

1st April 2010

MONICA – One of the group who had passed over

MEHER BABA'S ENERGIES

Channeled by Sohrab

Monica – A Departed Friend of the Group

Trance Channeling begins

[The energies of Monica speak through Sohrab. She 'examines' his outstretched arms]

I am not raising these arms! It is your energies, combined with his, which is causing this.

[She then joyously greets several sitters with "Hi" and "Silly Girl!"]

To a Group Member Friend – Why don't you introduce me to those in this room who don't know me? Tell them what I did.

Group Member: – This is Meher Baba! [Sohrab laughs joyously]

Other Group Members [prompting] – It's Monica!

Group Member: But we are all one.

Monica: – Of course we are all one! You are correct...though it is the Monica speaking, the Meher Baba energies are supporting this particular session! So your intuition serves you well.

Group Member: – Monica was one of our group members who passed over, last year

Monica: Why are you embarrassed? Tell them what happened!

Group Member: – She committed suicide. She had a past history of many lifetimes of suicide: she had been warned of this pattern, but I guess you just succumb to it sometimes.

Monica: See, I am not embarrassed, you are.

Group Member: Thank you.

Monica: – Hi everyone! [The group greets her enthusiastically]

Monica: You can't get rid of me that easily! I have come to haunt you all! [All laugh] Hi [referring to her friend] Come here and give me a big hug!

Group Member: You never wished me for my birthday! You took my number and never called.

Monica: Ohhh! [Hugging the Group Member he] Where is your tattoo?

Group Member: No tattoo.

Monica: No tattoo, no fun. [Releases friend, and looks at other expectant faces in the room] Now I can't hug you all! I'll get too tired!

As you can see, I am in a much better space now. When I last spoke to all of you, I told you that I was in a space of dispassionate contemplation, examining my past existences and experiences, and understanding unconditional love and non-judgmentalism.

I am now an ***assistant spirit counselor***, working under the guidance of a magnificent spirit guide. *Our task is to work with those on earth who, through marital or relationship issues, are experiencing great trauma, or are at the point of suicide.*

Though I work predominantly with women, I am not at all sexist! [All laugh] There are many men who are being tormented by their wives, and I am working with them as well!

This is a task I have joyously embraced: I am, through this, able to help self, and help them as well. Bombay is filled with my clients! [All laugh]

Come on! Ask me questions! Talk to me!

Group Member: Did you try to come and connect with me when I was doing my music exercise?

Monica: Aarey, baapre! I have been trying to connect with you over and over again; how many times must I knock on that skull of yours? Yes, yes it was !! Next time please welcome me in: I will come to joyously assist you in the particular sessions when it is appropriate. You don't even have to call upon me consciously.

[Addressing the group] Once you have made the emotional commitment to become a group member, you are one forever! You could move abroad and never attend a meeting again; or like me, you could move into spirit...but energetically, you are still

connected to the other and to the energies of the group. You are energetically connected to the spirit of the group.

When I say 'spirit', I refer to the *energy*, the *union* of the group. As this group grows, so would you. I am inter-connected with each and every one of you. I see, feel and experience that connection so tangibly: if you want, so can you! Now will you please 'feel' me from time to time? [To a particular group member] Hi!!

Group Member: Do you have a message for your friend?

Monica: Tell her to loosen up and lighten up. How much gadbad?? [All laugh] Correct, na? What is all this tension? It means nothing. Tell her to loosen up, lighten up and get a life! Tell her that from me, and give her one thappad!

Group Member: I wanted to ask you initially, when... [Monica interrupts]

Monica: I like your style!

Group Member: I like yours as well!

Monica: How about a tattoo?

Group Member: I don't have one!

Monica: You will....within two years, you will! I know you will.

Group Member: Ok, the last time you said that you were not ready to take any incarnated form very soon; that you were still learning lessons. What are you learning? Will you come back eventually with suicidal propensities again?

Monica: I will not be in any hurry to take any form of incarnation, on earth or elsewhere. But the likelihood is that, when I eventually choose to do so, that I will repeat an earthly experience, as it would offer me the most 'fertile' ground for my growth.

Most of you are aware of my issue of 'self-loathing': I spoke of this last time. For the benefit of those who were not present, this was my biggest, yet most 'hidden' issue.

See how perfectly I had set it up: I chose a physical form that was very attractive to both men and women. I chose to enter the media, so that I would be constantly 'looked at'. I chose a family which was erudite, artistic and elite, but one that also had emotional upheavals.

This laid the foundations for me to address my issue: I received a lot of attention...and I started believing that everyone wanted/liked me only for my body, for my physical attributes, or for my family position. I never felt that they saw or acknowledged ME.

So even when someone was genuinely attracted to ME...physically, sexually, emotionally or mentally, I at first welcomed them in, and then repulsed them; convinced that they were once again 'using me'. See my self-loathing?

Though I am working on this issue, I have to 'crack' it: therefore it is likely that, at some time, I will come back to earth, and re-create a similar situation for self. I hope that, by then, I will be further along this path, so that I do not fall into the same traps once again.

There is a big difference now: I am starting to accept myself, perhaps for the first time in my evolution...I am even beginning to like me. This is a big step...you know, I really like me, now!

[Everyone in the room bursts into applause]

Monica: Thank you!!!

Group Member: Monica: while on Earth, did you really feel that people liked you for the other things and not for you? Is that what you feel now?

Monica: It was what I felt then. I often 'touched the truth'. I often knew that someone liked me for who I was. I would appreciate that for a while, and would then sabotage the relationship.

I would create a fight, or push them away, and play the blame game, and then say to myself, *"See, I was right all along! They never actually liked me! See how they have stabbed me? Ignored me? Disregarded me? Betrayed me? I am useless, worthless."* And my self-loathing would well up.

I was a master of self-sabotage: if you think you do it well, I did it better! [All laugh]

And you know something? I am proud of it now! ***Because through that, I have started to learn to really like myself!*** And because of my experience, I am very qualified to help others through this issue....I give them two or three energetic 'thappads' and say "Wake up!". Sometimes they even hear me!

Group Member: I think of you often, you just seem to come into my thoughts! May I use your energies, and call upon you, when I am doing therapy work/sessions with others?

Monica: All of you may do so, when you are working with clients in any form of deep trauma; even those outside my purview of 'marital difficulties'. You will receive the light and the support of my guide and myself. We will not do the work for you, but we will create a harmonious energetic environment for you to work smoothly and easily.

Group Member: Thank you.

Group Member: You said that you were under the tutelage of a Guide. Are you also guided by the energies of Colour over there? I am interested, as I am working with this now.

Monica: Thank you for this question! As we evolve here, we soon stop seeing guides and Masters in distinctive forms, as most of you still use. I used 'form' for quite a while in spirit; but now, these forms are starting to blur, and are losing shape and identity.

When you release 'form', you start tapping into the vastness of what I will call the **Universal Flow**. This is like swimming in a wonderful, warm, vibrant ocean of merged energies.

The moment I personally stopped 'defining' masters and guides, I was offered the even higher energies of the Universal Flow. From my perspective, this is a merger of colour, vibration and essence. Yes, essence...it is like the merger of beautiful perfumes.

Group Member: I smell a perfume just now...very strongly!

Monica: That is my essence – you are connecting with my unique essence. Thank you!

Group Member: I feel your presence all the time and acknowledged it – Thank you.
[Monica Hugs her]

Monica: [To another Group Member]- Oh, come on over here, I know you want a hug! [She hugs the Group Member] I am going to start charging for all these hugs now! [All laugh]

Monica: [To the same Group Member] I am coming with you on your trip: book a seat on the plane for me; next to you....first class, of course, I am not going economy! [All laugh] No, I will sit on your lap: two for the price of one.

So I work now, almost exclusively, with merged energies. However, the energy of the one I call my current guide is individuated and must be, for the benefit of all those on earth who are benefiting from his guidance and advice.

So this wonderful Master has, in fact, contracted his energies, at great discomfort to self, to contain a form and shape accessible by the human vibration. It is actually painful for Masters to do this, and yet they have always done so for us.

Group Member: How is it 'painful'?

Monica: How would you like to wear a tightly-laced corset all the time, and be unable to breathe properly?

When energies evolve in spirit, they get more and more refined: I am not even talking of expansion; I am talking of *refinement...* more and more vibrant. Now, the more vibrant an energy becomes, the more it needs freedom and space. Refined energies have the ability to move and exist simultaneously in different realms and dimensions.

The earth energies are so dense compared to this refinement that a Master serving earth has to 'thicken' his energies to interact with all there. This is truly like wearing a corset and trying to run a marathon at the same time.

The discomfort is not physical; it is energetic, and hard to explain. Yet Masters do this freely and joyously, of their own volition; so please do not now start feeling guilty!

Group Member: Can't the Master make a hologram for the others to see and not really go through all this?

Monica: Oh yes indeed he can. He can reach you effortlessly in the astral; but to be able to communicate and reach the conscious mind, he often needs to constrict.

For example, when channels like this [indicating Sohrab] were less refined, the Master had to match his frequency with the channel to get the messages across. But as the medium grows energetically, the easier it is for the Master to speak.

And there are times when all of you need to physically 'see' and 'hear' and 'feel' high level entities from the spirit realm....

What about those times when a spirit friend is trying to reach a human who is in pain, trauma and despair? Imagine the 'condensation' that has to take place at that moment in time....yet they do it out of pure love.

Group Member: Before the meeting started and before I knew of your presence here today, while we were centering ourselves, my energies of my husband were here, asking for forgiveness. At first I was angry, but suddenly something in me said *forgive him*. I said that to him mentally, and asked him to release me. He said he couldn't. Was all this facilitated by you?

Monica: Yes, yes it was

Group Member: So how do I get a closure on this now?

Monica: Connect with my energies personally: call upon me and work for your marriage.

Group Member: Work for it???

Monica: Not 'for it' or 'against it'; work with the energies, towards your desired outcome. Yes, you may call upon me specifically: in fact, please do. [Addressing the group] I am joyously available to anyone in this group and beyond it; to anyone who is experiencing trauma through marital issues.

Group Member: So can I say this to Sweetie?

Monica: – Please do!

Group Member: – Ok, Thank you.

Monica: – Now I leave you.

All --- Thank you, thank you.

Monica: to K - Why don't you call upon me too?

K – I was just trying to connect with you, right now!!!

Monica: Why do you think I am speaking to you? Please remove that word 'trying'.

K- I don't know you exactly!

Monica: Why do you need to know about my physical form at all? Just call for Monica. That's all! You can visualize me as a blonde bombshell if you like, what's the difference!

Group Member: – Monica, I keep on thinking of you with your cummerbund, which you used to wear because you were in pain: I presume it's now all done with?

Monica: Many of you don't know this, but shortly before I exited, I began furiously tattooing my body. I wrote my life story, pictorially, in a wide band around my waist. It was the best thing I could have done for self.

People choose different ways in which to leave a legacy behind: some through writing, others through dance or music, and yet others simply by having been a wonderful wife, mother or friend.

I chose to create an 'energetic biography': each week, I would design and then take to the tattoo parlor, various images that I was impelled to have etched on my body. A bird of paradise, a flower, a phoenix...I was guided by my own soul. Even though my physical body does not exist anymore, my energetic diary lives on.

Group Member: I had always asked you to write your story!

Monica: Thank you I did just that, and it lives on even now. My energy band has universal vibrations, which I *still* choose to access. It is a 'living, breathing' energetic entity of its own. ***This was my wedding band: through it, I married myself.***

Group Member: When you were alive, you gave me a lot of guidance: now, examining this guidance from your spirit perspective, do you view it differently?

Monica: You must understand that any medium on Planet Earth, or tarot reader, or numerologist, works from differing levels of merger between the physical and the spirit. No one can get away from that. You always 'speak' from a combination of 'the flow', and from your personal issues and experiences. This is perfect, as the recipient requires both aspects.

So yes, sometimes I was in 'perfect flow', and at other times I was a merger of flow and my personal issues, where my readings got clouded.

But don't you see, this too was perfection!!! You would come to me at that time, to receive a clouded reading, because that was what you needed! Perhaps you had to question my validity. Perhaps you needed to defy me and 'think for yourself'. Perhaps you needed to touch your own power at that moment in time, instead of blindly relying on another's judgment.

So now, make no apologies for those moments, as I understand that they are as valid as those in which I was in perfect flow!

Never give your power away to anyone! Of course take the advice and guidance of a specialist, but even if the most eminent brain surgeon insists that you need a major operation, and if this doesn't fit with you, don't!!

I must leave you now.

All- Thank you, thank you very much!

Monica: Invite me back. And my thanks and gratitude to each and every one of you: not only for what you did for me on planet earth, but for all your love and hard work when I

passed over. Many, many of you stood by me, in the astral, and acted as watchdogs, guides, guards, firm supporters and true friends, while I was in spirit, but going ballistic!

I am in deep gratitude to all. Thank you.

[She leaves. **Monica's Guide** speaks]

Dear Friends, I am the guide that your dear friend [Monica] referred to right now: it is my joy and my pleasure to inform you that, indirectly, *each and every one of you* is working through us, for the benefit of those who are in trouble on Planet Earth.

When you are part of a group such as this one, each group member carries the energy signature of the other. So individually, whenever any one of you chooses to give service to anyone, the energies of the group are called in for help and support.

When we work with those who are in troubled relationships, you unconsciously participate. And through that process, you learn, gain and grow. So your understanding of relationships has already undergone a change: you now better understand physical marriage, the marriage of self with self, and the marriage of self with aspects that you have avoided in the past. You are also understanding trauma better now.

We are in deep gratitude to all of you. I choose not to reveal my name, as it would have little meaning to you. Just call me 'friend'.

[The guide leaves. **Meher Baba** speaks.]

[To a Group Member] NOW tell them who I am!!! [All laugh]

Is this Mother Mary speaking? [More laughter]

Blessings from the Meher. I have just come to greet all of you! Would anyone like to talk to the Meher?

Group Member: – Ya, I would like to ---

Meher Baba: She has been popping up all afternoon; she can't keep her mouth shut! [laughter]. Chalo, speak!

Group Member: When we were coming to meet you [Meherabad], you said would come to greet us as 'something very handsome'. My cousin Lale here wants to know which 'handsome' you were; we met so many 'handsomes'! [Uproarious laughter in the room]

Meher Baba: Hmmmmmm.....and which one did you kiss??

Lale – None, but we petted quite a few! [More laughter]

Meher Baba: Dear ones: I came to you over, and over, and over again, and you know it!

I came through the dogs, I came through the leaves, I came through the moonlight, I came through so many other forms: you don't need individuation any more, as you now understand energies. Even now, I come to you all the time, through the colour Red. Deep red will be my signature for you.

Now, any time you see someone in red, you must kiss them! [All laugh] Man, woman, dog or parrot. [Pointing to the man sitting next to the Group Member] See, he has red in his turban. Please kiss him instantly! Aah! We have finally managed to embarrass her!

Group Member: No, am not embarrassed! But I may not want to kiss everyone in red!

Meher Baba: I like the kisses of everyone: I do not discriminate, because kisses are love.

Group Member: I am a little concerned about what I heard today, about 'constricting' Masters. I personally keep your photograph, and think of you in that form. Does that limit you or make you uncomfortable?

Meher Baba: Not at all, dear one, not at all! Please don't mistake the words. "Thinking" of us in any form does not affect us; but it can affect you, because you may then be limiting the full flow of our energies into self.

It is when you call upon us when in trauma, or when very contracted, that we need to 'condense' ourselves to be able to reach you. But we do so joyously!

Group Member: And we normally call only when we are in that state! Thank you, I understand.

Group Member: Why does my daughter Amarah cry every time I take her out of my prayer room?

Meher Baba: Let it enjoy it as much as possible! She works with very high energies and she is energetically greedy, in the best possible way! She is like a sponge, so if you take her into any high-energy space, she will joyously lap it up. But the moment you remove her from that space, she experiences depletion, and this sometimes sends her into a small spasm.

Now, this does not mean that you should allow her full access to very high energies at all times...not at all. You are her guardian and her guide. Be guided by your intuition. Remember, she is like a small puppy, who will eat and eat till he gets sick.

Group Member: Thank you.

Group Member: Sir, when a high-level energy child like this incarnates on earth; what is the child's probably future? Does this also have an impact on other children?

Meher Baba: There are currently many children [and adults] on earth, who are working with energies far beyond the capacity of most others on planet earth. They have been invited to do so by the collective consciousness: they are to act as beacons, as energetic nodes, to stir up others, and to provoke them to follow suit.

These beacons must awaken, enlighten, shatter, shake up and vibrate all around them. More and more are being introduced. Eventually, this child's child, and their generation, will 'just be'.

Group Member: Are these 'beacon' children aware of their mission?

Meher Baba: When they are babies, most are unaware of it. But many of these children will start to 'awaken' to it between the ages of 5 and 7. Expect a lot of child prodigies. Lots of these children will become shining examples for others to emulate.

Blessings from the Meher!
