

6th September, 2012
THE GURU NANAK.
THE SAI.
THE ARCTURIANS.
Channeled by Sohrab

LIVING DEATH: The process of 'dying' and being 're-born', moment-to-moment.

Trance Channeling begins

 Greetings! Let us talk today of *living death*.

From a practical, scientific perspective, you are well aware that, on a daily basis, you shed hair, which is then replaced. Your epidermis constantly sheds skin, and the cells beneath replenish self.

This is living death: you are constantly 'dying' and being 'reborn', moment to moment.

Are you aware that it takes only a few days for every single cell in your lungs, for example, to be completely replaced? In other words, every few days you have an entirely new set of lungs.

Now, if this is so, and you have cancer of the lungs, how can the cancer 'carry forward' more than these few days? Logic demands that it should vanish.

The DNA doesn't change.

The person's memory carries it forward.

The person's thoughts keep re-creating it.

Exactly! Your thoughts carry forward the memory of the cancer, and keep re-creating it in the fresh, non-cancerous cells.

This demonstrates the power of old belief systems, patterns, structures and thought. As you believe, so you are.

In actual fact, nobody thinks the same way they did, even a moment ago. But for convenience sake, let us speak of hour to hour. Between each hour, you have gone through a certain earthly experience, however insignificant from your perspective. This has to change you. You are now an hour wiser, and your thought patterns have also altered.

But because you are accustomed to your comfort zone of rigid structure and pattern, you tend to over-ride these changes, and keep perceiving yourselves the way you did an hour ago. So you re-create your old structures, beliefs and patterns, all over again. Every moment that you re-birth self, and re-create the old out of habit and comfort, is a moment lost. Now choose to change this at a conscious level.

Let us look at this very practically: you have all been sitting here, in this room, listening to this discourse. Some are interested; others bored. Some are dismissive; others are processing the information at a very rapid rate.

Now, no matter what route you have taken, you are not the person you were at the beginning of the meeting. Your interest or your boredom has taken you into a new level of self-awareness.

If you are interested, hold a simultaneous inner dialogue with self, and find out why this subject interests you. What has it triggered within self?

If you are bored, do precisely the same. Are you resisting something? If not, are you simply learning to discern what is 'for you' and 'not for you'? What is this realization now triggering within self?

Similarly, prior to this meeting, you observed a group member (P) speak of her grandfather's passage, and of the unusual situation of the 'walk in' she observed. You were all triggered by the content of her words, by her body language, and by her energies. Each responded differently; yet each has grown through the experience. After listening to her, how can you possibly be the 'same person' you were, before the experience?

Such shifts, called 'living death', occur moment to moment. You now have to consciously keep pace with them, and live in awareness at all times. Constantly be 'in touch' with your thoughts, your emotions, your body, your mind and your soul. **Choose to live in the now.**

When you do so, you permit the cycle of death and re-birth to take its natural, vibrant course. You also permit the cellular structure to rejuvenate at an accelerated pace.

With the energetic acceleration of 2012, the cellular structure has now upped its natural pace. Learn to bring the conscious mind in alignment with this.

When you are sitting next to someone, for example, 'tune in' to them. 'Feel out' your friends and relatives anew. Find out who they are, in this moment; rather than viewing them from the perspective of 'who you knew them to be in the past'.

Respond to people and situations from who you really are in the now; rather than from old, familiar patterns of the past. Approach life, in general, from a refreshed perspective of the now; rather than from a jaded view of the past.

It is now necessary, dear friends, *to be lightning-quick* with your intuition and your perceptions, both of self and of others. Be willing to change, moment-to-moment.

If you have perennially disliked someone, look at them, and at your inter-relationship, afresh. In all likelihood, you are stubbornly hanging onto an outdated perception that is no longer valid. In truth, it is not possible to feel about them exactly the same way that you did, even one day ago.

By tuning into self, you may even find that you are now both so different, that a completely new equation has already taken place; one to which you are not giving credence.

By not seeing others as who they are, you are also refusing to acknowledge who you are today. A disservice is being done to both parties. So re-examine the energetic relationship between self and your loved ones, self and your home, self and various situations, self and food, and so on. Keep yourself updated!

Dear friends, during 2012 you are all on a treadmill, and the speed keeps increasing. If you do not keep pace with it, you will find yourselves falling off. Yet you have the ability to keep pace with it.

Many of us carry family baggage, and childhood baggage. I have often tried to change my thought patterns about this, but I repeatedly fail.

 Dear friend, this is only because you are unwilling to shift perception. Most human beings enjoy holding onto past pain and trauma. It can often be comforting and familiar.

Do not pre-decide what you now feel, or what you 'should' feel. If you had a tumultuous relationship with your father, for example, do not assume that the opposite should now hold good. Just reassess it honestly, and find out what you actually feel in the moment. The shift may be slight, but there HAS to be a shift. Then start work from the new perspective.

Let us give you a small exercise to demonstrate this. Think of a colour that you generally dislike. Ask yourselves why you dislike this. Does this colour evoke a certain memory? An association? (Pause)

Now view it afresh, from who you are today. Don't try and change your perception and suddenly start 'liking it'. Just view it again. (Pause) You will find a small shift in your perception of it.

Dear friends, in very simple terms, it is now essential that the human race be 'in touch' with self at all times, and in all areas. Listen to your body, mind and soul.

THE LOVE, THE LIGHT, THE BLESSINGS AND THE EMBRACE OF THE GURU NANAK.

BLESSINGS FROM THE SAI.

THE LOVE AND THE EMBRACE OF THE ARCTURIANS.
