

25th February, 2010
THE PHOENIX COLLECTIVE
UNKNOWN ENERGY
Channeled by Sohrab

Using Crystalline Energies: Creating a portal of your own Recreating self

Trance Channeling begins

The group was asked to chant OM 27 times.

The Phoenix: [addressing a Group Member] - What do you see in these energies, in terms of colors, shapes, dimensions, and vibrations?

Group Member: – Pinks and purples, and a lot of triangles.

The Phoenix: – What kind of energy is this?

Group Member:– The energy of love. The energy that comes to you after a loss.

The Phoenix: – Does anyone else want to contribute?

Group Member:– Pink, Purple, Orange...

Group Member:– Freedom.

The Phoenix: – Freedom, anything else?

Group Member:– Love, pure love.

Group Member:– Pure crystalline energies, bringing in new realities.

Others: – Joy

Group Member:– I saw lot of animals

The Phoenix: – Animal energies as well. All correct, not one error. *Welcome to the energies of the Phoenix!*

Group Member: – How come we didn't see gold?

The Phoenix: – Ask yourself that: why didn't I see gold??

[A Group Member starts chuckling]

The Phoenix: - Do you find us amusing?

Group Member: – I do, to a certain extent.

The Phoenix: – Why? Do share the joke!

Group Member:– Because Gold comes with detachment from love and still, it is the colour of being in love itself.

Group Member:– Are we not in touch with that aspect? Is why we didn't see it?

The Phoenix: – [bemused] And what makes you think we have come to answer your questions?

The Phoenix is not simply a mythological bird, the *Phoenix is a collective*, and it is indeed a current representation of new crystalline energies.

The Phoenix constantly recreates self; rising anew from the ashes, moment to moment to moment, and therefore the Phoenix that you knew yesterday is not the Phoenix of today and will not be the Phoenix of tomorrow. Your wonderful conceptualization gives us a shape, a colour, a form and an animal figurine. But the Phoenix is an ever-recreating combination of energies and right now the call is for a new influx of crystalline light. And so it is.

Group Member:– Can you describe 'crystalline'?

The Phoenix: – Crystalline energies have a different connotation, meaning, and application in different parts of the Universe, and are also dependant on the various beings accessing them, and on personal vibration.

Having understood that, *crystalline energies are generally those of pure creation, where new frequencies and strings of sacred geometry are combined, moment to moment, recreating creation itself.*

The reason we are here today is to help you enter a portal: a portal of your own creation. That is why we requested the lengthy chant of 27 OMs. At the inception of this meeting, even we were not aware of which portal you would create, as creation is 'moment to moment'.

This group has decided to create for itself, and only for itself, a momentary portal facilitating the re-creation of your future selves.

This will become clear as we guide you through an exercise.

We ask you all to come on this journey joyously, as you have chosen to be in this room and to call for us today. However, if you decide, even part way through, to detach from these energies, you may do so, by simply sitting and staring into space. You can do this exercise with eyes closed in meditation, or you can do this exercise with eyes wide open, fully cognizant of your surroundings. Your choice.

Take a moment and just appreciate who you are. [Pause]

There is a failure rate of 73% in this room: Come on, you can appreciate yourselves more than that! Just begin to like who you are, at this moment in time. Find all the plus points you can attach to yourselves, and list them in your head. "I like this about me, I appreciate this about me, this pleases me" and so on. Do it now. [Pause]

Now choose a point in your Earthly future, as many years ahead as you wish. Ask your intuition to guide you: it can be a few months or several years in your future.

Now start to see yourself at that age, dispassionately. View yourself physically: are you fatter or thinner than your current self? What is the texture of your skin? Your facial features? Your expression? What does your body look like?

Right now we are only working with the physical appearance, so please focus on that. If you see anything displeasing about self, please just accept it without judgment. [Pause]

Now, tune into your emotions at that time. Are you happy? Expanded? Bitter? Lonely? Once again, tune in without judgment or any attempt to change it.

Now examine yourself mentally: what is your mental make up like? What is your intellect like? Are you able to grasp concepts well? What is the state of your memory? Your thought patterns? [Pause]

Now examine yourself spiritually: study your energies, your level of expansion, your light quotient.... [Pause]

Now 'look around you' with your mind's eye: at your home, your loved ones, and your family. [Pause]

Now comes the fun part: Whatever you don't like, you can change! [Let us explain this briefly before we actually lead you through this portal]

If you see yourself as fat or distasteful in any way; shift the visualization to perfection of self as you enter the portal. If you see yourself mentally confused, and you wish to change that to clarity; do so as you enter the portal. If you wish to change any emotional aspect of self, or wish to simply experience perfect harmony, balance and alignment; do so as you enter the portal. [Pause]

Now prepare yourselves: we will enter the portal together. You will follow the energies of the Phoenix and you will do this through the chant of OM. You will follow the Phoenix's lead and you will chant as many OM's as are required.

As you continue chanting, visualize and experience yourself in the most perfect form of your choice: physical, mental, emotional and spiritual.

[Sohrab/the Phoenix lead the group through vigorous and lengthy chants of OM]

And so it is, and so it is and so it is.

What have you just done? You have drawn upon the Phoenix crystalline energies that exist within you and you have attached them in a linear manner to your own future, looping back an energy strand and implanted it in your current self. Very much like what we described in the prior meeting of the wormhole/black hole.

Because you exist in linear time, you have created an energy strand of pure crystalline light that bridges the gap and exists simultaneously in two realities: your present and your future. Both are now beginning to resonate at the same frequency, so by changing your future, you are feeding it back in a loop and changing your present, so that your future changes. The circle of OM.

Let it now unfold.

BLESSINGS FROM THE PHOENIX COLLECTIVE.

[Another energy speaks through Sohrab]

Dear ones, what a magnificent collective choice you made, as a group, today! The group could have created any portal of its choice, but you chose one of recreation and rejuvenation of self: let it now reverberate in your cellular structure.

This future is a certainty, as long as you don't start to sabotage the energies that you have now implanted in this current self. [Sohrab laughing] Many of you, for example, have chosen to realign the future shape of your bodies. So be it!

You have already created a resonance in your body, to set off the change which must now occur. However, if you now start 'crashing' this crystalline energy implant, by constantly telling yourself that this will never happen, that you are so fat, that you are doomed by your genetic inheritance, etc., you will impede the vibration that is being released simultaneously from the 'now' you and the 'future' you. You have created energetic synapses between these two aspects of self...don't block their 'leaps'. Let it unfold.

Now, earlier today you were discussing the various puzzling 'shapes and forms' seen by you, when a loved one had shed the body and returned to spirit.

Many of you deny what you 'see', as another person may receive a different visual to yours; and you instantly negate self and say, "I must have been mistaken".

When a physical person sheds a physical body and moves into spirit, he still has a molecular structure of energies that are relatively cohesive [they hold together very much like the human body], but they are not bound by the laws of third dimensional reality, where the molecules *have* to stay more or less in this shape [indicating the body].

When you move into spirit, you are able to shift shape, age, appearance, tone and texture. You are able to shed the agony of a cancerous growth, and implant the new 'body' with fresh, healthy memories from your own cellular structure.

You can 'remember' and bring into self, aspects of good health that you have experienced, and can revert to any age, shape or form. You may sometimes even choose an animal form, if that so pleases you. For example, if you have been strongly attracted to the energies of the Phoenix or the Unicorn, you may 'thought create' that form for self. Or that of a tiger, if 'strength' is being accessed by you, from Self.

So you are only experimenting with energy combinations that please you, and are part of your totality. Therefore please do not dismiss an image or a dream you get of a loved one, who may come in the form of an animal, a flower, a gust of wind, or a beam of light.

You also receive their energies through your own filters: for example, if you [indicating a sitter] associate love with the colour pink, and you [indicating another sitter] with white; you may see your loved one shining in that particular radiance.

Group Member:— Surely it is entirely dependant on the perception of the receiver, and not the actual form of the spirit itself?

Sohrab: – At first, when a person moves back into spirit, he generally *does* take on a relatively cohesive form, as it pleases him, and eases his own acceptance of the passage. It is also ‘all he knows’ at that moment in time! It is comforting to self. It is security. It is familiarity.

But, as he accustoms himself to his new existence, the cohesive structure starts to slowly merge with Self and with Universal vibration. His energy ‘molecules’ start to drift further and further apart, allowing for the ‘spaces’ in between to be filled with Universal energies.

But this ‘refinement’ cannot generally be sensed or seen by you; hence, when they wish to make contact with you, they often return briefly to a level of temporary cohesiveness. This is technically ‘uncomfortable’ to them. It would be like asking you to clench every muscle in your body for a long period. Try it, and so how disturbing it is!

Group Member:– When the spirit leaves the body, does it take the energy of the disease it has experienced to the other side?

Sohrab: – Generally, yes. If, for example, a person had died very painfully of a cancerous growth, that growth has formed a strong cohesive bond with the physical body. This cohesiveness does, generally, carry forward; but it starts to disperse, if you so will it to do so. But you tend to be ‘sensitive’ to this portion of your energies for a while. Just as, when you have taken a painkiller to counteract a toothache, even when the area feels better, you are a little ‘careful’ with it. You then evolve energetically, and can release it completely, at will.

On certain occasions, a soul might choose to hold onto the memory of this pain or growth. This could be because he still feels “I don’t deserve better” or “I need to punish myself”, and so on. Remember, when you cross over, you are still very ‘human’, with thoughts, beliefs and structures very similar to those you held on earth! You don’t instantly become an ‘enlightened being’.

You are, of course, offered the council and benefit of Universal wisdom and knowledge, but your free-will is fully respected. So if you choose to hold onto old notions and beliefs, if you choose to continue to punish self, you may joyously do so, and for as long as you wish! And in that case, you ‘cancer’ will continue to hurt you as much as it did on earth.

There is no Master or Guide who will force you to grow: they will only offer you their joyous embrace, and the benefit of their wisdom and guidance. What you take from it is your divine right and choice.

Group Member:– So even if there is a physical release from the physical body, you have not necessarily cleared the issues that caused the disease?

Sohrab: – Not necessarily! Some clear the issues at the moment of release, and move across ‘free and unfettered’. Others carry over partially assimilated issues, for future assimilation. Some cannot do it at all, and choose to exit and start afresh.

Group Member:– These are attachments?

Sohrab: – Yes, indeed!

Group Member:– [inaudible]

Sohrab: – Yes indeed, you can be addicted to pain.

Group Member:– I thought soul has no memory.

Sohrab: – You are not quite ‘soul’ when you initially pass over; you are a combination of soul and matter, of earthly consciousness and Self-consciousness. We are speaking of the transitional phase, dear friend.

Group Member:– Just as souls can choose to shift shape and form, can we, as humans, recreate our cellular structure?

Sohrab: – And what have you just done today?

Group Member:– I mean, on a daily basis?

Sohrab: – You already do! You are scientifically aware that every eight months, your organs re-create themselves. The cells that you had, for example, in you lungs, eight months ago, are totally different to the ones there today!

Your body and your energies do this naturally. Now imagine what you could do with self, if you added your conscious belief and intent to this process! If you had a very high level of belief in self, you could shift shape in an instant.

Have you not heard of or witnessed gurus and yogis who can walk through walls, or live for long periods on prana alone? How do they do this? They are Masters of energy manipulation. And here, we use the word ‘manipulation’ in its purest form: they channelize energies [and therefore the energies of self] at will.

Now, we have said this to you before, and we will repeat it. Imagine what you energetically do to your bodies when you repeat over and over and over again, over years: “I am so fat!” “How I hate my large hips” “I am so ugly” “I am useless” “I am worthless” “I am not deserving of love” and so on.

When it comes to putting self down, you are all Masters of energy manipulation! So you become fat, ugly, useless and unloved. How easily and effortlessly you do this to yourselves! So why not turn it around now, and keep telling yourself how beautiful you are. How perfect in body, mind and soul. How intelligent. How magnificent.

Group Member:— You spoke earlier of diseases: are these always a personal choice we make, to undergo an experience for growth?

Sohrab: – Dear friend, there are many, many reasons why a person chooses to manifest a physical disease.

They are, more often than not, created by you, to provoke self into examining an issue which you would otherwise ignore.

Sometimes diseases are unassimilated strands brought forward for assimilation, as only through the process of dealing with that disease, do you deem yourself able to assimilate the issue. At other times, they may be ‘accidentally’ drawn to self through fragmentation of the soul. And so on.

Group Member:— How are some clairvoyant people able to see spirits, while other cannot?

Sohrab: – A good question. Just as you have different taste buds on your tongue that recognize different tastes; so do you have energy receptors that pick up differing energies. You call these ‘vibes’.

Those who ‘see’ spirits have either an inherent or a developed ability to recognize energies that are beyond the physical density, and to interpret them accordingly.

Though this has been shared with you before, we will repeat it: humans, in general, have a visual ‘frame per second’ ability, which enables them to see things around them. Spirits vibrate at a higher ‘frame per second’ frequency than the average human ability. Clairvoyants have managed to raise their personal frequency, so they can ‘see more’. That is all.

However, a medium has to not only to be able to see, hear and intuit; but to also correctly interpret and convey the information, without personal contamination. Almost anyone can be a medium; but not everyone can be a good medium.

Group Member:— With reference to the “Phoenix” exercise today, and in keeping with the cell-regeneration information, am I right in assuming that we can eradicate a life-threatening disease within 8 months?

Sohrab: – Why wait 8 months? But if that is your perception, that is what it will take. However, you also have to work with the issue pertaining to that disease!

Group Member:– Are unassimilated energies the reason why babies are sometimes born with deformities?

Sohrab: – Children who are born with diseases or deformities, often ‘come’ with them to simply ‘speed up’ their processes of assimilation of unassimilated strands, without wanting to waste any time.

Some of these souls, who then ‘die young’, do so for personal soul growth; others may wish a brief experience of the disease, simply to ready themselves for coming up with a future cure for it. They could be high-level scientists or healers themselves.

The reasons are numerous.

Group Member:– How about a still-born child?

[The energies suddenly retract from Sohrab. He explains to the group that he got the feeling that they were attending ‘a call’ somewhere, and that his sense of it was an impending natural disaster.]
