

23rd July, 2009
THE BUDDHA
THE GURU GOBIND SINGH
Channeled by Sohrab

The Conjunction of the Solar and Lunar Eclipses Perfect for Energy Communication New Energy Portals

[At the beginning of the meeting, Sohrab held the energies of a visiting soul, who released by crying through him. She spoke out, and was nurtured by the entire group, after which she withdrew. Many attending the meeting also had emotional breakdowns. At the Master's request, this portion of the meeting was not taped. An explanation of this event is given half-way through this transcript]

Trance Channeling begins

The conjunction of a Solar & Lunar eclipse is perfect for 'energetic communication' between the spirit and the earthly realms. Communication of thoughts, words, feelings, impressions, vibrations, and visuals; every possible form of communication. Use this time wisely.

Think of those whom you love in the other realm, and send them your thoughts, even chat with them, Yes... it is an ideal time to have a physical chat: go ahead, sit in your rooms, visualize them around you, within you, in front of you, however it pleases you & speak out aloud to them, telling them everything you wish to. Listen with the inner ear for answers, thoughts, words and impressions.

It is also the perfect time to begin resolution with those who are in Spirit, with whom you have unfinished business. Do precisely the same with them, chat with them, and tell them how angry you are, how irritated, how upset, and how furious: share your inner feelings without censoring them. Do not try & play a spiritual game here & pretend that all is well, when it is not. Do not justify your feelings by claiming that you understand the 'bigger picture'. Just speak your truth.

You may also call upon the energies of those who are living, and do exactly the same thing with them.

Share what you feel. Be honest & be truthful. You are not harming them, you are not hurting them. You are healing the relationship between them & Self, in the most harmonious manner.

We strongly urge you to do this. You may use thoughts as well, BUT **the spoken word is essential**. At first, you may feel a little silly doing this, but we assure you, if you commit to it, that you will find it unbelievably therapeutic for Self & you will find a new harmony arising in the relationship. The veils will remain excessively thin for a period of approximately two to three weeks.

What happens, in actual fact, at a time like this?

Because the **energetic veils** are very thin between the Spirit realm & the planet, visitations are taking place on an almost continuous basis right now. Spirit beings themselves are taking 'time off' from their various projects, to take advantage of this phenomenon, and visit earth for resolution.

If you consciously attach yourself to their energies, you are benefiting both the visitor and self.

Do It.

Do it without embarrassment, without fear, and without self-doubt. Invite some specific souls; allow others to 'just appear'. Tell them whatever you wish...how much you love them, or how angry you are with them.

There are only two rules to this vital exercise: SPEAK OUT ALOUD, and BE TRUE TO WHATEVER YOU ARE REALLY FEELING AT THAT MOMENT. Do not censor your words. Do not play spiritual games with yourselves, masking how you really feel. Just do it.

Group Member: *All these spirits that exist...aren't they really just me?*

🌈 Of course they are, and yet they are also individuated aspects of themselves as well. The very fact that there is an 'energetic overlap' between you means that there exists an energetic synchronicity between their energies and yours.

By speaking out your truth, you are acknowledging that the pain and trauma, or the love and admiration that you feel for them is now simply an assimilated part of self, a part that you have perhaps been resisting for lifetimes.

Group Member: *I communicated with that Spirit form & resolved certain things, but....that was 2 ½ months ago....*

🌈 You are not exempt from this little exercise: you have a lot more to do!

(To the group) Make it FUN! Your spirit friends really are 'right there', so chat, laugh, cry, shout, scream, rant, rave and rejoice in your freedom of expression.

As we said before, you can call upon the energies of those who are still in physical form as well, and do precisely the same. Want to 'tell off' someone? Want to declare your undying love to someone else? Call upon their energies and 'let it rip'!

Dear friends, you are being constantly visited by hosts of energetic friends: some you consciously know, others are wonderful connections from past lives, whom you do not consciously know. Welcome them all, and begin the process. They are RIGHT THERE with you!!!

Group Member: *Energetically, what does a solar and lunar eclipse, coming together, cause?*

🌈 It causes an energetic explosion that facilitates a new level of vibration for all: for the planet, and for the Universe. These new levels of vibration offer you the opportunity to 'refine' your personal energies. Through this process of earth refinement, the veils are suddenly pulled very thin, allowing an intermingling of energies between 3rd dimensional ones, and higher ones.

All of you are astral-traveling at a furious rate right now. Some are aware of this, others experience this through convoluted dreams. It may interest you to know that now, you can astral-travel fully consciously, if you so choose. Use the time joyously & wisely.

As we have just said, use this time to also work with those who are in living form as well. Either through direct physical communication: face-to-face communication, emails or phone calls; or through energetic communication, by calling upon their energies and doing exactly the same thing.

Through these processes, resolution can occur very rapidly. So go ahead and address misunderstandings, mis-communication and disagreements. Also declare your love, respect, appreciation and care to those whom you have never voiced these thoughts.

It is the perfect time to be true to Self, which means if you are upset with one of your family members; it is the right to communicate your distress & your pain. We are not asking you to be vicious, but we are asking you to open the channels of communication & express what is within you.

It is also the perfect time to admit to a select few, the deep traumas that you hold within you. Once again, do not be indiscriminate; but it is time to share those deeply guarded and locked away aspects of self, with a few whom you trust.

You all fear being rejected, being humiliated, being dismissed. Now WAKE UP!

Group Member: *Can I heal others when I astral-travel?*

🌈 Yes you can, and most of you already do just this. However, your current astral travel is not so 'personal' right now; most light workers are involved in vast astral mission at the present time. The focus is the world as a whole.

We wish to take a moment here & explain once again, what you witnessed at the inception of this meeting. The trauma that you witnessed through him (Sohrab) was not just an aspect of the visiting soul. It was also an aspect of your trauma that you worked out through him, with her, in joy & in union, acknowledging your own suicidal tendencies. Your own tendencies to self destruct, your own tendencies to give up when you know you need to persevere, and your own tendencies to be blinkered, when you need to have a wider perspective.

The visiting soul is in the process of sending down energetic tendrils to her family, to her friends, and to groups such as yours, for embrace, healing and assimilation. Her overall energies are well on their way to recovery.

An '**energy tendril**' of anyone who wishes to work out aspects on planet Earth **is always accompanied** by an energy tendril of a **Master energy**. The Master energy acts as a guardian, permitting the work to unfold, but at the same time containing it, so that it does not damage others unnecessarily.

She is using the energies right now to heal faster. Do not deny her this & dear friends, even if she visits some in this room who did not know her consciously & did not know her on Earth, please welcome her & just be there for her.

(At this point, Sohrab points to a group member, and asks him to speak out)

The Group member: (Speaks out in a trance) *Tell Jehangir that it is okay. Jhangu, read the book with the key, ...tell Jehangir it is okay...no hard feelings Jhangu...read the book with the key...*

Group Member: *She just came to me & asked if I would like to work with her...*

🌈 An energy tendril has just come to her, stating that it would like to work with her & heal with her (pointing to another group member), now the choice is yours. Accept or don't accept, at will; it is your choice.

Dear friends, today's occurrence was not a random one. You witnessed the presence of a visiting friend, taking advantage of the thinning veils. Open up to your soul friends: you will not be traumatized, you will be freed!

Group Member: *Can this exercise be done in the form of writing?*

🌈 Yes, but only partially. The spoken word is vital. So if it pleases you, start by writing to 'get into the flow', and then speak out! Do not run away from this.

Group Member: *Why?*

🌈 Emotions get trapped in the physical body in different ways, and in differing areas. Some get trapped in the physical cellular structure, others in the energetic quotient of the body, and yet others in the auric field. Some are firmly held in the thought processes, and so on.

Energetically, this is the perfect time to release those aspects that are trapped within the cellular structure. By vibrating the cells with the spoken word, and by riding on the eclipse energies, you are beginning to sever energetic cords that bind those entities to your own cellular structure. And in doing so, you will instantly move self into a higher frequency.

(To another group member) Have long chats with your child and your grandfather. Both wish for this right now.

[Sohrab pauses here. The energies within him changes]

These energies, dear friends, are also opening a series of portals for you to explore, if you so desire. The portals that have just opened are:

- 1) The Portal to Higher Wisdom,
- 2) The portal to General Awareness, and
- 3) The portal to Responsible Consciousness.

The first two are self explanatory, but the 3rd needs to be discussed.

RESPONSIBLE CONSCIOUSNESS: This may seem like a paradox, as you may ask, 'how can consciousness be irresponsible?'

We are now speaking of your personal desire to merge your physical consciousness with the '**supra consciousness**'. The supra consciousness is all-responsible, is all-knowing, is all that is, & yet your personal consciousness tends to get irresponsible.

If you enter this portal & choose to access its energies, you will find yourself being more responsible with your thoughts, your words, and your actions. You will find yourself getting uncomfortable with irresponsible aspects of these. You will find yourself speaking with more care; you will find yourself thinking with more focus and clarity, & you will find yourself behaving in a manner more in alignment with Self than before.

Now, how do you enter any or all of these portals? **Simply by knowing they are there & declaring that you wish to enter them.**

Group Member: *I wish to give validation to what you just said. This morning I was woken up at 4 o'clock: I was wide awake, had a shower, sat in my puja room & as I was meditating, this overwhelming feeling came over me, to surrender all my irresponsible, thoughtless words, actions, thoughts & a deep feeling of remorse came over me, & I said "Enough! There's so much I have said & done for so long, which is thoughtless or may not have been in accordance with my Higher Self." I just put my hands up & called upon my own Divine Self & Divine energies to please allow grace to flow through me consciously all the time, so that all my thought, word, and actions would be pure love & liquid light.*

I now feel that my own consciousness guided me into that portal: I was literally pulled into it! I now know that we are all being guided to enter this portal: we just have to listen to our inner voice and urgings.

🌈 Bravo! Bravo! Any further questions? Very well, before we close this meeting, let us ask you to do a small exercise:

Let us begin this process here & now. You will need to speak out aloud, but you may do so softly, so that others around you do not hear your words.

Think of anyone, in physical form or in the Spirit realm, with whom you have a disharmonious relationship & spend a few moments telling this person exactly how you feel.....do not censor your words, simply express how you feel.

[Pause]

We ask you to stop here & to now think of a loved one, in physical form or in Spirit, whom you care for deeply & to express your love & gratitude to that person.

[Pause]

Thank you, dear friends. Remember, these thinned veils are permitting communication not only between your energetic friends and self, but also between your homes and self, between your pets and self, between your possessions and self. The plant kingdom is also communicating with you, as are the energies of your city, your country, your world.

Welcome them all and joyously communicate. Don't waste the time and the opportunity!

**BLESSINGS FROM THOSE ASPECTS OF THE SOHRAB THAT ARE
THE BUDDHA AND THE GURU GOBIND SINGH.**
