

30<sup>th</sup> August, 2012  
THE MEHER BABA  
THE JESUS AND THE CHRIST OFFICE  
THE BUDDH  
THE ASHTAAR  
THE UNIFIED SAI BABA AND MOHAMMED  
*Channeled by Sohrab*

A WORKSHOP ON BELIEF STRUCTURES AND SCRIPTS  
VARIOUS MASTERS OFFER A WORD OF ADVICE ABOUT 2012

*Note: The initial part of the meeting (unrecorded) was conducted as an open workshop. Group members were urged to explore issues, personal scripts, and belief structures that they had lived with for years.*

*The following adages were examined, and many found that they actually lived by them, without conscious knowledge of the fact. They were invited to review these, and to suitably amend or discard them.*

*...Money doesn't grow on trees*

*...Haste makes waste*

*...The good things in life don't come for free*

*...Time is money, money is time*

*...Put others before self*

*...There are limits to everything*

*...Save for a rainy day*


*...Don't count your chickens before they are hatched*

*...Pain is pleasure, pleasure is pain*

*...Be prudent*

*A vociferous discussion followed, and group members shared of their personal structures. This was then followed by a brief channeling. The group, as usual, was asked to chant '9 joyous OMs'.*


Trance Channeling begins

 You call these joyous OMs? Baap re baap, you sound like you are all in mourning!  
(All laugh uproariously)

You want a simple formula for ascension, for the year 2012? Just work on one thing: **liking yourself**. Yes, a little laughter will most certainly help. Laugh at yourself a bit. Laugh with yourself. It is a great healing tool.

### **Blessings from the Meher Baba.**

(Sohrab shifts energies)

 The Christ office offers you a similar piece of advice. Between now and the end of the year, truly work at experiencing self-love.

Simply work on self; as you do, the energies will emanate outwards, and you will find yourselves able to love others as well. These energies will guide your thoughts, words and actions.


Dear friends, most of you are so accustomed to criticizing self, putting self down, loathing self, despising self, deriding self, and humiliating self...where is there place for self-love? Break this conditioning.

The Jesus truly understands this: when on earth, he, too, repeatedly rejected aspects of self that he deemed inappropriate. He therefore speaks to you today, not from a pedestal, but from a position of one who truly understands this.

Learn to show yourselves a little kindness and a little appreciation. Offer yourselves the love and empathy that you so freely distribute outward to others. Give yourselves the healing you need, before you offer this to another.

### **The energies of the Jesus and the Christ Office are with you.**

(Sohrab shifts energies)


 The BUDDHA suggests you spend this time getting to know yourself. Who are you? What makes you 'tick'? How do you vibrate?

Do not reject any aspect of self: in fact, turn your attention to those aspects of self that you have rejected and begin to embrace them. Give them love, understanding and acceptance. Assimilate them.

Learn to know yourself. Knowingness does not come from the mind alone, but from deep within. Enjoy yourself!

### **Blessings from the Buddh**

(Sohrab shifts energies)


 The Ashtaar welcome you to the dawn of a new era. The Ashtaar urge you to explore: both self and the Universe.

Do not wait to shed the physical body to do this: use your body, mind and spirit. Use astral travel, use your latent telepathic abilities, use your intuition, use your gut, use your imagination, and use your creativity.

Know no limits! Limits, imposed upon self by self, create walls around you. Why seal yourselves in? Push your boundaries. Surprise yourselves.

Your strongest limiting factors are your rigid belief structures. Re-evaluate these. Expand them, shatter them.

*How can we best do this?*

 Why not make a list? Put down headings, such as 'relationships', 'money', 'society' and so on. Then go within self, and write down what your belief structures are, in relation to each of these. Be truthful and honest with self.

Then re-examine them. What do you wish to keep? To change? To expand?


Each human is currently vibrating at many different frequencies. Now, as one aspect of self increases its frequency, all other aspects are urged to do the same.

As your belief systems upgrade, the older, more outdated ones which are vibrating at a lower frequency now make you feel uncomfortable. Why continue this way? You are causing conflict within self.

Fly free. Dare to be You.

### **Blessings from the Ashtaar**

(Sohrab shifts energies)

 These are the joint energies of the Sai and the Mohammed, together on a quest of Universal expansion and unification.

All Universal societies are now putting out energetic 'calls' to one another: they desire to experience each other's energies. This has never before happened to this degree.

We work together, in your year of 2012, to facilitate this Universal communication and Universal brotherhood.

Do not continue to view us in earthly form: in doing so, you limit the flow of your energies into your structure. View us; experience us, as magnificent Universal energy.

Blessings from the Unified Sai Baba and Mohammed.

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