

23<sup>rd</sup> April, 2009  
THE ENERGIES OF THE GROUP  
*Channeled by Sohrab*

## Group Exercise: Working With Energies

Trance Channeling begins

[Two group members who begin their public training were asked to come and sit in the front seats.]

Sohrab: Your public training begins now....  
[Addressing the group] support her with your energies.


First acknowledge the fear and the embarrassment that you are experiencing...embrace it...do not block it...embrace it, and relax into it...acknowledge it is there...accept it fully...accept the feelings of 'being judged' that you are experiencing...

There are host of friends present in your own energy field today...allow whoever wishes to speak through you, to speak for a few moments, just a few moments and you may terminate the connection when ever you wish...

***Trainee(T) :*** *I am a young Spirit, who is feeling great sorrow and grief, at the way the world is heading...all I ask.....is everyone...get together and use the knowledge that this country has and let the energy of this country rise...*

: Fill further with these energies....

***Trainee(T) :*** *There is a lot of creative energy rising in your country...USE IT...the term India Shining...was not coined by a political party...it was coined by much greater energies...use this energy, pass the word around because the time has come for India to shine. Do not give into fear under any circumstances...this message is from the energies of GANESHA.*

: (to 'Ira')...we wish you to do something slightly different ...we wish you to connect with your own Higher Energies and to speak out, just as she did, for a few moments, on anything you wish, but you are connecting solely with your own vastness.

***Trainee(I):*** *It does not matter that I make noise, for me it is music. This music sets me free. I am still learning to be free. I have realized when you remove yourself from yourself...the inherent awareness increases manifold...and then the ego has no place.*

*I have realized, in order to **manifest intention**, there can be no confusion, no desire, no controlling the outcome of your intention. By doing this over and over I am learning to be free. Thank You.*

👤: Well done... would anyone wish to comment on any '**energetic expansion**' they observed in her case?

**Group Member:** (inaudible)

👤: Did you feel that either the child or the Ganesha energies were not present?

**Group Member:** (inaudible)...

👤: Does anyone else have any comments?

**Group Member:** *I saw the light coming through her to support her...she was supported by the Universe...the child and Ganesh had both come...*

👤: Both were indeed present...it was just that her own resistance was so strong at first, that you were not able to sense or see the energies of the child. The Ganesh energies, being more powerful, facilitated a cushion upon which she could rise. Both were present. Would anyone wish to comment on her (Irawati) connection with herself?

**Group Member:** *...a funnel...a vortex right on top of her head...expanding...Buddha and Jesus...*

**Group Member:** *A rainbow went shooting up...*

👤: Her connection with self was smooth and easy. As we said before, there are a host of energies present today. Other sitters in the room may have sensed other presences...you will sense those with whom you have a strong connection yourself.

**Trainee(I):** There was another thought running through my head and I could easily have spoken about that...yet that was pushed aside...I know the expansion happened...I saw an overview of what I am going through in my daily life, and what my struggle was...

👤: Would you like to share some of these details, to help the group understand your self-revelations?

**Trainee(I):** *Okay...for the past couple of months, I have completely alienated myself from a lot of close people. I have been wanting to protect myself, and in doing so I have repeatedly been given signs and instances...where you actually physically remove*

*yourself and say this is not me and this is not mine, we can cross the picket fence and you can see different layers and anyone or anything, even a thing interacting with you.*


*Like every time I walk into my room, my Ipod starts playing on its own. It's quite freaky but it does; there's no timer on it and there's no charge going on. It happened once and twice and now it's like a routine thing...every time I walk into the room it plays, so it's an extended field of energy that everything just starts becoming One.*

**Group Member:** *I am going through somewhat the same thing, are we all going through this mutation...I mean withdrawing and withdrawal symptoms and alienation...not making an effort to do anything...why is that happening?*

**Trainee(I):** *because there will be a Zero space you touch before you go on...I have gone through that space....*

: Explain it...

**Trainee(I):** *It just means that you go into ....you know....if you are saddened by something. if you remove yourself and say that this is so comfortable...its like someone giving you a blanket and saying 'please sleep now'...that sadness just fills you...and you can be there....it takes a lot of effort for you just walk out of there and say 'I am sorry...I am just going to process this sadness...we all process at very high speeds now...it takes a maximum week or 10 days to finish you need to do...but the original thrust of that sadness to pull you back inside to make you comfortable is the 'Zero' space...there is no energy...it's a habit...so when you remove yourself and say this is not me and this is not mine...these tears are not mine and this is not me...its happening to her....you immediately create that distance and you are more energetic than the personality that is going through that space. Thank You.*

: (To' Ira' and 'Tnz') Please return to your rightful seats. More and more training will now take place, publicly, for various members of this group. We ask you not to resist this, when your turn comes. Remember, you will only be called upon if your own beingness desires this kind of training. We will simply respond to your call.

Today, all of you have to work and participate, sometimes as individuals, and at other times as a single unit.

Let us begin. Centre yourselves for a moment. Breathe naturally and normally and get as comfortable as you can in your seat. As we said in the beginning, there are a host of energies, Presences, right here in this very room. Start to extend your 'energetic feelers' outwards and see who or what you can sense. Do not begin by saying 'I don't know how to do this' ....JUST TRUST THAT YOU CAN DO IT. [pause]

Now gently open your eyes. Who would like to speak out first? Be courageous.


**Group Member:** *I sensed Meher Baba and Jadefire...*

**Group Member:** *White Tara...Kuthumi...Vishnu...*

**Trainee(I):** *I sensed an actor and a locksmith astrally traveling!*


: Well done...

**Group Member:** *Some cherubs...it was like...it almost felt like a little school... a classroom of cherubs come to see just what we were upto!*

: We ask you (to a Group Member) to speak up. You will not volunteer, but we know you have clearly sensed something.

**Group Member:** *Michael, Lord Shiva and Kali Ma...*

**Group Member:** *Moses...*

 Today is a special day: individual group members can now harness magnificent energies from within their own structure, at will. You have declared that you have finally accepted that all the Master Energies are within you, even if you still name them the Ganesh, the Buddha or the Kali Ma. You are finally acknowledging your own power.

The session today is being attended by a host of angelic presences and a host of energetic students, who have surrounded this group in concentric rings, and are witnessing what is taking place here. This has, if you recall, happened before at a previous meeting.

These are trainee guides who are in presence here to attend a séance, a channeling, a connection; just as you are. They wish to learn for themselves how to communicate with the human world themselves, but they are doing it differently to the way they use to, before.

They are learning how to merge with your energies so effortlessly that all of you will be able to 'channel' them in your day to day life, without even being cognizant of this fact...which means that when you speak to others, when you council others, when you lend an ear to others, when you comfort others, you are learning how to access the magnificent energies of these student guides and the Masters, who are now within your own energetic field. You have declared you are strong enough to do this now.

Now we will teach you how to consciously connect with them and we do not want to hear the thoughts of a single person in this room saying "I cannot, I don't know how, I do not feel anything," so be it. If you do not 'feel anything', trust that it is happening.

Close your eyes.

We ask you now to deliberately **demand** that the energies of the present Angelic Realm merge with yours.

Demand that the Angelic Forces work through you and flood you with their light, right now.

Open to these energies and start to fill with them. Feel them coursing through your physical body, experience them within you.

Feel, Experience, Sense, Know they are in you. Do it Now.

[Sohrab chants Aum several times]

Now holding these energies, you may gently open your eyes. Contain them, and begin to direct them through your body in to Him (Sohrab) and he will begin to fill. Do not push so hard. Just let it happen.....

(Sohrab Speaks out )The manifested energies of Michael, Gabriel, Uriel, and Raphael greet you, as YOU are holding these energies and you have manifested them externally. You are witnessing this in a physical body external to your own; now trust that when you harness your own power and direct it externally at another source, another soul, another human being, another event, those energies are indeed flowing and filling the target of your focus.

You are wavering...steady the energies....His (Sohrab) power has deliberately been temporarily disconnected , so that you hold the Angelic Forces in him yourselves....If you waver as a group, they will fade. If you continue to direct them gently, smoothly and with confidence, they will be maintained in him.

Now what are these particular Angelic energies that you are witnessing? They are those aspects of yourself that you have assimilated as being Divine. Aspects of yourself that you simply love about yourselves. Aspects of yourself that you are so joyous of, that they resonate in the Angelic realm and through you at this moment. God bless you.

Now you may slowly remove the energies from him and return them to your own individual energetic field.....Well done.....

Now we will play another Spirit Game....we will divide the room in half....along this line... into Team A and Team B....Both teams will hold the Ganesh energy in themselves and when directed, only Team A will pour the Ganesh energies into Him and at a later stage, Team B will do the same...is this clear?

Close your eyes....and whether you have a connection with the lord Ganesh, whether you know who he is or not, it matters not, just demand that the Ganesh energies are drawn by you into your Beingness...into your physical Beingness at this moment in time. Start to fill with the Ganesh energies....

Team A may now begin to fill him with the Ganesh energies...Team B will now add their energies to this....smoothly, smoothly....( Sohrab shaking).....do not push.....The Lord Ganesh that is within you greets you.....and this Ganesh that you have manifest here are those aspects of yourself....where you have full confidence and faith in Self. Those aspects where you have no doubt...where you have no fear, where you have no insecurity.


Team B is losing focus. Acknowledge this is the Ganesh within You. Blessings...Begin to draw the Ganesh energies back into your energy field....

Now we are going to give you yet another exercise. You are going to work with the Ganesh energies, yet again...This time Team A will attempt to energize him with the Ganesh energies and Team B will attempt to *prevent him* accessing the Ganesh energies...Let us see who is stronger!

Team A and B may start at the same time. Begin..... (Sohrab shaking violently, filling at times, depleting at times).....withdraw the energies.....More or less a 50/50 divide. Both teams at equal strength.

What did you learn from this?

**Group Member:** *If anybody tries to send me energies I don't want to receive, I can defend myself and refuse them.*

: Precisely....You are at nobody's mercy, and **you have the right to access or not access energies, at will.**

Now in this case, he did not resist, as it was part of an exercise. But if he wished to resist the energies directed towards him by all of you, he certainly could have. And in a similar situation, so could all of you.

At the same time, you need to acknowledge that INTENT IS VERY POWERFUL.

When you **intend another joy, light, and love, you fill them very easily.** But when you intend them harm, negativity, anger, irritability, you can cause disarray in them **IF** they permit it to happen....and this often does happen.

How long did it take you to energize him? 4 or 5 seconds?.....that's all....that is the level of power you hold and that's as long as it takes. So remember, when you send out thoughts of anger, irritation and fury towards another, over years, what it must do to them.

Isn't this what you all do to yourselves? You constantly repeat, over and over again, "Just look at how fat and ugly I am!"  
"I am useless"  
"I am so stupid".  
Imagine what you are creating in self.


You have often heard the phrase: **"What goes around, comes around."** Please understand this, NOT in terms of Karma or punishment, but in pure energetic terms.

*When you send out an energetic stream, a converse stream is always created, which comes straight back to you.*

Let us look at this statement practically: When you send out harmful, angry, irritable vibrations, even if they are directed at a single person, you instantly 'hook up' with all others around the planet who are on the same wavelength. It gets amplified, and the energetic resonance booms back at you. You automatically join the universal grid that has formed, that only resonates with these particular vibrations. You then 'interpret' these resonances by feeling worse about yourselves, and in turn, send out even more of the same. And so continues the amplification.

At the same time, when you pour out pure love and light, you get it back in such high levels of returns, that you expand further and further and further. Learn from this and take responsibility for your thoughts and energies.

**Group Member:** *Do unto others, as you would be done by"*

: Precisely! And, by the way, 'turn the other cheek' does *not* mean 'be submissive'. It simply serves to remind you that *both sides of the coin exist within you.* It is urging you to examine self, examine the other person's point of view, and to acknowledge that an opposing point of view has been created BY YOU for some form of personal growth. *You have simply externalized it, rather forcefully, through another, to awaken self.*

Now we ask you to participate in yet another spiritual exercise, which is going to be quite a challenge for many in this room:

Center yourselves. (Long pause)

We ask you now to **DEMAND** that your **OWN GUIDE** reveal himself to you.

Do not hanker for a name: ask for an **'energetic revelation.'**

Open to different aspects that may be offered to you: energy, power, vibration, touch, sensation, sight, smell, sound, visuals.

Now go further. Go within yourself and make a commitment to self that you are going to touch **your core essence**; right here, right now. This will take a few moments; we will walk you through the exercise.

Breathe and Relax.....Breathe as naturally and normally as you can.....simply be aware of your physical body right now. Be aware of how it is feeling in this room: is it hot or cold?...is it hot in parts and cold in others?....accept it all, do not change it.

Begin to relax into the temperature.....embrace it....now go to your core within your physical body, a certain space that is 'the sacred space' within you. Inhabit it.

It is magnificent. It is private, it is secure, it is loving, it is vibrant: it is your personal sacred space. You may visualize it in any way that makes you comfortable: a real space you know, or an imaginary space, or simply deep space.

Now, from within this sacred space, allow your own energies to expand outward. Do not see yourself as a physical being, see yourself as light. Begin to expand outward, as magnificent, vibrant, joyous, powerful, all-consuming light.

In the centre of this light, now begin to experience a Magnificent Beingness. A Beingness who is your guardian, your love. Allow him or her to reveal self to you, in pure energetic terms. See, touch, taste, feel, experience, know it. Connect to your Guides.

AAUM....AAUM....AAUM

Feel the expansion taking place within you and the experience of your Guide merging with your energies, joyously. You are the guide, the guide is you. You are the Master, the Master is you. You are the light, the light is you. Sit in this expansion for a few joyous moments ...

AAUM....AAUM....AAUM

Gently return to full consciousness. Whether you acknowledge this or not, every single person in this room touched their Master energies. Most have acknowledged it, some still deny it, so be it...but it took place.

We now wish to introduce you to yet another wave of energies that are flooding planet Earth. These are not external, Universal energies, as were the last wave.



***These are energies that YOU are creating.***

You have finally decided **that you have the power of creation yourselves**, and you are actually sitting with your own 'recipe book', creating new energies for Self.

We will give you a broad outline of what you are all creating, but they will naturally differ from person to person, depending on their own unique recipes, their individual preference in flavour, and the taste that suits their own palate.

Most of these energies are being created by you in the semi-sleep state (hence your disturbed sleep patterns, once again). You are spinning out these new energies, web-like, and cocooning self in them.

These are abrasive energies: they work on you like acid, peeling away the layers of the I can't, I won'ts, I shouldn'ts, and I mustn'ts. You are actually removing those concepts from your own vocabulary.

If you really take stock of yourselves, you will find that you are beginning to surprise yourselves.

You have the courage suddenly to do things you never have thought you could before. You have the ability to stand up and face someone you have never faced before. You sometimes shock yourself with a behavior or an attitude you never knew you held before. You function in a manner that you never thought was possible for you before. These are the new energies at work. Be aware, human consciousness is such that it keeps attempting to take you back into the old comfort zone, but you are now bored with that.

You are bored, you are fed up, and you are now irritated with self and you wish to move on, recreating self. These old layers are being peeled away by energies of your own creation.

Now the '**individual flavoring**' you give it is influenced by those areas of your life which you consider need the most change.

For example, if you have lived as the submissive daughter-in-law or wife for many years, you may choose to focus the energies in that area and start 'scraping away the paint', so that the relationship begins to change.

You may find that you are now 'speaking up' and asserting yourself, which you couldn't do before, because you are not willing to play the 'doormat' any more.

For those of you who have the opposite problem where you blurt out too much, these energies will scrape that away, so that you learn to become more contained or

thoughtful or responsible with your words. Each and every one is deciding what to do with these energies and is tailoring them to suit self.

Some of you are experiencing an escalation in problem areas. This is an attempt to right the balance, with the aid of these new energies. Intensification may be needed by you to shift patterns.

**Group Member:** *Why am I feeling that there's "no effort" happening...like there's stagnation?*

☐: *Many of you are in currently what is called a 'tunnel phase'.*

Through these processes of personal upgrade and the evolution of self, *you are not quite who you were, and yet, not quite who you wish to be.*

You are therefore feeling disoriented and rather detached, like you are floating. There is nothing much you can do about it. This will pass.

**Group Member:** *You are saying we are creating the new energies....*

☐: Yes, you are...

**Group Member:** *With these new energies coming from the universe ...a combination...*

☐: You have slowly been introduced to the various 'waves' of energies drawn by the collective to earth and to self. As you understand and assimilate each wave, another appears to take you further on your journey. You have reached a stage where you deem yourself worthy enough to create the current wave. This signifies a HUGE LEAP in human consciousness.

**Group Member:** *Will this give us a lot of physical discomfort? I am experiencing physical discomfort...*

☐: This has no bearing on the energies we are speaking of today...you may speak to her (a group member) at the end of the session, she will be able to aid you.

**Group Member:** *What about the 'metallic energies' that I have recently been introduced to? Could you help me understand them?*

☐: We will speak of this only briefly, as it is personal to you, and does not apply to most in this room.

You are working very rigorously with new extra-terrestrial friends, ones you have never communicated with before and ones who have never communicated with planet Earth

and its inhabitants before. They are working specifically with key members around the world, for the generation of new grids and the dissemination of the new energies and information. This is a long-term task you have undertaken and it will reveal itself in time. At present just flow with these energies: familiarize yourself with them, and open to the information that they will offer you, in your writing or through direct communication.

**Group Member:** *After the stagnation...where will we go?*

🌅: When you emerge from your tunnel phase (and each one will do so at different times) you will find a sudden increase in your own activity. A desire to get moving, get cracking, work on various things, multi-task and to challenge yourself in new and exciting ways. You will find, in fact, a whole 'speeding up of Self', where you want to move, to grow and shift. It will be very exciting.

**Group Member:** *...(inaudible)...we should urge all to work rapidly, so that we move together.*

🌅: Dear One: that is an ideal scenario! Yet Planet Earth's magnificence lies in her differences. Her very differences of colour, race, language, attitudes, social norms, etc make her the vibrant and multi-faceted tapestry that she is.

If all worked at the same pace and had the same thoughts and belief structures, how 'one-note she would be'! Remember, an orchestra must have shades, tonal variations, shifts in tempo, and a plethora of notes, to make beautiful music.

Now you are correct in that, as a light worker, it is your duty to urge others to move along at a more rapid rate. Don't forget, you hold the Kali Ma energies very strongly, which are dynamic and extremely vibrant. It is your joy and your duty to urge others to move faster!

It is part of your responsibility, but not everyone will respond to that. Those who respond to it will be attracted to you like moths to a flame and those who wish to work at a different pace will run a mile from you ...so be it! You must do what you must do.

LOVE, LIGHT, AND JOY FROM THE ENERGIES OF THIS GROUP.  
YOU SPEAK TO YOU.

