


11th October, 2012
THE CHRIST OFFICE
DR. LANG
THE OSAMA
THE PRINCESS DIANA
THE ST. GERMAIN
Channeled by Sohrab

THE PERFECTION OF THE HUMAN BODY
VARIOUS SOULS SPEAK OF THEIR PERSONAL AND WORLD MISSIONS

Trance Channeling begins

 Greetings!

Please sit in silence for a few moments and welcome a host of energetic visitors: open to them joyously and experience their energies. (Pause)

There is a vast and varied group in presence here today, friends: loved ones, Masters, Angelic beings, visitors from other Universal societies, higher soul presences of those living on earth and many energetic representatives of planet earth herself.

A joyous reunion is taking place today: enjoy the diverse energies. All can experience this, newcomers and regulars alike. Just open to the energies. (Pause)

THE BLESSINGS OF THE CHRIST OFFICE ARE WITH YOU.

(Sohrab shifts energies)

Dear friends, let us let you in on a little secret: technically, there is no such thing as a 'disease'. *(Note: prior to the meeting, several group members had been discussing the apparent rise in the incidence of cancer worldwide)*

The human body has been created to work in perfect physical and energetic alignment with the rhythm of the Universe. The 'expiration date' of the physical body is far beyond that which you imagine it to be: you could easily live for several hundred years, if your collective belief did not limit you so much.

The body is designed to be a self-perpetuating, self-healing, self-nurturing, and self-regenerative instrument. It is your emotional imbalances that hinder its perfection.

You are actually designed to touch your power and to upgrade the body, moment to moment. All of you do this at a higher-conscious level, but few do so at the conscious level. You have all heard of yogis who choose to practice this: the body is a beautiful canvas upon which you are meant to paint your own picture.

Think about this practically: aren't you familiar with people who combine the mind, body and spirit to lift weights beyond 'normal' parameters? Or those who use martial arts techniques to break wood and stones? Others run at speeds beyond the supposed 'human capability'; and yet others have existed without food and water for endless periods of time. Some choose to train the mind to remember vast amounts of information, and constantly push the brain capacity beyond its acceptable limits. In fact, there are no limits.


You manifest a 'disease' for two broad reasons. The first is a chosen experience for personal growth and evolution. Many of you, for example, know of those who have seemingly been plagued from childhood onwards with repeated physical issues and multiple operations. As one is brought under control, another seems to erupt.

This is a very rigorous soul choice, generally made prior to the incarnation, as a specific learning tool. If the person learns his chosen lessons along the way, these diseases then diminish or vanish altogether. However, since the person has chosen this learning path, it is likely that he will continue to 'push self' through further experiences.

The second, and more common, reason for contacting a disease is because of emotional or mental imbalances that are not addressed, while still in the auric field. These, when ignored, then attach themselves to the physical body, to insistently urge you to examine them.

If you were alert to the signs, and addressed them immediately, then you would never need contract a disease. But, most often, you do not heed the 'wake-up call'.

What about germs and viruses around us? Surely these would still affect us?

 Your structure is such that it is meant to co-exist with germs, viruses and even with a certain level of pollution. These exist everywhere, and yet some people are 'affected' by them, and others not.

If you sit next to a glass filled with acid, it will not harm you unless you decide to ingest it. Yet doesn't acid have validity in existence? Your structure is designed to be a host to various germs and viruses. You are all meant to co-exist in complete harmony.

It is now time for all of you to be in constant sync with your bodies and your soul. If your back starts hurting a little, instantly connect with self. Discover the trapped,

unaddressed issue and begin dealing with it immediately. Take any cures, natural or synthetic, that you feel urged to ingest.

Use book knowledge, by all means, to examine issues; but add to that your own intuition. Books will only give you a general understanding of the issue; you know yourself better than any author or any doctor.


We suggest a simply scan of your own auric field on a daily basis. Find your own, unique way of communicating with your aura. Some may see colors, some may feel vibrations, and yet others will simply intuit their answers. The body constantly speaks to you: now learn to listen to it.

When you have located any area that appears dense, instantly connect with it. Clean it out energetically, but simultaneously examine the issues connected with the density. Work them through.

When you have practiced this a few times, you will find it as easy as thinking or breathing. You bathe daily, don't you? Yet you don't cleanse the energetic field at all!

As you get adept at this, you will find yourself feeling refreshed, energized and full of vigor. Your day will take on a new brightness.

What will be the effect of the new energies of 2012 on our bodies?

 Planet Earth, as you know, is now drawing to herself new and high-frequency energies; many of which she has never before accessed. From your cellular point of view, these are so strange and 'alien', that they resist them, fearing destruction. Your cells have an in-built survival instinct.

You are a reflection of your cells, but you have an added advantage: you can use your knowledge and instruct them how to behave, and what to accept. Your cells work from gut; you work from knowledge, wisdom, intelligence and gut.

Your own higher soul acts as a filter, administering to self the appropriate doses of these energies. Naturally, 'one size does not fit all'.

Trust your bodies, trust your soul, and trust in the Universe. Know that you are absorbing the perfect amount of the energies for self. Work with them, rather than against them.


These energies are helping your bodies and all their parts to upgrade and vibrate at a new frequency. They are also sending constant messages to the brain, urging you to align with self and do what is in perfection for the self.

Haven't you noticed this happening recently? Aren't most of you getting inner 'urges' to take care of your bodies through adjustments in nutrition and exercise? Haven't there been 'inner naggings' to go for a walk, to breathe fresh air, to readjust the pace of your frantic lives, or to take a well-deserved holiday?


You do hear these inner voices, but you don't listen to them. Or you don't follow through. Your choice. You are simply making things more difficult for self.

These energies also help connect you with different aspects of self, in different realities and incarnations; as well as with Universal friends in different societies. They are, in short, working with every aspect of your growth, expansion and connectivity.


What would you say is the most important aspect that all of us need to currently address?

 We offer you two: complete and total belief in self, and compassion. If you are able to master these two aspects, you will be a living Master.

You spoke of choosing disease as a learning tool. Yet we also know that our blueprints are now fluid, and that we can 'change course' at any moment. How do these two fit together?

 You can most definitely change your learning course at any moment of the now. But those who pre-choose a tough course generally stick with it, even at a conscious level. Just as on earth, many choose to climb treacherous mountains, rather than take the easy way up. They are adventurous souls at core.

How do we best work with our auras?

 By becoming friends with it. It will appear different almost every time you connect with it. Learn to study and understand its subtle shifts and nuances.

Your aura can never be 'perfect'. You are on earth to work and grow through experience, and that experience has to colour your aura. On certain days you are going to be less balanced or more upset than on others. Keep strengthening your aura. Work with it, as you work with your bodies when you exercise, day after day. Even if you work out regularly, there is always a further degree to which you can take your body. So is it with the aura. Success is the journey, not the destination.

BLESSINGS, LOVE, LIGHT AND THE EMBRACE OF DR. LANG.

(Sohrab shifts energies)

(Laughing) It is so joyous being here with you today. When I was on earth, I had two missions: personal and public.

My personal quest was to find the “Who Am I”. Although I worked at this tirelessly, I never did achieve my objective. Even at the point of departure I was still searching, and that is fine! It is fine, as even though I did not achieve my objective; I never, even for a moment, gave up on the quest.

I searched and searched; sometimes in balance, and at other times in complete imbalance. I attempted to find out about self through relationships, through physical sex, through love, through nurture, through my children and every other possible way.

Even though I passed over not having succeeded to any great degree, I did not feel unfulfilled or incomplete, as my success lay in my journey and my personal tenacity. I now feel triumphant.

I am here today to tell you that it is fine to fail; just never give up on your personal quest. The experiences that you gather along the way are invaluable and enriching.

So what if I have several more incarnations? Each one will take me further along my journey, and in each one I will find out more and more about who I am. Each one will help me experience more completeness. For example, I love myself now; yet I didn't even like myself very much when I was on earth.

My public mission on earth was to help others touch their humanity. To be human, yet super-human. To live life to the fullest, and to experience all of life's offerings in a joyous and compassionate manner.

I choose to continue this mission from the spirit realm. You could liken me to a goodwill ambassador. I still work with many on planet Earth, helping them touch their humanity and their compassion. I offer my services to you joyously: you may call upon me at any time.

THE BLESSINGS, JOY, LOVE, LIGHT AND THE EMBRACE OF THE ENERGIES OF THE PRINCESS DIANA.

(Sohrab shifts energies. This time, he resists, and has to try several times before a smooth connection is forged)

Gratitude!! He (Sohrab) calls himself a medium and he still makes judgments about the 'quality' of energies he holds! (All laugh) And he has every right to do so.

I also fulfilled a world mission. In this, I was in balance, alignment, expansion and perfection. I make no apologies for that which I facilitated: I carried out my mission to perfection. I am now in the spirit realm, in focus, balance and alignment.

(Whisperings amongst the group members)

Yes, you have intuited it correctly: BLESSINGS FROM THE OSAMA

(Sohrab shifts energies)

He (Sohrab) now needs a little nurture and comfort, so we permit him an energy with which he is comfortable: Greetings from the Germain.

So why did he resist the prior energy? For the same reasons that you resist in life, when you have pre-conceived notions about a person or an event. And what are you actually resisting? You are resisting the fact that that aspect also resides within self, and you don't want to acknowledge it.


Oh yes, you have it in yourselves as well. You may not have a world mission which involves the destruction of thousands of people; but you certainly have destructive forces within self, which you do exercise: sometimes in balance, and at other times in complete imbalance.

The intensity of the energy both terrifies and thrills you. Please remember, dear friends, that what you perceive of as 'the dark side' is only a flip side of the light. The energy is the same; it is only different in the way it is wielded. A coin has heads imprinted on one face, and tails on the other; but the metal on both sides is exactly the same.

Teachers come in different forms. The Osama was also a world teacher, and his mission was to stir up and provoke, urging you to unite and understand the oneness of all. He has fulfilled his mission, and has returned to the spirit realm in balance and alignment.

Now if he next returns to earth as a great teacher and philosopher, you will suddenly find his energy very attractive. Yet the energies are the same. It is now time for all of you to break through your facades, touch your humanity, follow your personal missions, and acknowledge the perfection of the self.

So duality will always exist on Earth?

 In past eras, everything was very 'black' and 'white'. Certain things were acceptable, others were completely taboo. As you evolve, you have learned to better understand the grays and the various shades of grey as well.

It is the quest of every human being to merge matter with spirit. You are working towards that, so that you can exist in daily situations, and yet be in fuller flow with the higher self and higher guidance at all times. Yet it would not be appropriate for you to consciously connect fully with every aspect of self. That would defeat the purpose of the incarnation.

So the veils of forgetfulness cannot completely be dispelled?

■ You are working towards refining them, and making them more and more 'transparent'; but you will never fully remove them when on earth.

Sometimes during deep meditation, consciousness still exists, yet one feels 'bodyless'.

■ Yes, these moments are a perfect example of how you bridge the gap between matter and spirit. The veils are so thin that the light shines through in both directions. Another example of this is a moment of inspiration or a moment when you are absolutely certain, from deep within, that you are 'on the right track'.

THE BLESSINGS OF THE ST. GERMAIN.
