

16th December, 2010
MEHER BABA
The energies of BOB DYLAN
Channeled by Sohrab

A Message from Meher Baba Musical Instruments and their energetic significance

[Prior to the meeting, a Group member read out an SMS: a message from Meher Baba]

Trans-channeling begins..

Let us have you read out the message, line by line.

Group Member: *I AM GOD.*

This has been so misinterpreted by most Meher Baba devotees. It is not a statement made in arrogance and it is not a statement demanding that you worship the Meher; it is a statement acknowledging the divinity within the Meher, which he does fully. It urges you to make the same statement for self: **"I AM GOD"**.

The acknowledgement of the God within is really quite simple, but you make it complex. This acknowledgement simply says *"I am perfectly ok with every part of whom I am."* I am fine with my magnificence, I am fine with my jealousy, I am fine with my anger, I am fine with my saintliness, I am fine with my sexual preferences, I am fine with my beauty, and so on.

It is a statement of complete assimilation of self, where you have the power to say, *"I am so ok with every part of who I am, that I can now choose to exercise those parts that I desire. I am not bound by my parts; and I can choose to access those parts that I desire to express. But they are all magnificent parts of self."*

In fact the word 'God' in this statement is dispensable: the statement **"I am"** acknowledges your embrace of all that is, and then when you truly declare I am, there is no question of ego, because you are simply declaring "I am all of you as well".

So the Meher made this statement quite deliberately, to provoke all the conflict that it has generated over the years. Some people perceive him as arrogant. Others laugh at

him for this declaration. Yet others give him their power, and truly worship him, negating self in the bargain. Through all of this, they begin their search for their I AM.

The Second line, please.

Group Member: *Today I will be handling all of your problems.*

■ You are connecting to your I Am presence and are saying, in effect, “Let’s form a complete merger between matter and spirit, so that, in perfect union, I am able to go through all my physical, third-dimensional experiences that I have created for my growth, and am simultaneously able to understand the bigger picture. The reason that I have created them.

The statement does not mean that you should hand over your problems to an external God, and sit back, powerless. Not at all! We will handle it, because We are You.

The third line -----

Group Member: *If life happens to deliver a situation you cannot handle, do not attempt to resolve it.*

■ On Earth, the word “resolution” is generally misunderstood; on Earth “resolution” generally implies moving beyond it, putting it aside, working through it, and so on. “Resolution” means assimilating it completely, experiencing it completely, enjoying it completely; and at the same time, understanding why you have created it, for your personal growth and evolution, completely. That is resolution.

The next line -----

Group Member: *Kindly put it in the “Something for God-to-do box”.*

■ Why has the word ‘box’ been used here?

Group Member: *Because we need to think outside the box.*

■ Thank you. Structure is a part of your earthly experience, but rigid compartmentalization is not...“My role as a wife is this” “My belief structure is this” “This is what society demands of me” and so on.

You try to cram things into tiny ‘boxes’, and then the walls of these boxes get coated with further rigidity and conditioning of your own making.

You must learn to live in boxes but to also move out of them, changing their dimensions and their texture. Do you always stay at home? Home is a wonderful refuge, but you have to go out from time to time.

So we are not asking you to get rid of your boxes, but we are asking you to go beyond them more frequently.

So this sentence urges you to touch your own divinity, experience it fully, acknowledge the bigger picture, and move out of the rigid boundaries of your own creation.

Next –

Group Member: *Once the matter is placed into the box, do not hold onto it by worrying about it –*

🌅 This has been so beautifully explained, prior to the meeting, by this friend (Shireen McKenzie), that we do not need to add anything to it.

Remember, when you attempt to ‘take on’ another’s worries, you are not taking on anything; you are simply doubling the intensity of the worries.

The other person will continue to worry at the same level of intensity, so now $2 + 2 = 4$. Now both carry a worry quotient of 4, and if you continue to try and worry for them, $4 + 4 = 8$, and so on.

The choice is yours, of course.

Group Member: *All situations will be resolved but in my time, not yours –*

🌅 Aaa!! The ‘**my time**’ refers to the energetic time of the expanded soul of self; **the ‘yours’** refers to this individuated incarnation.

On an expanded level, if you know that you have not yet assimilated the situation at hand, you will perpetuate it, possibly even intensify it. But your conscious mind keeps saying “Why am I continuing to suffer? Take this away! Oh no, my prayers are not being answered!”

If you align the conscious mind with the expanded self, you assimilate quicker. So, perhaps those many months that you would have needed in separation you will not need now, with the union of self with self. But it still will happen in “my time – not yours”.

Group Member: *Focus on all the wonderful things that are present in your life right now.*

That was answered by our friend sitting at the back. These wonderful things do not always guise themselves in pleasurable experiences; sometimes your most trying experiences are truly your most wonderful times, so focus on them all, without judgment, but with an understanding of why you have created what you call “the good times and the bad”. When you truly assimilate them, there becomes no ‘good or bad’, the simply become joyous experiences. That’s all.

Group Member: *Have a wonderful and a blessed day: always keep smiling, it cures whatever ails you.*

Always keep smiling, it cures whatever ails you. The Baba has spoken of this before. The Meher is one of many Masters who, consciously and deliberately, use laughter as a healing tool.

Laughter truly is the best medicine; it is one of the most potent self-healing remedies you can offer self. When you are next in disease, discomfort, or even slightly unwell, test this out.

Go ahead; laugh artificially, if you can’t generate a real belly-laugh. The absurdity of the artificiality itself will set you off. This, in turn, will set off a chain reaction in the physical body. Energies will circulate, new ones will be released, and your entire system will be ‘kick-started’.

Can you recall those few instances in your life when you have laughed so much that you have cried? Or fallen off your seat? How did you feel right after that? So much fun! And much cheaper than a visit to the doctor’s office!

The Meher chooses to use laughter in all its forms, as a healing tool. He does not always use ‘external laughter’ but often generates an ‘internal, energetic chuckle’ that provokes your cellular structure. And when you connect with him and allow yourself to experience that, it can feel wonderful! Enjoy it!

BLESSINGS FROM THE MEHER.

Trans-channeling continues – the energy shifts..

Welcome dear, friends. We will continue today, where we left off last week, and speak more of music. But this time, let us speak of **musical instruments** and their energetic

significance in your lives. Remember, you do not have to play the instrument to experience this.

Go ahead, name a few instruments!

The Group: The Flute?

🌅 Once again, we generalize. Different kinds of flutes from around the world have slightly different energetic qualities. But we will speak of the flute in general.

The flute offers you the opportunity to connect with the energies of the moon, and other similar celestial feminine energies. Not only is your creativity stimulated, but you join forces with other types of femininity throughout the Universe.

One earth, femininity is associated with creativity, gentleness, nurture, and giving birth. Celestial femininity refers to the **celestial recreation of self**.

If you are attracted to the music generated by this instrument, you are in touch with your feminine side, and wish to explore it further. If you positively dislike it, you are simply resisting your innate creativity, and are retarding your recreating of self.

The Group: The Piano?

🌅 *The Piano offers you the opportunity to connect with multi-dimensional aspects of self and the Universe.*

Many of the great pianists and composers of the past were schizophrenic. Some experienced periods of great 'highs' and 'lows'. Yet others often behaved in an erratic manner.

This often occurred because they had to access inter-dimensional Universal aspects and infuse them into their music, thereby offering humanity the opportunity to do the same for self. In this process, they sometimes short-circuited.

Does this happen today? Sometimes, but to a far lesser degree, as the energies of humanity, in general, are more refined now. But all pianists and composers are still extremely sensitive human beings.

The Group: The Drum?

🌅 *The Drum evokes a deep-seated sexual arousal, and facilitates the rising of the kundalini.* When we speak of the rising of the kundalini, we refer to all its aspects: knowledge and wisdom, understanding, comprehension, embrace, oneness, and so on.

The rhythm of the drums changes the frequencies within the root chakra, and stimulates its rise.

Let us refer here to a previous meeting, at which you were told that the kundalini does not generally rise all at once. It is comprised of billions of energetic strands, each of which grows at a differing rate during your lifetime.


Yes, there are few on Earth: great saints, sages, and advanced souls, who have experienced a simultaneous rise of their personal kundalini in an instant, but these cases are rare indeed.

The average human being experiences the growth of individuated strands at different moments in time. For example, your kundalini aspect of knowledge may be far advanced at a moment in time, whereas your kundalini strand of technology may be lesser advanced.

So the vibration of the drum urges these different strands upwards. It also connects you with the fire at the core center of earth, which loops back along the energetic strand and does precisely the same thing.

So, once again, those who enjoy the music of the drum are committed to growing at a rapid rate, whereas those who cannot abide it are simply resisting their own expansion.

The Group: *The Violin?*


 *This connects you with all aspects of emotion that Earth and **all** her inhabitants have ever experienced, are experiencing, and will ever experience. Through this instrument and its music, you touch the soul of Planet Earth.*

The violin helps you touch greater levels of empathy and sympathy, love, compassion, caring, understanding, and an embrace of all that is.

The Indian Violin does this by connecting you with the energies of the Vedas, whereas the Western Violin does the same through the energies of the Bible.

We refer, of course, to the spirit energies of these great works; and not to their misinterpretation by man.


The Group: *The Xylophone?*

 (Laughing) *This could be considered Meher Baba's instrument. It stimulates laughter in the cells.*

Now you may wonder how cells can laugh! They can, and they do! Laughter is simply an accelerated vibration, arising from the very core of the cellular structure. The externalization of it is what you are familiar with.

The cells respond to the vibrations of the xylophone and start changing their frequency into a new, rhythmic pattern which releases energetic impulses mirroring physical laughter. A very, very healing tool, particularly for children: hence so many are found in toy shops!


The Group: *The Guitar?*

 *The Guitar helps humanity touch contemporary issues.* It generates a vibration which flows along the player's fingers and the recipients' body, and starts to provoke contemporary contemplation.

You will find that, if you listen to this music for a while, your mind will automatically urge you to reflect upon situations that are current, rather than those of the past. These come up for review and assimilation.

Those who dislike this music tend to live in the past and the future, and refuse to acknowledge the present.


The Group: *The Harp?*

 *The Harp connects you to all water elements on earth, ranging from the wonders and mysteries of the deep ocean, to the wonders and mysteries of the fluids within your own bodies.*

The music it generates is fluid in itself. When you play or listen to the harp, all the liquids in your body begin to churn. If you listen to a lot of harp music, you may even find yourself feeling a little dizzy: this is because the fluids in the inner will start to churn vigorously. It works in a similar manner on the blood, water and mucus in your body, offering all of them the opportunity to upgrade and vibrate at a new frequency.

The sound of the harp, at the higher registers beyond the human ear capacity; also offer deep sea creatures a pleasurable sensation.

The Group: *The Saxophone?*

 *The Saxophone produces an energetic 'melancholia' that offers you the opportunity to go inwards and start touching emotions that you have buried for lifetimes; those which you have not wanted to touch in the past.*

This instrument creates a vibration in the hara and solar plexus chakras, releasing these issues. Some may even be issues that you had not planned on examining in this lifetime; but if you change course and decide to do so, then the sax can help them surface.

Group Member: *Is that why they refer to this music as “The sobbing sound of the soul?”*

Yes indeed! It could also be likened to a dental pick, which removes deep-seated tooth decay.

Group Member: *The Cello?*

This vibrates at a much lower frequency than the one you hear. In fact, what the human ear can pick up is just the ‘tip of the iceberg’. *The cello’s purpose is not for planet Earth directly, but to facilitate her Inter-Galactic connection, and to facilitate your science of astrology.*

Group Member: *The Mouth Organ?*

The mouth organ is a brain activator. In fact, the more discordantly it is played, the more it activates the brain...so the next time your child runs around the house playing one discordantly, bless him, instead of getting annoyed with him!

Both the discordant and, of course, the melodious vibrations of the mouth organ bounce off the roof of the mouth, enter the pituitary and pineal glands and the brain, offering you the opportunity to shatter old structures and pathways, and to create new ones.

Most human beings dislike the sound of the mouth organ; they are simply resistant to change.

Group Member: *The Whistle/The Cymbals?*

They function in a similar manner to the mouth organ, but are more laser-like in their approach. The repeated sound of the whistle, and the repeated clash of the cymbals, target and release specific blocks in the brain.

If you notice, the clash of the cymbals in an orchestral piece is sporadic. If they were constantly used, they could cause brain damage.

Group Member: *You said that this could cause brain damage: what happens to us when these are continuously used during festivals like Ganpati?*

■ In the case of this instrument, size and resonance does matter. Smaller ones are generally used in these festivals, and the resonance of them is tempered by other external sounds, so in general they are not particularly harmful at that time.

But if you were to repeatedly strike cymbals over a man for a long period of time, it would be torturous, and would probably cause brain damage.

Group Member: *The Sitar?*

■ *This is one of the least understood and most sacred instruments in existence. It is an extra-terrestrial device of great complexity, and functions as a super-computer.*

When it was first introduced to planet Earth, its melodies, vibration and resonance took humanity forward in a giant leap; just as the extra-terrestrial introduction of computers and the net did to this generation.

In fact more so: the harmonies released by the Sitar are a series of mathematical equations you have not yet begun to discover. Your scientists haven't yet 'cracked its code'; when they do, they will unearth new mathematical and philosophical concepts unknown to earth. It is a magical super-computer.

Group Member: *What about Disco music? I find it loud, invasive and cannot bare it for any length of time!*

■ Disco music acts *as manure, as fertilizer*. It was needed in the 60s and 70s, to 'fertilize' a new breed of humans; those with more progressive values, ideas and concepts from those of the rigid 50s. Examine them for yourselves: "Women are subservient to men, and must be perfect homemakers", "the son must go to War", and so on.

Its pulsating, rhythmic, loud beat was the perfect energizer needed to shake up humanity, and to facilitate the necessary shift in consciousness. Manure was required, to allow the new flowers to grow, bright and strong.

Group Member: *Flower Power ?*

■ Exactly!

Group Member: *Bells?*

■ Church bells, temple bells, bells you wear on your hat, bells you put around the necks of animals...all kinds of bells...

Bells serve one magnificent purpose: they connect you instantly with your own highest aspect of Self. They function like the chant of the OM: instant connection with All that Is.

When bells are rung in a church or temple, they are not done so 'out of reverence' for the deity at hand: they are a declaration that "God (You) is entering the temple". So when you ring a temple bell, you are declaring I AM GOD.

BLESSINGS, JOY, LOVE AND LIGHT FROM
THE ENERGIES OF BOB DYLAN
