

6<sup>TH</sup> January, 2011  
THE KEEPERS OF THE CRYSTALS  
*Channeled by Sohrab*

## The Dual Aspects of Self

Trance Channeling begins

■ Welcome to Schizophrenia!

During the year 2011, you will be accompanied, every single day, by one aspect of self which is not from this reality: a past or future self, a parallel aspect of self, one from an alternate reality, and so on.

So instead of a Master hand-holding you at every moment, you are inducing self to touch your own inner, multi-faceted power.

Let us give you some examples to make this concept clearer: on a certain day you may be accompanied by an aspect of self that is 'the thinker'; on the next, 'the dancer'; on the third, 'the mathematician', and so on.

Do not bother about finding out where the aspect comes from; that is unimportant. What is of importance is the aspect itself.

So if, for example, you intuit that you are being accompanied by an aspect of self that is 'the warrior', you need to experience what this means to you and for self. Explore, on that day, what it means to be 'a warrior'. Ask yourself, "What do I need to learn from this aspect?" "Am I being urged to experience being a physical warrior, or a warrior of the light?" "Do I simply need to stand up for myself today?"

This is what we meant by a schizophrenic experience, as it will feel like you, and not like you, at the same time. Yet you will never be 'taken over' by the aspect; you will be in full charge all the way. It is up to you to explore it, to the degree you desire.

Similarly, if you are visited by an aspect of self that is 'the dancer', don't take it literally. It may simply mean that you are being urged to explore inner effervescence, or a lightness of spirit. The 'mathematician' is not urging you to suddenly solve complex problems, but could be offering you the opportunity to be extremely clear-cut, decisive, clinical and logical on that day.

Friends, this has already begun. You are just not conscious of it. Now every morning, we urge you to take a minute and find out who is 'with you' for the day. You can do this any way you wish, even while taking your morning shower.

This concept will not make you behave erratically in any way; but instead, if you identify and merge with it, you will find yourself filled with a new sense of excitement and fullness. You are simply merging with different, and often unknown, aspects of your OWN power.

So see yourselves differently each day; and take the trouble to do the same when viewing others, as they are also on the same journey!

Some of you will access the aspect immediately; others may take a couple of hours before it 'clicks'. As you get familiar with this concept, you will even be able to choose, the night before, an aspect with which you would like to unite on the following day.

Imagine if you have an upcoming business meeting, and are feeling that 'you don't have quite what you need': you could simply invite an aspect of self that is a 'business tycoon' or a 'financial wizard' to be with you! Do this, and see what happens at the meeting.

**Group Member:** *Would our 'waking dreams' give us an indication as to the aspect for the day?*

■ For some, they could. Others will choose to ask themselves the question quite consciously when they are awake. Yet others will prefer to allow it to 'reveal itself' at the appropriate moment in the day. But to all we say, take advantage of this wonderful opportunity you are offering self. Of course you can choose to ignore it, but you will be the loser.

Let's do it right now: Close your eyes...just be with yourself. Now ask self what aspect is accompanying you today. (Pause) Even if it seems to 'make no sense', just accept the answer, which could be an adjective, a mood, a visual, or even a feeling... (Pause)

Not all of you allowed it to happen today: practice this daily; it really is very easy, and doesn't take more than a few seconds.

Now let us have you share your answers.

**Group Member:** *This is too funny...on my way to the meeting; I was talking to a friend and saying that we are never alone; that we are always accompanied by a certain aspect of self! Also this morning, I have been thinking about re-starting my blog, but felt that I didn't have any 'matter'. But when I closed my eyes, I kept getting that I had with me a Master of writing...*

Your mastery of the writing, your mastery of the spoken and the written word! Thank you! This aspect of self was urging you to celebrate the 'writing self' within. It was planting a seed within you for the future.

Anyone else?

**Group Member:** *I got "Patience".*

■ Please be with this: you are being urged to examine an aspect of patience that you haven't yet, in this lifetime. It is potent and private: don't discuss this with friends, just contemplate it.

**Group Member** *I also got 'Patience'. Would it mean the same thing for me as well? I got the image of a feminine energy looking at me and saying "easy does it!"*

■ In your case, dear friend, you are being urged to center and collect your energies, which you often disperse.

Friends, though you will feel the full force of the particular energy on that day, it still remains with you, for your use, throughout the year.

**Group Member:** *I got 'the chef'.*

■ What does this mean to you?

**Group Member:** *Exploration of my core: my colour and texture. I am the master chef, and yet there is another chef who is inspiring my 'recipe'. I feel a deep sense of joy in connecting with this aspect of self.*

■ Wonderful! It is indeed about using your power to combine energies, in any formation that pleases you, out of pure creativity, to come up with your own 'master dish'. You are right on track.

**Group Member:** *At 1 p.m., I was meditating and I saw golden Shiv-ling – just now the one who came was Shiva, to teach me the lesson was love.*

■ NO – once again you have given your power away! Now go back in and touch which aspect of **yourself** you have drawn today. Don't externalize it in the guise of the Shiva. Thank you: this was a good lesson for the entire group.

Another aspect?

**Group Member:** *I got 'trepidation'.*

👉 Ahh, good! We were waiting for a seemingly 'negative' one. Why do you wish to explore trepidation?

**Group Member:** *I really don't want to explore this at all, but this 'aspect' has been with me since the morning. There is something I have to deal with tomorrow which is making me nervous. So when you walked us through this exercise, I asked myself why, and the answer I got was that tomorrow, I have to depend on my own power, and not on another's.*

👉 Excellent! You have answered it yourself.

**Group Member:** *Very odd, and I don't see the connection. I got 'peace', and then saw Abdul Kalam standing beside me.*

👉 What does this represent to you?

**Group Member:** *I just asked him to be with me. Abdul represents power. He invented one of India's most powerful nuclear weapons. He used his power without leaning on anyone. He was not bothered with his external appearance, but appreciated his inner beauty.*

👉 *He was a very genuine soul; very gentle with kids. He always wanted to teach children new things, and how to be of use. He was a father figure.*

You are touching your inner power, and your inner father. Excellent!

During this exercise, he (pointing to self) touched upon Sohrab-the farmer. This refers to his ability to sow seeds of information in others' minds. Of his ability to disseminate information, and to 'fertilize' the growth and expansion of the group.

**Group Member:** *I first got the word 'Mother', followed by the 'Mother Mary'.*

👉 Good. Even though you got an external Master, you are not giving away your power here. You are being invited to explore the 'Mother Mary' aspects of self: power, nurture and unconditional love. As you continue this work today, do not allow yourself to externalize her: see her as a version of self.

**Group Member:** *I, too, got the word 'Mother'. At first I dismissed it, as I am pregnant, and it seemed a bit too obvious. But then I realized that I was being urged to look at the undercurrents of my present relationships. I began seeing myself holding the baby, and experiencing oneness. I probably need to feel that with everyone and everything around me right now.*

👉 Bravo! Now live this today.

What if it is a 'negative' aspect, as was earlier mentioned?

If you get a 'negative' aspect (yourself the 'thief', for example), do not reject it, but embrace it fully and joyously. Explore what thieving means to you. Where and what do you steal? You may not be a bag-snatcher (all laugh), but you may be in the habit of stealing other people's ideas, or living vicariously through them. Do you attempt to 'grab at straws'? Steal love? Where, also, do you allow others to 'steal' from self?

Dear friends, this 'multiple-personality' concept is being facilitated, world-wide, by the crystalline grid of Atlantis.

The crystalline bed, as you well know, is now releasing new energies. It has begun to vibrate with multiple frequencies, and is working in a 'delayed release' manner: different vibrations are being released in a staggered manner, as is appropriate for the growth of the various kingdoms on earth.

**Group Member:** *I started a painting, without any pre-planning, and it seems to be turning into a crystal garden! I am also reminded of a certain Meher Baba quotation, which says that the purpose of all life is to touch the essence of creation, and to move from the third to the fifth dimension.*

■ And that is precisely what you are doing with this year-long exercise. Allow your own aspects to reveal themselves to you, in different physical versions of you. So on one day you could be several inches taller than your current incarnation; on another you could have a sneer on your face, and on yet another you could be ravishingly beautiful. Explore them all, joyously. Through this, you are learning to embrace all aspects of self, without judgment or condemnation. Without rejecting a single part of who you are.

**Group Member:** I saw myself as 'gold-plated': what does this mean?

■ You will have to check that with yourself, dear friend! Does this, for example, make you feel vibrant and expanded? Or 'shielded from the world'? Is it a symbol of your light, or a symbol of defense?

So, dear friends, embrace the 'positive' and the 'negative' aspects, as they appear. Enjoy the experience of being a sociopath on a certain day! Or a murderer! Of course this does not mean that you are being urged to go out and kill someone, but you may be being urged to kill certain aspects of self!

**Group Member:** *"Different aspect of the self": are these different aspects of one's own nature? We are often lazy one day, energetic on another, generous on a third, and so on.*

■ A very good observation. You are going beyond aspects of your 'nature' in this incarnation, and are exploring aspects of your overall soul. In this incarnation, you exercise only a few of these. Now you are exploring so many more. That is why this is so exciting: you will be touching and experiencing parts of self that you have no idea even exist!

**Group Member:** *Isn't ascension the process of understanding the reality in which one currently exists?*

■ In general, it is not appropriate for you to *live* in higher dimensions; but through this process, you are energetically *visiting* them. You are simply exploring more and more of the Who Am I.

So why are you exploring this? The frequency of Planet Earth has gone beyond that which was 'intended'. So much is now taking place, which was not 'intended' before your present incarnation. This could not be 'pre-planned', as even you did not know how far, or how quickly, the planet and her consciousness would evolve. You have simply taken up 'advanced study courses'.

Much of your current work is evolving moment-to-moment, and is dependant on your personal level of evolution. Isn't this the same for most people in their educational voyage on earth? A student may enroll in a college to study science, and as he progresses, he then decides what branch in which to specialize.

All of you are upgrading so rapidly that you are taking energetic leaps, like the one we have described today, which was never 'intended' for Planet Earth and humanity. But you have decided that you are ready for a double-promotion. So be it!

**Group Member:** *Does the crystalline bed activate different people at different rates? I have recently found that my body, and my muscles, seem to be 'shivering'; vibrating at a very high frequency. External aids like balm and hot water don't seem to help.*

■ You are correct. Crystalline activation of the physical human body does take place at differing rates. Each one receives a 'blast of energy' appropriate to self. But your acceptance or resistance to these energies will determine how the body accepts/reacts to them. Resistance can cause cramps, spasms and cellular acidity.

Remember, you have chosen to remain on Planet Earth during this period, and to assimilate these new crystalline energies. If you did not, you would exit. As simple as that.

**Group Member:** *So every single person will experience them?*

Every person, animal, bird, insect, plant and mineral. The other kingdoms are assimilating them at a much quicker rate than the human kingdom: you put up the most resistance.

Yes, friend, you want to say something?

**Group Member:** *I got 'Jenny the business woman'. This is self explanatory. I signed something in the morning: it is a major step for me. I am moving Metta, my business, to a new location. Just today, I found another suitable location, registered my papers and have paid up a year's advance. I feel so good being "Jenny the Business Woman"!*

*(The group applauds her)*

BLESSINGS FROM THE KEEPERS OF THE CRYSTALS.