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ST. GERMAIN
Channeled by Sohrab

HOW A CHANNELING TAKES PLACE
EARTHSONG
EVOLUTION FROM THE 3RD TO THE 5TH DIMENSION
JUST BE
FURTHER INFORMATION ON THE CONCEPT OF TIME
THE MERGER OF SELF WITH THE MASTER

Trance Channeling begins



Greetings from St. Germain!

For so many years now, you have been accustomed to attending these channeled sessions. You have also learned how to distinguish between the frequencies of different energies.

Let us help you understand how channeling takes place: not just through him, but through you as well, in your daily lives.

You assume that when he sits down to channel, he opens an energetic channel 'upwards into the Universe'. He does; but that is only partly correct.

He first activates the appropriate energy strands, necessary for the channeling, which he already contains. Each cell in his body opens up a tiny vortex, and through these vortices, a 'call' is put out to the appropriate energies, and they instantly respond. The Master energy is then activated within self.

Cells need to be directed. They function just as you do: when you come into this room, for example, you sit around chatting and laughing, and are relatively scattered. But the instant the meeting starts; you instinctively focus and direct your energies towards the medium.

On certain days he is also scattered, but he has developed the discipline, over time, to align himself to the degree necessary for him to work.

As he aligns his structure, he begins to sensitize himself to the collective vibrations of the group. It is the group that, at a higher level, directs the course of the meeting, and decides which energetic combination is the most appropriate for the moment. He then obligingly begins to activate those frequencies within self.

He serves you: you guide the meeting, he does not. He is the amplifier. Now this may sound like he is powerless. That is not the case at all. He must add his energies to this combination: the wisdom that he imparts is a merger of the wisdom of Self and of the Universal strands that he has activated within self.

As he begins to activate these strands within self (much like you would strum the strings of a guitar), they begin to vibrate at a certain musical frequency. This is a combination of his and the group's 'soul music'.

Since he has activated the Germain strands within self, the Germain collective responds to the call of this 'soul music', and floods him with it, ten-fold. This is when he is able to 'open his mouth and speak as the Germain'.

Now, all of you also 'channel': an obvious example is when you sit in prayer or meditation, and connect joyously with any Master energy of your choice. You activate those strands within self, your cellular structure opens instinctively to these energies, and you receive the appropriate 'downloads'.

However, you also do this at other times, quite unconsciously. Let us take the example of when you are 'absorbed' in a piece of music.

You connect with the guiding spirit of Music in general. You also connect with the energies of the composer and the singer or musicians involved in creating the piece. You also connect with all others, over generations perhaps, who have similarly enjoyed that piece of music.


This energy of music then expands in your body and you begin to vibrate other related strands in your body: those of dance, movement, art, and theatre.

This intense multiplicity of vibration then urges you to 'put out energetic feelers', and you connect with all your myriad aspects of self, in other time-lines and dimensions. You set off a chain-reaction within self. Each aspect is then provoked to activate musicality within self.

All of this, when you allow yourself to become absorbed in a piece of music.

Now begin to understand how you 'channel' in your daily lives. Imagine what happens when you hug your child joyously. When you express love to those around you. When you laugh out uproariously. When you offer service to self or to another from the fullness of self.

When one connects with St. Germain, using the I AM decree, what exactly happens?

 A decree creates an instantaneous magnification of the energy with which you are flowing. Your words only support the energy within.

So if he says “I am Sohrab” in the fullness self, he will experience his fullness to a greater degree. But if he says *the same words* and is experiencing lack within, he will only magnify that aspect, and will then experience the “I am not Sohrab”.

However, even this is perfect: how can you fully know the light, if you do not experience the dark? How can you appreciate the fullness of self, if at times you do not experience lack?

When you are even in relative balance, and you use the I AM decree, you explore your vastness, you expand energetically, and you experience your magnificence.


Let us look at this with a practical example. Many of you play games with yourselves in front of the mirror. You stare at a roll of fat in horror, and then say “I am thin, I am slim, I am gorgeous”. You are only fooling yourself. Energetically you are only going to magnify your distaste, as you are flowing with the energy of self-loathing.

Next time, when you look at the mirror, first acknowledge honestly how you feel about that roll of fat: this may include your annoyance with self for your lack of self-discipline, or feelings of being ‘victimized’ by an expanding body.

Ask the body to reveal to you why you needed that extra flesh. Demand to know the emotional issues behind it. Acknowledge these. Then ask self what you need to do to move beyond these. What action do you need to take?

Through these processes, you will be bringing yourself into a state of relative balance. Now you can return to making the same decrees. Add to them. For example, you may now say “I am in charge of my life. Of my body. I choose to make a shift. I choose to bring my body, mind and soul into perfect energetic balance and alignment.”

I have, during the last three weeks, been hearing a lot of ‘Earth Music’. I also seem to ‘hear’ the sea a lot. Why is this happening?

 Earthsong is very resonant right now, and will continue to magnify during the course of 2012.

She is emitting a ‘siren song’ from deep within her core, urging all her inhabitants to align self with Self. Many will now start to feel a deep connection with her. Even those who are not particularly ‘Earth aware’ will now be provoked to experience, more fully, the joys of nature.

Even a simple moment, in which you stop to admire a single flower in a vase, will connect you more fully with her. In this moment, you will be urged to connect with her bounty, her glory and her magnificence.

Those who have, in the past, littered her streets without a passing thought, will now begin to experience a twinge of guilt. They may also be urged to clean up their houses and their environment.

Earth's siren song is now working on all of you very subtly: you connect with it most fully when you are asleep, and when your defenses are down. This goes far beyond music as you know it: it is beginning to work on the vibrations of your very cellular structure.

If you, dear friend, have been 'hearing' the oceans, ask self why. You are probably being urged to work simultaneously on your own emotional imbalances and on her natural bodies of water as well. Connect with both and do what self urges you to.

In general, images of calm and free-flowing water indicate a healthy flow of emotions; whereas a tsunami indicates inner turmoil.

And what about a waterfall?



A free, yet thunderous flow of emotion.

Your perception of the water body is more important than the actual body itself. Two people could both see 'an ocean': to the first, it could indicate personal vastness and expansion; yet to the second, it could be unfathomable and threatening.

Now consciously attune to Earthsong. All of you can do this. Listen, with the inner ear, to a garden. To a flower growing. To the ocean around you. To a star twinkling. To the daily song of your city. Of your neighborhood. Of your home. Pick up what Mother Earth is saying, on a daily basis. Experience her differing rhythms.

Earth's siren song is now necessary to awaken those who have continually remained blocked to the flow of her energies.


All of you have observed many around you being suddenly stricken by diseases, or hospitalized. If you haven't already, you will.

Over 90% of these cases are those who have stubbornly refused to examine their own blocks, and to work on self. These 'jolts' offer them the opportunity to self-search, and to introspect. To take a good, hard look at self.

As lightworkers, when you visit these friends, it is your responsibility to intuit their areas of blockage, and to gently assist them see it. Choose your moment wisely. Offer them the opportunity to self-search. If they appear to be resistant to your words, back off and ask the soul's permission to work with them at a higher level. This is now your divine duty and right as a lightworker.

You channel whenever you feel an inner flow. You could even be sitting in a theatre, watching a Bollywood film, laughing and rejoicing at the heroine's exploits. If you are in the fullness of self at that moment, you are channeling aspects of self that celebrate your inner extravaganza.

I feel that when I watch a screen vamp...Oh la la! (All laugh)

 Since that is the case, let us share with you something that may change your view of prostitution.

Prostitution, at a higher level, is often used as one of the most effective ways to help a blocked person break open his stubborn structure.

Many prostitutes, both male and female, are high Masters, who have deliberately chosen this profession to help take others to expanded versions of self. They can be kundalini Masters. Sometimes, people with stubbornly blocked kundalinis need acts of violent sex to open up and progress.


So now you are beginning to understand that each and every one of you channels on a daily basis. It is now necessary for you to 'touch your flow' at all times, and in all activities.

All of this is very necessary for your evolution from the 3rd to the 5th dimension. Through this process, you are instantly connecting with all aspects of self, in other timelines, dimensions and realities. Planet Earth herself is doing the same.

This process of merger, which both Earth and you are doing, takes you collectively to a space of rarification and expansion; and that is your 'leap'.

Hasn't this already begun? Are you the same person that you were, a few years ago? Haven't your beliefs, structures, moral codes and attitudes shifted greatly? Aren't you a much more expanded person today? This is your move towards the 5th dimension.

Could you please explain time, as 5d has no time? Also, how are we going to shift into that kind of frequency?

 Your very concept of time is already changing. You are already learning to go beyond linear time, and to 'play with it'.

For example, in your city, you are aware of the 'time' it takes you to get from point A to point B. Now, when you leave late, some of you are learning how to manipulate time, so that you get to your destination at the desired moment. An excellent way to do this is to visualize an energy cord between your destination and self, and to 'reel yourself in', in a smooth and timely manner.

You have also understood that though you are officially living in a 24-hour day, time has speeded up. The human race now lives in a 12 to 14 hour day. You are also learning how to increase your vibrations, to keep pace with this.

The stiller you get within self, the faster you can work externally.

Yet we have trouble 'keeping pace' with all of this!

What holds you back is your mind. When a new concept is introduced to you, your cells instantly make the necessary internal adjustments to 'keep pace' with it. They are 'raring to go'; but the limitations that you conceptualize in your mind hold you back. This causes a tug-of-war within self.

Now let us re-look at the age-old concept of "Just Be".

In the past, you worked towards this by sitting in meditation, going into blankness, and stilling the chattering mind.

Now you have to take this further. That is only step-1. Now you also have to embrace your old concepts and your new ones simultaneously. You have to hold differing frequencies in your structure at the same time. You have to embrace who you were, who you are and who you will be. This requires a still, yet very active mind; not a 'blank' one.

Your cells do this instinctively. They recollect, and hold within self, every point of your evolution, from birth to the current age. From their perspective, the three-year old is as alive and concurrent as the adult. They also hold cell memory of other existences.

Your task is to align the mind with this level of cellular memory. This alignment will facilitate your movement from the 3rd to the 5th dimension.

The 5th dimension is right here, where you are. It is not another alternative planet. You just have to shift dimension in the same space.

You were first accustomed to viewing time as linear: past, present and future. You then shifted to an understanding of it being concurrent; wherein the past, present and future all happen simultaneously.

Now take this concept even further. View time as a point, the epicenter of your Universe. You work outwards in all directions simultaneously, creating your own time. In this process, the 'point' keeps jumping forward, but in the same space. In short, you are learning to recreate your own past, present and future right now.


From this dot, this point, if you so choose, you can instantaneously re-write your past experiences, your trauma, and your very existence. Your cells are ready to do this: now accept this in the mind.

You are the center of your Universe: as you re-write yourself, you naturally re-write everyone around you. If you re-write past trauma associated with a father, for example, you instantly re-write his current behavior as well.

This seems to be total disorientation!

Dear friend, we see this as your awakening.

We have recently been told that now we have to touch our power totally, and use it for all choices and decisions in our lives. Where are the Masters then? Are you guys moving away totally now?

 Many of you have been wondering ‘how much is now the Higher soul and how much is the Master’? A perfect blend is now required, wherein you do not know where the Master ends, and where you begin.

In these discourses, for example, we identify and individuated energy. This is done deliberately. When the Germain introduced himself at the onset of this meeting, each person sitting here was ‘jolted’ into activating that strand within self, consciously.

But you cannot now only focus upon the Germain, and disregard the other combination energies that are very present, but do not identify themselves specifically.

All of you work with at least 100 merged energies at a given moment of time. Today he (Sohrab) has activated over 10,000 strands of self. Are you going to disregard all of these?

How can there actually be a separation, or a count, of what is him and what are the Master energies? They all vibrate within him. He is the giant container. As are you, at all times.

When you stir sugar into tea, can you ever differentiate between the molecules of sugar, water and tea? All have to be present, in seamless merger, to provide you with a joyous ‘tea-drinking’ experience.

For the sake of your current level of learning and evolution, it is necessary that you touch your power, and your power alone, to an 80% level in all activity. But as you progress, even this will change. As you understand and experience merger, all such ‘specified figures’ will disappear; and you will simply touch “power” as a unified force of self and all around you.

CELEBRATE SELF, AND ALL THAT SELF CONTAINS, IN DIVINE MERGER. CELEBRATE YOUR
MAGNIFICENCE.

BLESSINGS.
