

April 30, 2009
THE MEHER BABA AND
THE SAI BABA
Channeled by Sohrab

Right Human Relations
Energies that show Schizophrenic behavior
Assimilation of issues
Holding different frequencies simultaneously

Trance Channeling begins

As you are well aware, it is the year of Right Human Relations, and there is an interesting phenomenon taking place right now, in your current physical bodies. You are all becoming a little schizophrenic (all laugh).

Group Member: – We haven't lost it, right?

The Energy Combine: You have lost it! You are the leader, you have lost it first, and the others will follow soon. It is an exciting phenomenon and we wish to talk about it briefly, before we move further.

As you know, you are all hard at work, assimilating aspects of self that have not yet been assimilated: those that you have resisted either from childhood onwards, or from past lifetimes.

However, many of you are stubbornly refusing to assimilate that which is coming up. These aspects are now forming an energy framework within your body, causing you to behave and act a little differently from the way you normally would, giving you the opportunity to recognize this aspect in self and to begin to bring it up, acknowledge it and assimilate it.

Let us give you practical examples here: You may find, inexplicably, for a period of time, that you are suddenly very bitchy, or very sexually aroused, or very nasty and vicious. Others may find an unfamiliar 'centered and spiritual' side suddenly emerging. You may discover your behaviour with your family and close circle of friends suddenly changing.

When this happens... and it is happening to all of you, you are just not aware of it... please recognize it, and acknowledge it is an aspect of self that you have brought up and now physically inhabit, to experience and assimilate.

Now remember, assimilation does NOT mean 'cutting off' that aspect of self. On the contrary, you are encouraged to allow it to emerge, enjoy it, experience it to its fullest, and acknowledge *how it serves you*. It is only when you are able to get comfortable with this aspect of self that you can *then choose whether or not to exercise it*.

If, instead, you attempt to deny this aspect of self, or to cut it off, it will keep reappearing, in stronger and stronger doses, till it finally bursts out uncontrollably. You will then cause such harsh repercussions that you will be forced to examine it.

(To a member) Dear friend, the recent events that you have undergone are simply urging you to learn to defend yourself, to speak your truth regardless of the consequences, without second guessing 'what will be said to the world'. You need to first experience all that this is bringing up in you....do not deny it to self, or try to hide behind 'spiritual' logic and defenses. Go into disarray...then start finding out who you are.

[Addressing the group] Enjoy this schizophrenia! Think of yourselves as actors on the stage of life, assuming new roles, roles that really are aspects of self, yet roles that you have previously shied away from. It is time now to start enjoying these roles.

So if you are going to play the villain, be the worst and most evil villain you can be; if you are going to play the gossip, be the best, most sneaky and most vicious gossip you can be!

[One group member begins to giggle uncontrollably]

Ah Ha! That is the role you have chosen, is it? (All laughing) And if you are going to play the knowing one who hides behind an innocent, giggling exterior, live it to the fullest!

Seriously, dear friends, these energies are now shifting in and out of you very strongly and will continue to do so, for quite a while. The easiest way to work with them is to enjoy them, acknowledge them, bring them up, experience them and assimilate them.

'Right Human Relations': *Right*, not in terms of 'right and wrong', but what is appropriate for you at that instant of now; *Human* because you are inhabiting the human form and you are attempting to move beyond it, to the status of super-human; and *Relationship*, which only means an energetic exchange.

So these aspects of self are coming into you, they are Right (as it is timely); they are Human, because you are experiencing all the turmoil and confusion that humans do; and they are Relationships... as they are energetic exchanges of self with self.

You are simply shifting the energies from an unassimilated space into an assimilated space.

You have surely noticed, either in your own lives, or in the lives of those around you, upheavals with family, friends, domestics, and in the work space?

Every single human being is a little 'schizophrenic right now, so **all** are shifting, changing and experiencing these unfamiliar parts of themselves.

If any two people are changing like this, and are in contact with one another (for example, your domestic and yourself), both need to learn from the other, and both will provoke each other accordingly. Remember, a 'relationship' implies an energetic exchange; and both must be creating it together for mutual benefit, otherwise it wouldn't be taking place.

Now, hypothetically, if you are faced with a very abusive and violent relationship, does this mean that you need to examine the violence within self? Maybe, or maybe not.

It could be that you need to examine your own suppressed violence; or it could mean that you need to learn to speak up for yourself, and stand your ground. You need to find out for yourself.

This 'schizophrenia' is being played out by all aspects of planet earth: the human race, the animals and plants, the water and mineral kingdom...witness your global shifts, global warming, the melting of the icebergs, the reversal of the poles, and the upheavals in the political and economic systems.

Of course, when we use the word 'schizophrenia', we do not mean it in the earthly context; it is simply the closest analogy we can give you to understand the changes and the duality that now exists.

What is actually happening? Let us assume that a certain person has lived the 'victim' for a very long time, and is now ready to shift. He must, therefore, use external circumstances to bring this up again for reviewal and assimilation.

All past aspects will therefore come up. Let us assume that he has role-played the victim, in several lifetimes, sometimes being a slave, at other times being an oppressed wife, an unacknowledged teacher and the brutalized child.

All of these aspects, even though he may not be conscious of them, will be brought up for assimilation, and will inhabit his body, along with his current personality and energies. So he does not 'lose' who he is right now, but he adds these echoes to self, in the form of an energetic body cohabiting with the current body...hence the schizophrenia.

Now this 'entity' cannot remain in you for an extended period of time as if it did, it would take you over and that is not permitted by self; but it is coming up very forcibly to give you an understanding of what you need to assimilate, and the quicker you work with it, the easier it will be for self.

If you revert to former patterns and either ignore it or suppress it, it will dissipate, only to return again at a later date, with even more intensity, till you cannot ignore it.

Group Member:— *Yes, what's happening to the physical body, I'm feeling stagnant and lethargic.*

The Energy Combine: The physical body is undergoing many changes and mutations and is being partly affected by what we have spoken of today, but that is not the only reason.

Your physical body is at an extremely interesting state of evolution right now. You have come to a level of critical mass, the word you love so much (to Nandinie)

Group Member:— *I love it, I love it!*

The Energy Combine: Where you have deemed yourself ready to begin to hold third-dimensional, fourth-dimensional, fifth-dimensional, sixth-dimensional, and still higher energies, all at once, in your cellular structure. Now, not all humans are doing this at the same level, and in the same combinations...it is unique to the individual.

Again, what does this mean, in practical terms?

Your *third-dimensional* cellular structure recognizes length, breadth, height, and time (in a limited fashion). It is familiar with the various enzymes and hormones that keep the body alive and well; it is familiar with cellular memory of the past, and of who you are today.

Your *fourth-dimensional* aspects acknowledge the 'movement through the tunnel' into the next level; the fact that you are assimilating new concepts mentally, but they have not quite reached the cellular level yet. This aspect acknowledges that you are in a transition phase: not quite what you were, but not quite what you want to be yet.

The *fifth-dimensional* energies that you hold in your cellular structure (and by the way, many human beings hold a fairly vast supply of fifth-dimensional energies now) include newer and more flexible concepts of time, concepts of inter-dimensionality, and an understanding of the existence of parallel and simultaneous existences.

The *Sixth-dimensional* energies deal predominantly with the concepts of matter/anti-matter.

Let us pause here and explain that these are not just 'mental' concepts; we are referring to a deep cellular understanding, which becomes part of Who You Are.

Group Member:– *Woh!!*

The Energy Combine: You still cannot hold physical anti-matter in your cells. This statement is a paradox, as anti-matter cannot be physical, and yet it will, one day, be held by you.

You are beginning to hold echoes, resonances, of anti-matter in your cells, in preparation for a future time when the human race will contain it. Let us liken this concept to an earthly one, to help you understand this better: you may not have visited a certain foreign land, but you may be interested in it. You will then look at pictures of it, read up about it, watch films that deal with that land, so that a resonance is built up within you, even if you have never actually visited it. These kinds of resonances are now being stored in your cells.

The *Seventh-dimensional* aspect, that you are also beginning to touch now, is pure cosmic vibration. The creation of the universe. You are actually beginning to touch and consciously hold this level of sacred geometry in your cells.

Your cellular structures are now learning to hold all these dimensional aspects within self, all at once, in both the conscious and unconscious states. To do this, you have to re-design your cells in an inter-dimensional manner, as all cannot be held together in the same dimension, in self.

Any wonder that your bodies are experiencing turmoil?

Group Member: – *So the cells are going schizophrenic!*

The Energy Combine: Absolutely! (all laugh) Imagine how overwhelming it is for the cellular structure! It is like a poor child, a beggar off the street, suddenly being transported into a king's palace: he is almost overwhelmed by the new sights, sounds, tastes, fragrances, food, wine, and unheard-of luxuries. He is fearful, as it all seems so unfamiliar; but at the same time, it is so exciting!

Now for those of you who work with your energetic bodies, the process is relatively smooth; but many have unassimilated aspects of self, that correspond to blockages in various parts of your bodies. Hence our repeated request to you, during the meetings, to consciously 'open up' the physical body to the energies.

Where there are areas of great resistance in your body, due to stuck patterns and unassimilated energies, there is a battle going on, as those areas are tightly knotted up.

The new energies, which flood in, clash violently there (Sohrab clapping his hands together forcefully). This clash causes bodily discomfort, and often results in a manifested disease.

Group Member: – *Are the viruses also mutating? Like the new swine flu? Can you please talk to us about that?*

The Energy Combine: It is not just the viruses that are mutating, ALL energies (and therefore, beings) are mutating, around the Universe. As they grow and mutate at differing energetic levels, there are often clashes, till a new balance is found.

Let us help you understand this with the help of a hypothetical example. If you were able to raise your vibrations very, very rapidly in a single day, beyond the normal human capacity, you would ‘clash’ with every part of your life.

You would not be able to ingest food; you would only be able to ingest sunlight, so there would be a ‘clash’ with the undigested food in your bodies.

You would not need water; you would only need universal energies, so the water in your own physical bodies would start causing you harm.

Your telepathic abilities would reach such a peak, that you would be overwhelmed by the vociferous and senseless mental chatter of all those around you, as they would not have reached a level where they could control and direct their thoughts.

So, as you can see, mutation must be gradual, and at a level that benefits all.

Group Member:– *Taking all that you have said so far, how do I change?*

The Energy Combine: As we have said before, the easiest way is to really be true to yourself. To discover who you are, and to acknowledge what you are feeling at any given moment. Go ahead and play the with facades that you put up for the world; but be truthful with self!

Our friend here just acknowledged how she feels about a certain community. She is not feeling very good about herself, having just acknowledged this. Wonderful! She must let it all come up, and only then will she be able to go further, and discover why she feels this way. Only then can she begin the process of assimilation.

Many of you attend sessions like this one, read improving books, go onto the net to study the writings of others, and feel very good about yourselves. But what happens five minutes later, when you are faced with a ‘problem’? You revert to the old, trapped self.

If these sessions leave you with anything, it should be to know yourself better, and to see yourself as you really are. The entire search for humankind can be summarized in three little words: WHO AM I? You incarnate repeatedly, simply to take you further on this journey. It is the mission of your entire existence.

Any other questions?

Group Member:– *Can you tell us something about the Swine flu, and how is it going to affect us and the critical mass?*

The Energy Combine: You have had so many similar experiences in the past; this is yet another one. Bird flu, swine flu, Mad Cow disease, a blight that attacks your crops, the pollution of your water, and so on. These serve to awaken human consciousness, and provoke you to (individually and collectively) examine your life and take responsibility for what you put out.

Let's take Swine flu. There are primarily two sets of people: vegetarians and non-vegetarians. Neither are exempt from self-examination.

Here are some questions you may begin to ask yourself:

- What is my relationship with the food that I eat?
- Do I eat in balance?
- Do I shop and eat responsibly?
- Do I eat in greed?
- How do I contribute to the imbalanced depletion of the world's food and resources?
- How do I judge people who eat meat?
- How do I feel about taking the life of an animal to eat, when there are viable alternatives?
- What does the word 'swine' mean to me? And flu?
- Do I take any responsibility for how animals are culled for food?
- Do I take responsibility for what I put into my body?
- Do I nurture my energies through food?

And so on.

Other areas will also be targeted, for your examination: water, power, oil, vegetables, grains, to name but a few. Crystalline energies and minerals will also have to come under reviewal.

Group Member: – *Right Human Relationships*

The Energy Combine: Right - Human – Relationships which encompass everything in existence, but primarily your focus and your relationships with your planet and everything on and within it.

(In a very forceful voice) Do you need to get to the point where you have exhausted your natural supply of oil, before you come up with other means of fuelling transportation? Why do you have to sink to that level; why not work on alternatives before the depletion has taken place?

Group Member: – *Necessity is the mother of invention: that is why we invent out of necessity; we don't go into invention for invention itself. Solar power has been around for ages, yet we don't use its full potential, till it is absolutely necessary. The whole paradigm has to shift.*

The Energy Combine: The whole paradigm has to change! The human race needs to WAKE UP and live in awareness, with a healthy respect for the Mother planet. If humankind were in perfect alignment, it would joyously receive and use planet Earth's bounty: that is not incorrect, it is 'meant to be'. But over-harvesting her natural resources, her forests and her food offerings are only signs of a lack of caring and of complete self-absorption. The imbalances you have created in her entire ecological system are unfortunate reflections of your own masculine/feminine imbalances. Learning to live in awareness and changing this is part of your journey towards the Who Am I.

Group Member:– *Once again –the only filter that is very useful, in shifting your paradigm, is looking at what you are leaving behind: we are leaving behind the 'need to survive', (inaudible) survival....mindfulness.*

The Energy Combine:– Very good: and what is the difference between survival and mindfulness?

Group Member:– *I am being taken care of, I am part of the creation, consciousness, that is there, so we are nurturing that, when we speak of mind, and we speak of survival automatically (inaudible)*

The Energy Combine: – Exactly!! Survival is when you look at yourself and self alone and not at anyone or anything else. 'I am the centre of my own universe, and only I matter'. Mindfulness is an embrace of self and all others...what is best for us, collectively? That is the difference.

Group Member:– *How does one overcome our reluctance to physically exercise and bring our bodies into energetic alignment? We have repeatedly been urged to do this, over several meetings, yet most of us resist this.*

The Energy Combine: - A good question! Your current 'reluctance' to exercise and to bring the body into energetic alignment has nothing to do with past-life issues or laziness.

Ask yourself only one question, "Why am I so scared to 'grow'?"

Exercise, this year, is needed for the alignment of the meridians in your physical bodies. When this begins to take place, not only do you get into 'better shape', but your energies begin expanding and mutating at a very rapid rate. New energies flood in smoothly, replacing old ones; and you begin to progress at a very rapid rate.

You are simply sabotaging this process by creating convenient excuses not to exercise.

So if you are resisting this process, you need to ask yourself why. Is it that you do not want to give up those old comfort zones? Playing the victim, for instance? Playing the small, unappreciated, unacknowledged person? Wanting to hang onto the trauma in your lives? For if the meridians come into full alignment, you cannot play these old games anymore. Then what will you do?

Growth can be very scary: sometimes it is much easier to be a clerk in an office, than to take on the responsibilities and the position of the CEO!

Group Member:- *Would you feel a technique like Emotional Freedom Technique (EFT), which works on the meridians, help in this instance?*

The Energy Combine: – It would help, as a tool, but let us warn you: this year there are no shortcuts. You have to get out there and DO IT. Just as, when you go to a nutritionist, you are aided in the process, but you still have to DO THE WORK YOURSELF.

Even your spirit friends will help and guide you, but remember, you have declared that YOU are the master. Your fate is in your own hands now.

So if there is a situation you have been 'putting off' for months, confront it, face it and **do** something about it. You cannot now sit and mull over it, waiting for the 'right time' to deal with it. It needs to be handled immediately!

If you use the excuse of stagnation, the Universe will take this as a choice, and offer you a plentiful supply of crippling stagnation in all areas of your life.

Group Member:- *Is it only 'the fear of growth'?*

The Energy Combine: – It is the key phrase: but this covers millions of aspects of self. Different people fear different kinds of growth, for different reasons.

Some fear energetic growth. Others fear physical growth (if the body suddenly gets more attractive, it could make them more appealing to others...perhaps they want to keep shielding themselves from intimacy?). Yet others fear mental growth...and so on.

Let us end here with a brief comment on something very topical: Voting.

What happens, energetically, when you vote?

When you vote, you are somewhere, somehow affirming that you are part of a group. You take responsibility, with that individual vote, and declare to the Universe that *you count, you matter, that you have influence, that you have POWER.*

Once again, as we mentioned earlier, you have to DO IT. You have to wake up, take time off from your daily routine, battle your way through red-tape and mis-spelt or missing names on the voting register, and in doing all this, you are affirming that “I HAVE TOUCHED MY POWER TODAY, I MATTER, I AM MAGNIFICENT”. So voting, as an activity, goes beyond the political arena.

Now, for those who did not vote today (and we do not ask for a show of hands, this is for you to assess privately), did you do so out of inertia or did you deliberately choose not to vote?

And if you chose not to vote, ask yourselves why. By the way, a deliberate choice of this kind may be as valid as choosing to vote.

But for those who ‘just got lazy’ or ‘couldn’t be bothered’ or said ‘what’s the point’; it is vital that you examine what is really going on within self. This energetic ambivalence is likely to be affecting a large part of your lives.

We leave you here in joy, vitality and with ‘the right to vote’ for your own energies:

BLESSING FROM THOSE ASPECTS OF THE SOHRAB
THAT ARE THE MEHER BABA AND THE SAI BABA.