by Earth or her inhabitants, and therefore they are technically uncontaminated by any conditioning that Earth could give them.

Potential - they are so vast, so multi-faceted and multi dimensional, that you have the potential to experience, explore and visit any aspect of the universe that you choose, if you ride with these energies. You can, if you so choose, use them to assist you in visiting different aspects of self in different incarnations, different dimensions, different realities, as well as use them to 'take trips' to different parts of the Universe.

Exploration - You are all magnificent voyagers and travelers, right here, right now, and this will continue very strongly through 2009. Why and how?

How first: You now have the ability to project yourself to different parts of the universe and realities instantaneously and simultaneously – but that aspect has not yet filtered into your conscious mind, as your conscious mind is still caged, limited and confined by the conditioning that 'I cannot do this'. So you are doing it, but you don't believe you are doing it. Its like saying, 'I'm not able to comprehend what is being said right now' and yet you are sitting here, and each one of you is hearing and understanding this concept of various levels.

'Ds'– May I ask why – what or how can the recognition of the core issue help us understand (inaudible)

🌈 If you do not, consciously or unconsciously, touch the core issue, all your old energies are still in a tangle around this centre core. The moment you touch this core issue and you begin to unfurl your energy tendrils. All the energies are suddenly free to expand in every direction, and visit every part, every aspect of self that you choose. This doesn't mean that the core issue will be fully resolved; it simply means that you have unlocked your own Pandora's box and have begun to unearth your own treasure trove of energies.

Your unblocked core issue anchors you to 'who you were', but the moment it is released, your beingness starts to acknowledge its vastness, its magnificence and its limitlessness.

You already travel constantly in the astral. Now challenge yourself. Demand that you travel consciously as well, in the waking state.

Come, do it now, without thinking or wondering if you can: just close your eyes, and visit any aspect either of self or any region of the universe 'in your imagination'. Let us use that term, as you are still comfortable with it. Imagine yourself either in a different form, or in a wonderful region deep in the Universe. (long pause)

Come back ---- Now we only want to talk to a person who couldn't do this.

(A group member put his hand up)

🌈 Thank you for your honesty: what happened when you tried?

Group Member: I saw some deer, lots of deer, and that's it... it didn't make any sense to me.

🌈 We didn't ask you to 'make sense' of it. Your resistant mind demanded that! Now, if you had allowed yourself to go deeper, to go with the flow that was already happening, much more would have revealed itself to you. But instantly, the consciousness holds you back saying, 'I cannot do this, it's my imagination and I am a fake'. The instant you put that wall up, you can't go further, because you don't let yourself go further. You know this about yourself, dear friend, it is a constant pattern, attempt in the next six days to break it. You have such dedication when working on self, break this in the next six days. Learn to TRUST yourself.

Group Member: That was the word that came to me - "bharosa – trust."

🌈 "Trust" is the word for you to work on. And trusting who? Only yourself. You already trust your earthly skills and abilities, now teach yourself to trust your energetic skills. You have a feeling of 'worthlessness' in that area. Ask yourself – 'why don't I trust myself, why am I feeling 'spiritually worthless'? This 'spiritual worthlessness' has now moved into the physical life. So examine that.

'Pz'– Sir, may I say something – he says he saw deer, but it also sounds like 'dear' and that's the connection he needs to look at.

🌈 Thank you, thank you.

'Ds' – What happens to people who do not choose to unlock the potential within them, who refuse to use these energies?

● Let us divide the peoples of earth, very broadly, into three groups:

The FIRST group of people is absolutely certain that they do not wish to involve themselves with these energies in any form or manner. These people will shortly exit the planet, shedding their physical form.

'Ds' – By choice?

● By choice. By choice, which is their rightful option, and not to be judged by anyone. They understand, on a higher level, that these energies will contaminate their personal progress. Now, not everyone who exits in 2009 is doing so for this reason, but many will.

The SECOND group consists of people consists of most of humanity...people who have not, in this lifetime, studied energies as you have, and are not aware of any of this on a conscious level. YOU and groups like yours will act as 'liaison officers', contacting them on a higher level, and offering your services to help facilitate their personal access to the new energies.

The THIRD group consists of people like YOU, dear friends. Those who have come here today, those who are not present but read this manuscript, and those around the world who are receiving the same information in different ways, through different sources.

You have chosen to be consciously awakened and to take flight. So go ahead and day dream all you want. Sit in taxis and daydream. Sit in your houses and think about aspects of self, visualize, imagine, wander, fly, but do it with responsibility, which means the moment you choose to do this, visualize the scene, bring it back and ask yourself, 'why have I visited this?'

Let us use the the imagery that you (Dr.Y) saw around her ('N'), that of 'weapons'. Had she worked on that, she would have probably first been resistant to the visuals, which would have given her a distasteful feeling. Then she would have checked out what this actually meant to self. She would then have come to the conclusion that she was simply 'arming' herself with aspects of self, to be better equipped for her journey of self-discovery in 2009.

In your case (referring to 'GI'), the pyramid that he saw upon you were new patterns of Sacred Geometry that you had drawn to self, to better anchor the new energies, not only for self, but for everyone and everything around you. You will be doing a lot of global work this coming year, dear friend. Remember, you are limitless.

'GI' – Can you expand on that, please?

🌈 Stirring events have just taken place in your city. Let us suppose that you get a deep inner urge to send out light, to heal and nurture all who are involved with them.

That is an instantaneous choice, SO DO IT. KNOW THAT YOU CAN.

On another day, you feel urged to work, inexplicably, with nature, trees and forests. Respond instantly without questioning it. Ask your own beingness for guidance. Listen to self.

'GI' – I like to say something – I see the figure of 4 and then I'm told invert it. So there are two figures of 4 facing each other in a pyramid form, the lines of the 4, is a tube through which I go out and on top of the pyramid then completely balancing myself on 1 toe, that's what I saw.

🌈 What does the No. 4 mean to the numerologists in this room?

'Kh' – Earth, grounding

🌈 Earth, what else?

Group Members: – Discipline, Buddhist wisdom, peace, harmony...

🌈 Now do you see what you have to offer?

'GI' - Thank you – I didn't see it.

'Ruk'– Does this also apply in my case, when I'm working and I want to be with somebody, I want to work with that person, I actually feel myself there with that person, is this part of these new energies?

🌈 Completely, completely. - Friends, please do not limit yourself with the concepts of the old mind, you can work simultaneously on tens of thousands of friends around the world and still be involved with the physical activity of the moment. Rid yourself of the old concepts of only being able to work with one thing at a time.

'Na'– Am feeling a lot of memory loss right now.

🌈 Ah!! We will speak of that.

Another lady – The whole of October, I had a lot of fear, and I had anxiety attacks which I never had and which went on till mid November, I could not understand it, it gave me a lot of trauma, and lot of fears which kept coming up and I just couldn't understand it.

Dear one, almost everyone you know including members of this group have gone through accelerated trauma towards the end of this year. It is a process of speeding up your own growth and development so that you facilitate the touching of the root issue, this has happened for every single person, sometimes through external circumstances, and sometimes internally, through inner turmoil. But no matter what, every single person has gone through their form of trauma or unsettlement, only to provoke the root issue.

'Na'– Loss of memory?

We have spoken of this before and we will speak very briefly of it today. Every human being, in preparation for 2009, is undergoing a process of the upgrade of the physical brain as well. We told you that the energies of the left and right lobe are now beginning to merge and at the same time, your neural pathways are being restructured, partly by you and partly by entities who are working within you, at your invitation. This was spoken of, perhaps 6 to 8 months ago. The process is still underway. Now, some people are experiencing memory lapses, and others are experiencing what appears to be an enhancement of memory. Tastes are changing, as are likes and dislikes. Just accept the interim process of the upgrade.

'Na'– No, I love it, I love the power – no issues.

One question before we end.

SV– Its like she asked that question, 'what happens if we don't (inaudible) its like we don't have a choice just now! .

'Ds'– Of course you do

Of course you do –

SV– You do, but the choices are drastic, aren't they, where you say ' you exit'?

You say you don't have a choice, but don't you see, dear one, you have already made the choice, otherwise you wouldn't be here, in this era, in this incarnation, at this moment in time?

SV– OK may be its not fear, then the word should have been 'excitement'?

No, let us not take away from 'fear' - speak

SV– My core issue is my core issue, that I am not bring up, what I'm trying to say is that when there are so many changes taking place, I just felt that why ---- people always resist change –

Group Member:– Fear of the unknown

SV– yes, ‘fear of the unknown,’ how come no one has experienced this or has come out with it today?

🌈 My dear one, every single human being experiences fear to different degrees. Let us reiterate, the core issue is the very deep rooted aspect, with which every peripheral issue in your life seems to fit. Don’t Exist, Don’t Belong, Don’t Think, Don’t Feel....etc...all core issues.

One person may have a Don’t Exist, and another person may have a Don’t Belong, but at times the first will experience Don’t Belong as well, and the second Don’t Exist.

Only you, through this sifting and digging, and perhaps with the help of another, can find what that real core issue is. Use the exercise we gave you today, it has given you vital clues to touch your core issue: work it, enjoy it, experience it, embrace it and assimilate it.

BLESSINGS, JOY, LOVE AND LIGHT

FROM THOSE ASPECTS OF SOHRAB THAT ARE THE SAI BABA,
THE MEHER BABA AND THE SAINT GERMAIN.
BLESSINGS ALSO FROM THE COSMIC BOARD.