

12th February, 2009
THE RABBI, (From Nariman House)
THE WATCHING SOUL
Channeled by Sohrab

The Rabbi at Nariman House Mumbai Fragments of Self

Trance Channeling begins

■ Aahaa!! - Kill the Bastard! Kill the Bastards! Kill the Bastards!

These were the first emotions I experienced when I encountered them, and yet my war was not with them, but was with myself, as I could not accept that I could have these emotions, as I considered myself to be a 'Man of God'. My war with self continued throughout my entire experience, till there was a merciful 'release' of the spirit, and I shed the physical body.

Who am I? (Laughing uproariously) I am the one you call the Rabbi! (Note: the Rabbi from the stirring events at Nariman House, Bombay, on 26/11).

Have no fear for the child. The child is fully protected, the child does not need your prayers or energy...the child will shine!

The experience I underwent was my own, personal holy war, as I always believed myself to be a Man of God, A man of peace, a man of joy, a man of laughter, a man of acceptance.

Yet through these processes, I discovered my hidden anger which I had suppressed, my vindictiveness which I had not acknowledged existed, my viciousness which was so much a part of who I was, but suppressed, and in those whom you call 'terrorists', I only saw a mirror.

The terrorists who mutilated me, raped me and killed me **were my own fragments.**

Each one was me, my actual Earth fragments and I could not abide 'me'.

My learning starts now: to embrace ALL ASPECTS OF SELF that I could not do, over lifetimes. I chose, very deliberately, to bring those fragments in physical contact with

self and to allow them to awaken me. I am in the process of embracing each one. They are not my brothers and sisters, they are ME.

Are you now all thoroughly confused (laughing)? You may ask questions now, if you wish!

Group Member: – They killed your wife as well.

■ – She was also a fragment.

Group Member:– But don't you feel sad for your baby?

■ – I feel no sadness at all. I feel no pain or self-pity; I only feel joy at having finally been awakened. I had to stop rejecting self.

I know, from my energy centre, that my child and the others who have lived are fully protected and are on their individual journeys. They now do not need my energetic input at all. Do I 'watch over' the child? Of course I do! I energetically embrace the child at all times, but I do this because I wish to, not because it is needed.

Group Member: – Of all your fragments, have all 144 merged?

■ – No, not at all.

Group Member: – So there are some remaining, from various time lines?

■ – And those fragments of self are now being fed by me, with new energies, new courses, new patterns, and new promptings, to begin a process of assimilation at a higher rate.

Group Member:– So are you 'creating the tapestry', or are they 'creating the tapestry'?

■ – I am the weaver and I am the thread; I am the one who plies the needle and I am the needle; I am the one who conceptualizes, and I am the art that is conceptualized; I create the framework, and I am the frame work. There is, in effect, no tapestry. And yet, everything is the tapestry.

Group Member: – So it is all an illusion?

■ – It is an illusion to help you understand Self. (laughing)

Group Member:– How soon did this realization come to you?

— It began in physical form, while I was undergoing physical torture. And my torture continued for several hours and with each new stroke of pain came a stroke of the tapestry, of rejection of self: My thoughts and words were, “Kill the bastards. They do not deserve to exist. Black Fuckers. Sinners.” And much, much more.

(He begins crying) I even offered my wife in my place: take her, spare me. That was the depth of my pain, my degradation of self, my humiliation, and I experienced each one of these magnificent emotions to the fullest.

And each time I felt that and experienced that, I pushed myself further into denial, warring with myself. ‘How can you feel and say this?’ Then I would feel and say it further. **That is holy war: Holy war is not externalized jihad, it is jihad within self. What is external jihad? It is non-acceptance of reflections of self. That is all.**

Group Member:— Or belief.

— Belief, thoughts, physical form: are all reflections of self.

Group Member: – Can you explain why pain always seems to important for the progression of the soul?

— Let me answer this from my perspective, as I understand it.

Not all humans use pain as a stimulus, but many do. Why? Because the average human chooses to live in denial and denial leads to numbness and pain is then the perfect stimulus to provoke self-search. It jolts you out of your numbness and forces you to feel and experience.

Look back at the ‘Holy Inquisition’ and ‘the Crusades’. Torture has been used in every culture and community. Even ritualistic ‘rites of passage’ generally include pain. They provoke the spirit.

Now, does this mean that you must experience pain to grow? **Not at all!!** Simply do not choose that path and activate your senses, by willing it so. But many times there is a conflict: the higher beingness urges urging you to experience and acknowledge an aspect of self and this ridiculous ‘physical’ cuts it off. How are you going to bridge the gap, to bring the mind body and soul together? With a kick in the pants, and that kick, more often than not, is painful.

Group Member: – Does this mean that, even in a failed relationship, you asked for that pain?

To force oneself to see it as it actually is? To reflect on the relationship and ask self what self needs to work on/release?

■ – Whether it is a relationship, whether it is the physical loss of a loved one, whether it is being thrown out of a job, it doesn't matter how you create the pain. You will create pain, if that is your choice, in the manner best suited to awaken self.

Group Member: – But how do we learn from it, how does one look at it?

■ – It is a process I am undergoing right now. I am beginning to understand it. Dear friend, I am speaking now, not as an Expanded Master, but as a human in spirit form. One of you, but in spirit form.

While I was on earth, I chose to ignore the promptings of self, constantly covering them up, with self-deceiving excuses like 'I am working for the community. I must put others before self, I must follow the path set out by Judaism. This is right and that is wrong, this is acceptable, that is completely unacceptable'. I was a champion at deciding what was unacceptable for and in others. Oh, my moral standards were inviolable! I was a stuffy, arrogant, boring prig!

Group Member: – Was that a mask?

■ – A complete mask.

Group Member: – Did you attract the terrorists to self?

■ – I did not attract them, **I created them**. I created them, as they are my soul fragments. Aspects of ME. I invited them to '*come, kick me around, as that is the only way I will awaken*'.

I have a past-life history of remaining 'fast asleep' and ignoring the various choices I had made. I would conveniently hide behind society, culture, beliefs, rigid patterns and then 'fall asleep', ignoring the promptings of Self.

I got fed up with this cycle, and I said '*No more, no more*', and created this brief experience (a few hours is very brief in the time-span of a soul) , so that I would FINALLY awaken!

Group Member: – It opened up your energy structure?

■ – Completely.

Group Member: – That is the experience you chose to---

■ – If you want to study it energetically? What occurred in my physical body was all the tight knots, I had created over life times, were not unraveled, they were shattered, shattered, it was not like – 'cutting stitches' – it was like exploding a bomb in the

wound. The wound itself was shattered. And I will now create self anew in the most glorious manner. In fact I will probably not choose a human incarnation, I will probably choose an incarnation of pure light, to experience easy synthesis of energies, complete freedom, complete expansion, and then in Earth time at a later date, I will once again test in the physical form, and if I have not learnt my lesson, I will create new fragments of self, even more harsh to kick myself in the pants.

Group Member:– Your child, too, chose this experience?

■ – Of course!!

Group Member:– Ok, and is the child also an aspect of you?

– Ironically enough, the child is the only one, in this experience, who is not a fragment of me. But all the ‘terrorists’, the police, the commandoes, and a few civilians, who were DIRECTLY involved with the episode, were all my fragments. Even some of the bystanders were fragments.

Group Member:– So, in fact, all 144 of you were (inaudible)

■ – No, not all.

Group Member:– What was the purpose of this whole episode that we call 26/11?

■ – I cannot answer that. I am only speaking from my perspective.

Group Member:– So, what was your perspective?

■ – Precisely what I have just explained. **“Reclaiming self”, to use two simple words. Reclaiming the self that I had no idea existed. ‘Reclaiming’ which means ‘Identifying and embracing the part of self that is vicious, that part of self that is the killer, that part of self that is the rapist, that part of self that mutilates and murders, that part of self that has no feelings for others, that part of self that is so blinded by Jihad, that he cannot see beyond his nose, and so on. How was their Jihad any different to my ‘so called’ wisdom? I disguised it better, that’s all.**

Group Member:– Now that you are not in an embodied form, do you have an image of self as you were, and self as you are now?

■ –Self, as it is now, still looks quite human. Because it is a ‘self image’, and I have chosen to retain a human form, for the time being, for my comfort. But this ‘human form’ is very different to my physical form on Earth.

Are you familiar with 'The Rubik's Cube'? I am playing that game with my 'human form'. (laughing) Not to change my form or features, but to shift around energetic compartments, to see how they best fit together in energetic harmony of self.

For example, the free use I have made today of the word 'bastard' and other oaths, is to embrace those profane aspects of self, with no judgment. On earth, I had often condemned self and others for the use of profanity, yet in spirit 'human form', I am learning to relish them, without judgment.

Now I say the word 'Bastard' (stroking Nandinie on face) with complete reverence. It is a caress, it is not a curse: I am simply shaking up my own energies (and yours!). Truly, truly exciting work for self. Playing with past experiences, aspects of self, beliefs, attitudes and morals; tossing them around, and finding new permutations and combinations of self.

At some future point I would like to incarnate into an energetic culture of pure light. One which is not confined to a limited physical body, or a planet. I want to become a space wanderer!

Group Member:– At what level of soul in spirit are you? Are you in the world of the 'waiting souls' or have you got over to the spirit world?

■ – I am in the spirit world. I am not sure how this occurred. At first, on earth, I naturally experienced physical pain and abject trauma. Then there was a period when I experienced absolutely no physical pain.

I was being jerked out of the body, but chose not to leave it for a while, to experience inter- dimensionality. Then, at the appropriate time, I was elevated through a tunnel of light and into an area of deep space. This seemed odd to me, as my belief structure was quite rigid and had not prepared me for this. But in this womb area of deep space I began experiencing replenishment and great nurture.

Group Member:– And were you by yourself?

■ – I was surrounded by friends, guides, masters and energies, but I was not able to distinguish who they were. I knew I was being comforted, but my belief structure refused to allow me to see them for who they were.

Group Member: – Did you see your fragments?

■ – Yes, but I did not know what fragments even were. After that I was cradled for an extremely long period of energetic time. Remember, time in deep space has no bearing on Earth time. I may have exited a short while ago, but in deep space time, I was in the cradle for years. Time can be much shorter or much longer than Earth time. After this

occurred, I exploded into energetic awareness, and was suddenly surrounded by what you call Masters. Then my education began. I am still at level one, and I love it.

Group Member:– Yes, I can tell that from your energies.

Group Member: – Why did you choose to come to us today?

■ – Why do you think? Come, lets hear what you have to say.

Group Member: – To make us aware?

■ – Of course, but much more than that.

Group Member:– You have answered a lot.

■ – I have come for every single person in this room. There is not one person sitting here, who is not going to experience some form of an ‘energetic explosion’ in this current year. Some will experience a single dramatic one; others will experience minor pockets of energetic explosions in several areas of their lives. I have just come to remind you that you have chosen this. It is glorious, don’t resist it.

Group Member:– I called you, sir!

■ – All of you called me or else you would not be sitting here, and I would not be speaking to you today.

Group Member:– You said to us, twice, that you were a ‘Man of God’; now that you are in spirit, have you found God?

■ – Now I am a God of Man! (Uproarious laughter from all, particularly the Rabbi)

Group Member:– I am sorry, but I do not understand this, please come down to my level!

■ – (still laughing) I believed, when on earth, that God was this magnificent being ‘up there’, who was using me directly to influence many, and to condemn others. I considered myself his personal instrument and spokesperson.

Now, mind you, I was actually a very nice guy! (all laugh). But I was also very opinionated, full of ‘rights and wrongs’, and considered myself God’s arbiter...a “Man of God”.

Group Member: – And you played God in other people’s lives.

— And I played God in other people's lives. **It's magnificent to play God in other people's lives ONLY when you acknowledge that everyone is God.** But when you see only yourself as a Man of God and consider others several levels below you, there is a problem.

Now I am a God of Men, and I did not mean this as a joke. Though I have reclaimed a lot of my humour, as I now know that humour is very Godly. When I say I am a 'God of Men', I am now beginning to understand the divinity within.

What I perceived as 'flaws' in self and in others, I am now beginning to understand are part of perfection. They are magnificent facets of self. There is divinity in chaos. There is perfection in the imperfect.

So I am beginning to acknowledge my true Godhood. The more I embrace my flaws, the more divine I become, and as I do that, I am acknowledge that 'Man is in the image of God', and 'God is in the image of man.' *Which came first, the chicken or the egg? Did God create man, or did Man create God?* I don't know yet.

Group Member:— Does that (inaudible) the Rubik's cube?

— Yes. A twelve-dimensional Rubik's cube.

Group Member:— So we should have the same thought patterns, playing with the Rubik's cube.

— And each ones' Rubik's cube is in perfect synchronicity with their own energetic evolution. So some have cubic ones, some have decahedrons, some have twelve dimensional Rubik's cubes and yet others have beautiful linear ones, which they string together like a necklace. Each one is perfection. There is no competition.

Group Member: — You said that one should embrace all the flaws within self, but once we have recognize there is a flaw within us, don't we have responsibility to change it, embrace it and then change it, or should we operate with those flaws?

— The instant you begin to assimilate the flaw, you stop perceiving it as a 'flaw' as it becomes a part of **who you are**. Once you acknowledge that it is a part of who you are, you can then choose whether or not to exercise that aspect of self. It's that simple!

Group Member:— Ok

— So, in practical terms, let us say that you have an 'uncontrollable temper'. You hate yourself for being like that. You go through cycles of vicious outbursts, then you

apologize and condemn yourself for what you have done, and you continue to repeat the cycle.

Through the processes of assimilation of this 'flaw', you begin to ask yourself, "Why do I repeat this pattern? What has caused me to be this way? How does my temper actually serve me? How does it serve the others, upon whom I unleash it?"

You may find that your temper actually increases your bodily vibration. That it helps you express your hidden, suppressed emotions. That it releases trapped debris that could otherwise make you sick.

You will also find, through deep search, where this comes from. And why you use it. Slowly, your gratitude for this temper begins to surface, and when you have understood it and assimilated it, you will then find that you do not need to externalize it.

When you were five years old, you had to practice your five times tables over and over again. Now that they are a part of you, do you ever need to practice them out aloud? Of course not!

But at the age of 5 it was very important to repeat them over and over and over again. Once they were assimilated, they became a part of you: Are you ashamed to know your 5 times tables?

Group Member:– No

— No, Are you proud of it? No, it is just part of you.

Group Member:– So, when you were on earth and you had to 'follow the books', you just followed the books without thinking for yourself?

– Ho ho ho! Oh, I was a master at that: I 'followed the books', added my personal slant and said it was the 'word of God'

Group Member:– You didn't know better, you didn't know better...

— *What difference? It's what was, it's not what I now choose to be!*

By the way, I was also a very loving and quite a wonderful human being! (All laugh) I did a lot for those around me. Quite like all of you!

Group Member: – Any aspect of you in this room?

— I choose not to answer that.

Group Member: – Ok

■ – I will not tell you!

Group Member:– No, don't tell us that, that's enough

■ – (laughing) Now she will wonder about this for the rest of the evening!

Group Member: – (laughing) No, I won't!!!

The Rabbi suddenly left Sohrab's body. Another entity began to speak

Friends, he was called away on an urgent mission. He sends his love, his joy and his embrace to all of you and pledges that if you choose, he will be with you energetically during the moments in this current year when you choose to 'energetically explode'.

I am what you call a "**Watching Soul**". It is a specific task many of us share when we monitor planets like yours; and today, let us speak only of Planet Earth.

We monitor the planet, watching for energetic signs of *evolution*. As and when the collective consciousness rises, we alert the appropriate authorities around the universe, who then approach the Planet Earth and offer her a 'little boost'.

We closely observed, for example, your recent Presidential elections. Earth's collective unconsciousness had already made the choice before the event actually took place. We knew this, and alerted the appropriate energies to come and support **you**, so that **you** could facilitate the outcome you had chosen collectively, so that **you** would not change your mind last moment and place your ballot elsewhere, so that you would not refrain from voting when you had already decided to do so.

Our job is to interpret your decision before you are aware of it in your mind, and to support you in all decisions that you have made.

We are permitted **by you** today, to reveal certain facts about this year. You have chosen an energetic turn of events during the period of May to July.

There will be an upswing in the markets and the economy, but let us caution you this upswing is not permanent. You have chosen a 'boost' to give you an energetic feeling of solidarity and oneness, and from that you must take it further.

If you, once more, go into collective greed, selfishness, one-upmanship and 'me for me alone', the markets will crash even further than they already have.

We will work further depending on what you choose, and if you choose a crash, we will take you on a beautiful downward slide and if you choose unity, we will take you to the heavens. We do not make the choice ourselves; we only support your decision.

Group Member: – How do you see this collective unconscious: do you see it as light, do you see it as a thought pattern?

Watching Soul: –It is a combination of several factors. It is a hum, a vibration, very much like your OM, and the more cohesive the hum, the higher is the collective consciousness. In other words it is like a room full of people chanting OM discordantly and eventually coming into magnificent unity.

With this hum, comes liquid light, consciousness, which reveals itself to us in a very clear picture. Supporting the hum and the picture are a ‘series of infinite possibilities’, which ring the structure you create.

These rings are series of infinite possibilities: the possibility of a further market crash, the possibility of a certain maverick figure appearing and leading you in a different direction, the possibility of worldwide famine that forces the issue to the fore, and so on.

Group Member: – Then, can you explain what happened during the twin tower collapse? How did it appear to you?

Watching Soul:– Several months prior to the twin tower collapse, the Earth energy spoke to us. The hum was not discordant; it was a very high, unified, collective, and joyous hum.

Group Member: – The graph showed that.

Watching Soul:– You will explain that later. It was a call of joy; this alerted us, and we brought to Planet Earth many friends to experience this.

From this collective, joyous hum came a visual, showing us the earth’s desire for energetic unity among cultures, religions and nations. Around this were rings of possibilities and probabilities: the assassination of a very prominent figure in the world, by a certain community. Worldwide nuclear damage. A third world war. Intense upheaval of the oceans. Radio-active meteors raining down on the planet. From the options of your own choosing, you chose the ‘least destructive’ course and you chose to awaken and embrace different cultures, nations and religions through this experience. To a certain degree it has worked, to a certain degree it has not, it is rather a 50 – 50 outcome from our perspective.

Group Member: – The Tsunami and the Earthquake?

Watching Soul:– And you add to it a Tsunami, and you add to it a situation of terrorism and you add to it more and more and more, till the awakening takes place.

Group Member: – So the financial crises is actually an awakening, nothing more than that?

Watching Soul:– A beautiful vehicle, as most of Planet Earth assess self-worth through finance.

Group Member: - Now if it doesn't happen, I guess it will be a nuclear war.

Group Member: – Now, what's on the menu? Tell us what's on the menu!

Group Member: – The aim is to unify.

Group Member: – What's the future menu?

Watching Soul:– The future of this group is to unleash magnificent souls like you, to cause havoc and upheavals! (All laugh)

Group Member: – I am quite capable of doing that!!!

JOY, LIGHT AND EXPERIENCE