

24th November 2011

UNIFIED ENERGIES, LEAD BY ST. GERMAIN

Channeled by Sohrab

PORTALS OF MAGNIFICATION
BRINGING YOUR STRANDS TO THE FOREFRONT
HOW TO FUNCTION DURING 2012
SURRENDER/GOING WITH THE FLOW
THE DREAM STATE
WHAT YOU ENERGETICALLY DO IN THE SLEEP STATE
PRANAYAM

(Sohrab began the meeting by sharing some important points with the group)

Dear friends:

You will recall that, last week, I spoke of minor ***portals of magnification*** that are also now opening up for us.

Practically, you will now notice that everything is seemingly magnified. If you are irritated, you will now get much more irritated than you did a few weeks ago. Or happy, or sad, or angry or joyous. Anything and everything you go through is being magnified.

This magnification is taking place exponentially: 1 to 2 to 4 to 8 and so on. You are being invited to examine self, and then to choose whether you wish to remain there, or whether you wish to shift into another portal of your choice.

Just the other day, I found myself getting very irritable about everything, and snapping at everyone constantly. By the afternoon, I suddenly recognized this, and decided that I wasn't comfortable with this. I chose, quite deliberately and consciously, to be 'more understanding'. By evening, I found my levels of understanding and tolerance were amazingly high. I most certainly wasn't 'faking it': I was really accepting and embracing of everything around me. What had 'bugged me' in the morning, I was now able to examine with caring, compassion and understanding.

You now do not have the luxury of saying that you are being 'taken over' by moods, feelings and emotions. You have to acknowledge them, and decide what you want to do with them. And, by all means, if you wish to enjoy them, then do so! If you are feeling miserable on a particular day, and want to luxuriate in it, then please do so! Play some mood music, have a good weeping session, and then call up a friend and pour out your heart! But it must be a choice you make.

Now, in order to give you some very important information, I need to refresh your memory about a prior channeling, in which it had been explained to us that we were a collection of billions of strands. Some of these strands are 'our pure, uncontaminated essence', and others are the various energies and masters that we have interacted with, over lifetimes.

For example, if in some incarnation, you were an Egyptian who revered Ra, the Sun God; you would then have some of these strands in your current make-up, even if you have never heard of this deity, in this particular lifetime.

We were also told that, in each lifetime, we bring to the forefront, to the 'tip of the arrow', the Master strands that we consider most appropriate for our current growth and evolution.

In my case, I was only consciously aware that St. Germain was my Master when I was well into my 30s; yet at a higher conscious level, I must have brought him to the forefront from birth onwards.

Now here is the 'big news': from 11.11 onwards, we are only permitted to bring our own strands to the forefront.

The other Master strands are still a very vital part of our energetic make-up, but they are now not permitted to lead.

This is the first time in the history of humanity, right from the caveman days onwards, that this has happened.

Upto now, we have been passengers in a chauffeur-driven car; now we have drive it ourselves. If we now continue to refuse to touch our own power and 'take the wheel', the car is going to veer off the road and crash. This is the level of power, and of responsibility, that we, the human race, are now ready to assume. These are the demands of 2012 (which have already begun.)

Friends, we are so accustomed to asking for guidance and direction from our favorite Master. How many times have we said "Dear Sai, or Jesus, or Mohammed: I am in an awful dilemma. Please guide me. Show me the way. Give me a sign!"

What we are actually saying is "You point me in the right the direction, and I will follow."

Now, when we ask this, we are going to receive no answer. It is now upto us to weigh the decision at hand, to unite 'mind, body and soul', and to then choose the path. After which, when we ask our celestial buddies to 'walk with us', they most certainly will! But only after we have brought our strands to the forefront, touched our power, and made our choice.

Now let's take this further: it is quite apparent that, in some areas of our life, we are already 'in the lead', and we have already brought our strands to the forefront. Our group friend Darshana, for example, learned to take charge of her finances years ago.

Since she has already brought her strands to the front in this area, during 2012, she is likely to take herself into uncharted territory. She may, for example, suddenly feel urged to invest in a small, upcoming company that has no track record. Or to shift her methodology of investment, exploring a path she has never before taken. She will need to do this, to challenge herself.

But conversely, in those areas where we refuse to 'take the wheel', our cars are likely to veer off-track very dangerously. If a person has played victim to her husband, and does not stand up for herself, she is likely to create acute mental, physical and emotional abuse in that area; simply to urge her to bring her strands to the forefront, and to 'do something' about it. To take action. To make a course correction. To find out what she really needs.

Many of you may remember what it felt like, the first day you were permitted to drive on the road with a learner's license. You probably experienced both exhilaration and terror.

We are now going to experience just this, in those areas where we now bring our strands to the front. We are being urged to acknowledge the terror, but to focus on the exhilaration.

Dear friends: how glorious this is! Humanity, as a collective, is now ready to 'take the wheel'! We are now truly in charge of our lives.

How could the Mayan calendar go beyond 2012? Now that there are no Master energies in the lead, it is truly upto us what we do with our lives, and with our collective existence on Planet Earth.

We have suddenly been promoted from clerks to the CEO of the company. We now cannot point fingers of blame: we have to take charge of the organization. Being the CEO gives us great perks, but at the same time, great responsibility. And of course, we are the company!

Does this mean that we now do not 'surrender' and 'go with the flow'?

These are unfortunately often misunderstood as ambivalence. Let me share with you my own experience.

You know that I am also an actor. When I first experimented with these two concepts, in my misguided wisdom, I decided that I was going to sit at home and wait for the phone to ring. I said things like "If the role is meant to come to me, it will. I surrender to the Universe".

Of course, the phone didn't ring, nothing happened, and I got more and more disillusioned.

I slowly realized that, though I was using words like 'surrender to my highest good', what I was actually putting out, and therefore attracting, was ambivalence.

What I now do is this: I make all the necessary phone calls, I work towards getting auditions and promoting myself, I go in and do the best audition I possibly can; and **then** I 'surrender' to the outcome, trusting that if the role is meant for me, it will come to me; and if it doesn't, it just wasn't meant for me.

There is absolutely no substitute for personal endeavor.

Dear friends, we are now going into the unexplored forest: nothing is pre-destined. We have to think and act on our feet, in the moment.

In many ways, 2012 will be an individual path for us, but we also have to call upon the help and support of our friends, and of the collective. Each person's journey will be unique, as each person has different areas in which he has to bring his strands to the forefront.

These journeys may be influenced by world trends, but are not dependent upon them.
For example: let us assume that I channel that in March, there is going to be a dip in the world financial market.

A person who takes charge of his finances will only experience a minor and temporary dip in his personal wealth; whereas a person who refuses to take charge may collapse with the market fluctuations.

There are most certainly going to be physical and financial shifts during 2012. Scams will come to light. Natural resources may temporarily go into short supply, forcing us to reevaluate our methodology and urging us to come up with eco-friendly solutions.

In short, we are going to have to 'ride the waves' and function moment-to-moment, in full flow.

Trance Channeling begins

■ Let us see if he (Sohrab) can practice what he preaches! We are giving him the lightest possible connection today, and we are quite aware that he dislikes this. He enjoys the comfort and security of a very deep trance: today we are giving him a tenuous connection. Let us see if he can maintain it: you are not to help him; he has to do this on his own.

Today, let us speak of what happens to you at night. No, we are not speaking of your intimate moments with your various, and possibly multiple, partners (all laugh); we are speaking of ***the sleep state and the astral work*** that you do.

It is now important that you understand what you do, so that you can now consciously extend this to your waking moments as well.

Sleep is, of course, very important for the physical body to revitalize, rejuvenate and heal. You also assimilate all that you have learned and grow the most during this period.

The first thing that you do is begin an '***engine tune-up***' for your own vehicle. This takes place as you are falling asleep, when you are not quite awake, but not yet in a deep sleep.

You begin to move in and out of the body, using energy feelers to assess which parts are functioning properly, and which parts need adjustments. You check for blockages, both energetic and physical, that might have arisen during the course of the day. You cannot 'wave a wand and make them disappear', but you do facilitate a healing and rejuvenation program, that continues through the night.

This has to be done very carefully and with great self-awareness. If, for example, you have contracted to experience pain or a certain disease for personal growth reasons, you will naturally not remove it from the body. But you will fine-tune it for the next day. You may, for instance, give yourself a bit of respite from the pain; or you may even choose to intensify it, if you assess that that is needed to jolt you into examining an issue.

You actually have no idea how many illnesses and problems that you actually cure at night: for example, most people prevent heart-attacks, in self, over 100 times in a single year. Because of your vigilant nightly self-assessment, you have no waking knowledge of this, and just assume that you are in perfect health at all times.

To do this, you adjust the energies in the blood, regulate its flow, and work out blockages. You also examine issues leading to irregularities in this area. We deliberately cite this example, as heart and blood-flow imbalances are the most common in your

bodies. This, if not carefully regulated, can lead to other disorders like leukemia, brain hemorrhages, blocked arteries, and the lack of oxygenation of the body.

The second thing that you do is to move into a deeper space of self, and ***analyze the day that has just gone by***. You replay it, action for action, emotion for emotion, and evaluate where you deem you have been in alignment, where you have gone off-track, and you begin to assimilate issues.

You then set up an '***energetic agenda***' for the upcoming day: you may actually pre-plan a conflict that will arise the next morning, to urge self to face an issue that you have been avoiding. Or you may set up a pleasing experience; one that teaches you with a caress, instead of a slap.

This is naturally done contractually with the others involved, and does not always go exactly 'according to plan': how you deal with the energies in the moment is your unique soul song. You may 'react' instead of 'responding' to the situation, which then takes you down a different path of growth and learning.

However, knowing self as well as you do, you allow for these course deviations, and create the appropriate scenarios accordingly; sometimes pre-planning a contingency second event, if the first is not successful. All of this is done, exactly as you would plan your business and social appointments for the upcoming day.

The third step you take is to move still deeper into self, and to ***heed your own higher calling***. Your expanded self has a series of Earthly and Universal 'appointments' that it wishes to keep.

You may desire, at that level, to work with others around the planet, offering healing, nurture and guidance to various individuals and groups. You may wish to do specific Earth healing. You attend celestial 'conferences' for the growth and upliftment of humanity. You may also choose to travel the Universe, visiting different cultures, or simply 'holidaying' in different locales.

Every night, you have no less than 150 such appointments: remember, you can multi-task at a very expanded level. Even a thousand such appointments would easily be within your scope.

You next venture into the very depths of your soul, to ***touch personal stillness and meditation***. If you did not do this, you would begin to fragment. Your incarnated self would shatter physically and energetically.

Since you are doing all this in a place of timelessness, you could hypothetically experience 16 hours of meditation, and return to wake up two hours after you have fallen asleep.

Beyond all of this, you also ***energetically communicate with the Godhead***, the source, All that Is. Only a micro-fraction of self needs to do this, for a nano-second. If you permitted self to extend this, you would be tempted to shed your physical body, and return to infinity.

What happens on those nights we don't sleep at all?

■ You can do all of this if you even doze off for a few minutes. But, if you are forced to stay awake for more than 48 hours, you do begin to deteriorate at a physical and at a soul level.

Does this happen in induced sleep as well? When someone is drugged or given sleeping pills?

■ Anesthesia and drugs most certainly inhibit the process. Your connection to the Godhead then gets contaminated; yet you can survive. It could be likened to breathing in polluted air.

What about a person in a coma?

■ For a person in a coma this happens, at will, moment to moment. They set their own schedule, as guided by self and by the Masters.

All comatose patients have are at least five Masters supervising their processes. There is always one predominant Master with them, and at least four others who change from time to time.

When we call upon a healing Master like Dr. Lang, or indeed any other Master to 'be with us', do they always respond?

■ Every single time you 'call upon a Master' to be with you; you are simply activating those strands within self, which then begin to vibrate. These strands instantly connect with the vastness of the Master energy, and the flow between the two increases.

However, what you generally do is activate these strands, and then 'doubt'. The moment you doubt, you instantly cut off the flow. It is like inviting a guest to your home and then refusing to answer the doorbell.

It works exactly the same way when you 'think' of a departed loved one or friend. They are there with you in an instant, but you then deny their presence, their warmth, and their embrace.

You must also understand that ***this activation has already taken place before you get the thought.***

In other words, by the time you ‘think’ that you would like to invite Jesus to be with you, you have already activated the energy within self, and his vibrations are already flowing freely through self. The thought that strikes you is the last in this sequence of events. But then you go into areas of self-doubt, or worthlessness, and you stem the flow.

Your higher consciousness knows what strands to activate within self, and does this at all times. The ‘music’ is already playing, but you do not generally hear it.

When you bring it to the conscious level, you are simply intensifying the experience, by aligning with your soul song.

Why is it that most people are accustomed to praying at night, before they go to bed? This simply aligns the physical body with the spirit body, allowing you to vibrate at a higher frequency and to have a more productive experience in the astral.

The time you spend praying is unimportant; it is the intensity that is vital. A few seconds of complete connection and alignment is far more vital than hours of meaningless prayer.

How does Pranayam (Yogic breathing) serve us, when we do this at night?

■ Pranayam, when practiced in its fullness, offers you an instant connection with the Godhead. It is the highest form of prayer: through this, you bypass individualization like “Buddha” or “Jesus”, and instantly connect with All that Is.

If you truly breathe with your essence, you need never say a prayer in your life, or practice meditation: the breath itself is the prayer. Through the breath, you can be in full connection at all times.

However, breathing without balance has no meaning. If you practice this while thinking painful thoughts, you can cause irreparable damage to the body, or to the person upon whom you are focusing.

Pranayam is the process of flowing with the Creator’s light. This energy does not ‘judge’ an outcome. As you well know, you can use nuclear energy to illuminate a city or to destroy a city. So flow with it joyously, yet responsibly.

Sometimes we wake up feeling very fatigued: why does this happen?

■ There are several reasons for this. Sometimes, when you do very high-level work at night, the body goes into seizure. For example, you may have interacted with a group of

wonderful Universal friends, whose energies are very different to yours. This could filter back into the physical, causing your cells to go into 'defense mode'. At a soul level, there is naturally no separation, but the physical is still bound by earthly energies.


A second reason could be that you are aware of the 'game plan' you have set up for the following day, for personal growth, and are resisting this: you could be wary of an upcoming, yet very necessary, confrontation.

You could have 'overdosed' on prana, in a fit of misguided enthusiasm.

Yet another reason could be 'body resolution': your body has a consciousness of its own, and reacts/responds to events taking place in your life. When you lose a loved one, for example, or undergo any other emotionally taxing situation, you generally focus on the emotional healing process; yet the body itself goes into trauma. It experiences a wrench in the cellular structure, like that of a nicotine addict who is suddenly deprived of it.

All of these factors, and many more, can contribute to the sensation of fatigue when you wake up.

I have always wondered: when on earth, do I choose my Master, or does he choose me?

 Dear friend, this has been discussed at length in the past: you could refer to older transcripts.


However, you choose your Master. The name may or may not be revealed to you during your lifetime, but when you incarnate, you bring to the forefront the appropriate Master strands from within self, that you deem are the most appropriate for your growth and development.

Now, however, you are learning to acknowledge the presence of numerous Master strands within self, as well as your own, and to work with all of them. Learn to sit with self and experience this conglomerate: feel and experience your vastness, your vibration and your energies.

No matter what your Master 'preferences' are, you must now learn to embrace them all, without distinction or discrimination. These combinations, within self, are now shifting around, moment to moment.

What you do is this: hypothetically, if you deem it appropriate for self to learn about love and Universal brotherhood, for a brief period of time, you will then work with the Christ Office and the Mohammed energies. This has absolutely no bearing on your incarnated faith: you use what is the most appropriate for the moment, without discrimination.

We use the phrase "I slept like a baby" to denote a sound sleep. Are babies, and children, more connected than we are?

 In general, yes, as they have not yet received the 'conditioning' that you have, over the years.

A baby cries or laughs with his entire body. Even his toes curl up. The body is totally relaxed, and in full flow with energies at all times. He has no conditioning yet, and no defenses. Paradoxically, a baby's defense against 'evil' is his very lack of defenses. His very openness and trust is his greatest strength.

BLESSINGS, JOY, LOVE AND LIGHT
FROM UNIFIED ENERGIES, LEAD BY ST. GERMAIN.
