

28th July, 2011

THE ENERGIES OF THE HUMAN BODY

THE ST. GERMAIN

Channeled by Sohrab

THE AGING PROCESS
THE ENERGY OF CHOICE
THE UNIVERSE WITHIN YOU

[Prior to the meetings, several group members were discussing 'aging']

Trance channeling begins:

Why does the body age?

There are several contributory factors to the process, but the bottom line is this:
Because you do not believe that you are eternal.

Having chosen an earthly incarnation, you are, of course, subject to the 'wear and tear' of the mental, physical, and emotional aspects of life.

Every time you lose your temper, you leave an energetic scar on the body and in the cellular structure. Every time you laugh out loud, or touch joy, your cells receive an energetic boost. Every single emotion and experience contributes something to the cellular structure.

These processes are not meant to age the body; they are meant to enhance it. However, your earthly perceptions contribute to this: you perceive a 'wise man' to be one who is physically old, with white hair and a long beard. Therefore, as you grow in age and wisdom, you grey and wrinkle.

If you were, as a collective, able to shift this concept, you would remain physically young and strong; and would then shed this youthful body at the end of your lifespan. Though these concepts are deeply ingrained in your cellular structure, you can indeed change them, if you so desire.

Let us examine the perfect synchronicity between soul choices, genetics and physical belief systems.

If, for example, you know that your family has a history of heart disease, you are aware that you have that particular tendency. You are now spiritually aware that you have made this family choice for personal growth and learning reasons, but if you truly

believe that you are more powerful than this genetic propensity, you would not be touched by it.

You have chosen a genetic lineage for personal growth, but you are meant to 'ride it', and not sink into it. Very simplistically, you may have chosen an emotionally volatile family, to transcend this volatility.

Dear friends, **choice** is now so important in your lives, and yet you continually ignore this vital aspect of self. It is of paramount importance to touch your own power and make choices during the next few months: if you do not start now, you will find it harder and harder to do so, post September.

The current energies flowing from you and through you are in perfect sync with this: choose how you wish to behave, think, and act. Choose where you wish to take your lives. Make clear and deliberate choices, and begin to act upon them. Put them into motion.

Many of you are feeling stagnant. This is because you are not making life choices. Make choices, consciously and willingly, moment to moment. These choices should include small ones (what you truly wish to eat at a particular meal) and large ones (where you wish to take your life).

Are you aware that you are currently reconstructing not only your physical self, but your extended energies as well? This means that the stream of energies that you have followed over lifetimes is also changing. A highly artistic soul, for example, may now be venturing into pure mathematics, or pure science.

These higher-level changes now offer you the opportunity to choose to be whoever you wish to be! How did a Bill Gates or an Amitabh Bachchan become who he is today? They both made the choice at a soul level **and an incarnated level as well**. All mavericks who are at the top of their chosen fields could have remained mediocre, had they not chosen to exercise the fullness of their power, while on earth.

It may interest you to know that many have now moved away from 'giving up their power' to a Master, to doing the same to their own higher soul. Even that is not acceptable; as once again you see self as separate, and declare that your incarnated aspect is 'inferior' to that of your expanded self.

Yes, your incarnated aspect may vibrate at a different frequency to that of your expanded self, but the energy flow remains seamless. Please shift this perception, dear friends. You will now be required to work in 'full flow' at all times, 24 hours a day. Every thought that you have, every word you utter, every conversation you engage in, every embrace that you offer, must contain the unified Self in its glorious expansion.

Now choose what you think, what you say, and what you do, at any given moment in time.

Group Member: *How do we stop people from taking our power away?*

Don't give it to them! NO ONE can 'take your power away' if you don't give it to them. No one, not even the most skilled tantric master. Simply choose to live in the fullness of the expanded, unified Self.

You initially conceptualized the higher soul as residing 'somewhere above you'. Then you shifted this visualization to one in which you were the nucleus of the higher soul, which surrounded you. Now we ask you to once again shift, and acknowledge that it is within each cell in your body.

If you do this, then you have no option but to acknowledge that 'the God is within' and that ***you contain the Universe.***

If you were all to look up at the sky, no two people would perceive the Universe in quite the same way. Each person would see the colours and objects above in different ways. These would evoke different responses within self.

This perception is not only visual, but dependant on the individual's connection with different aspects of the Universe, over lifetimes. One person may feel 'inexplicably drawn' to one portion of the night sky; and another to a particular star or planet. Yet another person may feel dread or distaste, when viewing yet another aspect of the expanse above.

In short, when you look up at the night sky, you percieve a symphony of colour, emotion, sound, music, vibration and experience; which only mirrors everything you have been through. Extend this further to the now: you also respond or react differently to every experience you undergo on earth, depending on your desire to either assimilate it or reject it.

The Universe is within you; it can be nowhere else. If you are eternal and the Universe is within you, then is there a starry sky above you? Are the planets so far 'above' you? It is all in here (pointing to the body).

You are the mighty beings who encompass all of this, and externalize it for the purpose of this particular incarnation. Had you incarnated in an extremely expanded society, in a different part of the Universe, you would not perceive the Universe as external: you would look within self and recognize it as being within you.

It is simply your duality that forces you to see it as separate. Earth is indeed one of the hardest, roughest incarnatory destinations; yet one of the most delightful, as it offers you so many experiences. All of you are very evolved and very brave souls, to have chosen it.

Group Member: *Why did we do that?*

Why do you climb a treacherous mountain or explore a dangerous jungle? Technically, you could simply read about it, or watch a film that reveals it to you. The human race desires to go beyond conceptual exploration; it desires experiential exploration.

When you are in spirit, you can fly faster than any man-made object, yet you cannot experience the wind in your hair or the thrill of danger. You come to earth to experience this.

Group Member: *What experience do schizophrenics come for? Or is this an accident?*

Dear friend, we have spoken of schizophrenia many times in the past. In short, a schizophrenic is one who is in touch with several other aspects of self, such as simultaneous realities and parallel existences. He is then unable to anchor himself in the current reality, and tends to float in and out of several aspects of self.

Sometimes, this is specifically chosen as an experience, and sometimes it is the equivalent of an 'error'. Now, in the grand scheme of things, there can never be an error, but this may not have been the chosen path of the individual.

Either way, it contributes to the overall growth of the soul, so it is never a wasted experience.

Group Member: *But surely he sees the Universe within his reality?*

Some do, and some don't. Many who experience what you call 'musth' are indeed touching the divine, and experiencing the Universe within; yet this experience can be completely overwhelming. They are often unable to stride the two worlds.

Group Member: *If something like this occurs later in a person's life, is he then undergoing resolution as well?*

Tremendous resolution! All who are physically and mentally challenged are accelerating their rate of assimilation and resolution. That is why we have often asked you not to pity them, but to act as their guardians, while they undertake this process. They have chosen an 'advanced course of study' that you have not the courage to undertake.

Group Member: *Would autism be the same?*

Absolutely. Autism, Asperger's, ADD, dyslexia, and the like are all chosen for personal growth reasons: each at a different intensity, depending on the individual's choice.

Group Member: *Can this choice be made by an individual, for the growth of those around him?*

Indeed it can and it must; but it also has to serve the individual concerned. A contract is made between the soul who is going to incarnate into these challenges; and his immediate family and friends. It must serve all; else the contract would take place elsewhere, with another family.

Now let us return to the topic at hand: the Universe within the body.

Every cell, every single cell, holds the entire universe within it; but each cell has a slightly different perception of the Universe. You could say that each time you incarnate, you explore one cell in your body.

Group Member: *My God! We have 7 billion cells in us!*

(Laughing) This does not mean you necessarily incarnate 7 billion times! But each time you do, you are exploring the equivalent of one cell's Universal perspective. ***If your scientists explored the microcosm, rather than the macrocosm, they would learn infinitely more about creation.*** But that is a subject for another day.

Group Member: *I have been given to understand that there are levels within the soul, ranging from that which resides within our incarnated self, to the higher soul that is fully expanded. Now I am confused!*

These 'divisions' were necessary for your conceptualization in the past; now understand that they all reside in the same space, and flow one into the other.

Let us explain this very practically: you have all grown from childhood to adulthood. You have all experienced a child's body and mind, a teenager's body and mind, and now, an adult's body and mind.

You have a full cellular experiential recollection of what it feels like to be a 2-year old, a 12-year old and a 22-year old. With all the moods, experiences, and emotions associated with every aspect of your growth. All of these experiences have contributed to who you are today.

In the same way, the different levels of perceptual understanding of the soul, from its basest to its most expanded self, all co-exist in the Self. As you evolve, you simply access more and more of Self. But it has always been there!

The knowledge of the Universe is in one cell in your structure, but you can't fully touch it. You simply uncover more and more of it, as you grow.

Hypothetically, one cell may contain the mathematical concepts of the universe; another may contain the artistic concepts of the universe, and a third the scientific concepts of the universe.

As you evolve, in a chosen incarnation, you explore different levels of all aspects of the universe, depending on your chosen path. The way you choose to explore each aspect of the Universe, as contained within self, is your ***divine music***.

Group Member: *Would you say Earth is a cell?*

If the entire universe is stored within one cell in your own body, then earth is a fragment of one of your own cells. If your scientists stopped looking up and started looking within, science would move forward in leaps and bounds.

You want to explore time travel? Go within the cell for answers. You want to contact and communicate with other Universal beings? Go within the cell for answers. You want to find a cure for a disease? Go within the cell for answers. You want to reverse the aging process? Go within once again!

Group Member: *Why do we consider old age the 'second childhood'?*

In general, your perceptions of 'the second childhood', and what is actually taking place, are two different things.

You only see a deteriorating mind and body, and this reminder of your own 'mortality' generally makes you irritable, short-tempered and intolerant.

Yet energetically, that person is beginning to explore other realms, and other aspects of self. He may also be exploring the spirit realm, in preparation for his homecoming. In general, the person is preparing himself to enter a new level of self-awareness.

This process should be respected and revered, not derided.

Now, when you offer your customary light to the various people in need, you will work through your own bodies.

Go within self and explore any one portion of your body that 'calls to you': it could be an organ, an area or a single cell. Explore it in the fullness of self. (pause)

We leave you in JOY, LOVE, LIGHT AND THE EXPANSION OF SELF.

BLESSINGS FROM THE ENERGIES OF THE HUMAN BODY.

[Sohrab shifts energies]

Dear friends, your understanding of the human body is now of vital importance. Each and every one of you will be called upon, during the upcoming year, to work with the human body, for self and for others.

Your intuitive knowledge, combined with your technical expertise, is all that you need. If you feel urged to study the body further, or to take up a certain healing course, please do so. But understand that you are already fully equipped to work.

Please heed these words, as you will be called upon to offer physical and emotional healing, guidance and spiritual advice, and at other times, to simply offer emotional support or the embrace of love.

You cannot be 'afraid of strangers', as you may have to work as fully and freely with them, from time to time. There should be no hesitation if you are faced with a man or a woman.

You will be called upon to work in the fullness of self. Never fear that you are 'not the right person': if you are involved in a situation, you are the perfect person to offer the appropriate healing, guidance or touch.

BLESSINGS, JOY, LOVE AND LIGHT
FROM THOSE ASPECTS OF THE SOHRAB THAT ARE THE ST. GERMAIN.

Note: After this meeting, one of our group members sent me this link. I think the visuals say it all!

<http://sprott.physics.wisc.edu/pickover/pc/brain-universe.html>