

19th January, 2006
A SPIRITUTUAL TEACHING GUIDE
Channelled by Sohrab

Working with Your Spirit Friends and Guides

We are all being trained, each one of us, to be energy savvy, and without necessarily knowing the facts you have just got to trust the universe to guide you when you are asked to do something like this. That's all that [Div] had to do right now.

([Div] had been asked by Sohrab to check the energies in the room, and if necessary, move people around. She asked two Group Members to change places)

Thank you, [Div]. I knew Kavi had to be moved and I didn't know who had to be changed with her. Obviously you got it right. What was the imbalance? Explain it to everyone.

Div: *This side was heavier and it needed a little lightening here. And it was lot of male and female. So*

Sohrab: *I would like the group to chant: whatever you would like [Div].*

Trance Channelling begins..

Sohrab (in a trance): Thank you, dear friends, and welcome to this joyous meeting. An impressive group! The energies are very apparent to us. Perhaps you would like to describe them.

Group Member: Dynamic

Guide: Add to it. You may even cite individual cases if you wish: Expansive; Great deal of movement; Open; Willingness to flow.... Are you sensing any fear? Do not attempt to identify who is fearful. Simply attempt to identify how many are fearful.

Group Member: Two

Guide: (To another Group Member) does this tally with your estimate?

Group Member: Absolutely.

Guide: Without attempting to identify the two, kindly send them energies to simply relax and attune themselves to the vibration in this room. Please understand that the

two who are fearful are not actually fearful. They are only responding to the energy level within this room which is extremely dynamic. They are recoiling from this and must be helped to adjust, that is all. Proceed now. The fear is lessening. You may now proceed to kindly chant 5 “Oms” in complete and joyous unison. No fear.

Thank you. Please understand that the chant was to help you yourselves come into alignment. Take a moment and each one discover for self how balanced you are within. Take just a moment.

Dear friend, we ask you to energetically study the group as a whole, and give us a percentage evaluation of the group ‘balance’.

Group Member: 75%

Guide: Wonderful.

Another Group Member: Exactly what I got!

Guide: We have two sisters here. Now chant 3 more Oms with the fixed intent of raising the level of balance. Begin now, what would you now say is the collective?

Group Member: 82%

Guide: Would you agree? No. you have a different figure in mind.

Group Member: May she repeat the figure

Group Member: 82%

Group Member: 95%

Guide: we have two perspectives. 82% and 95%, who is correct? There is no right, there is no wrong. She is tapping into those areas of each of you individually and collectively that are more in balance, and yet she, being slightly more critical of her own group, a hard task master, has chosen to focus on those aspects, where you vibrate at a slightly lower level. That is all. And yet the percentage has risen.. You are now in 87% balance which is more than sufficient for this session. We will continue to tease you and torment you through this session, be prepared! Be prepared to have fun.

Let me introduce myself. I am a teaching guide who appears at random intervals to this group.

Let us begin. Are you aware that there are students on ‘the other side’ as well?

Just as this beautiful group meets joyously, at regular intervals, to learn, grow and develop self so are there spirit groups on the other side, who do precisely the same

thing. And today, you are to be specifically introduced to a spirit group that is your 'sister' group. Yes, you have a group of souls who are specifically attached to your entire group. All who study and work with you. And within the group, each of you is individually linked to another joyous soul.

The purpose of the other group is slightly different to yours. They are all 'spirits in training' to be future guides and to liaise between the spirit world and the human world. Yes, they are working exclusively with the human world. These spirits, many of whom have not existed on earth before, have chosen this link for their own growth reasons. Primarily: service.

Many have come from existences where there is no free will and they find the aspect of 'going astray' on earth highly intriguing. So for those of you, who find yourself 'going astray on a regular basis, know that your friend has attached himself or herself to you specifically to experience this. It is not being wasted. And in this process of going astray, your friend and you are simultaneously growing, learning and moving to a new plane. As you expand, your friend expands, and as your friend expands, you expand. It is mutually beneficial. Now let us throw this open to questions so you may explore this further.

Group Member: What do you mean by 'going astray'?

Guide: What do you mean by going astray? Your 'going astray' is different to hers, is different to hers. What does it mean to you?

Group Member: Being undisciplined. And then having the courage to do what you want to do even if doesn't fit the norms.

Guide: And so, your friend who is attached to you is learning about aspects of discipline and indiscipline. (Obviously there is no sex attached to the spirit who is working with you. However most of these have chosen to 'assume' a feminine form just to understand you better).

Your friend, dear one, comes from a completely different timeline, and a completely different physicality. Her experience has been primarily in the form of nature spirits on other planetary bodies; not nature as you knows it on earth. However, her understanding of nature, natural elements, minerals, elements that exist around you, is very high. She wishes to learn from you earthly aspects, indiscipline and discipline, as she has never had this to manifest for self. There was no question of being disciplined or indeed ever becoming undisciplined, when she was in perfect alignment with the nature around her.

So she is beginning to understand and learn how tempting it is to be undisciplined. Now this does not mean that you must continue to be undisciplined for her. It simply means that when you experience indiscipline and you chide yourself for it, (which you do), do not be so harsh. Understand it is not appropriate for you, but it is giving her

the experience she requires.. That will help you be easier on yourself who else would like to know about their partner?

Group Member: How do I know that I am contributing to her expansion and she is contributing to mine?

Guide: Let us take a moment right now, and help you focus and link with her. In fact, you might all wish to do this, right here, right now. Take a moment and go within yourselves. Experience the oneness that you know is you. Breathe, relax and go deeper and deeper within your own psyche. Draw into your physical body, a little golden ball of energies. Allow this little golden ball to start revolving within you, rotating on its axis. Allow it to reside where the upper heart resides, mid-way between the heart chakra and the throat chakra.

These are your personal energies that you are drawing into yourself. They are your energies: past, present and future. Allow them to spin faster and faster. And as they spin faster and faster, you can feel an expansion taking place, and your entire being begins to expand outward, outward, out of your physical body and out through your 12-body system. Be an expanded chakra of light. Extend outward in all directions. Merge completely with your own higher soul. You are one. Do not see yourself in this physical form, see yourself as this beautiful expanded being of light: Vibrant, joyous, and as expanded as the universe itself. Now take a moment and just ask your energy friend to appear before you. She will manifest in any form she wishes. See her, feel her, and experience her.

Ask her to give you a manifested shape: It maybe human: it maybe otherwise. Just see her as she appears. With your expanded energy structure admit her energies into your energy field. You will start to feel her energies. Just enjoy them. Do they feel vibrant, do they feel expanded, do they feel vast, and do they feel mysterious? Find out for yourself.

Ask her to describe to you her characteristics. Does she come from earth? What does she need to learn from you? Listen to this one carefully. Ask her again. What does she need to learn from you? Slowly return to consciousness. You may permit a joyous link with your friend but simultaneously be aware of your own physical body. Come back to consciousness— How easily each one touched their friend. Who would like to volunteer an experience?

Group Member: Mine was not feminine. It wasn't very human, and what my friend is learning from me and what I am learning from the friend is, that I think when you are astray is when I am not in service or when I can't give unconditional love. And he or she was amazed at what that means because he/ she was saying that "We are always in service, there is always unconditional love". It was a very clear message to me. And what he or she is learning is how in spite of not knowing where I am going and what I am doing, I am continuously going ahead and he admires that because they always know where they are. So it was an amazing thing for him.

Guide: One thing that will be common for all of you, for any human is the aspect of the spirit learning strength. Yes, learning strength from you. Each and every human who is incarnated on earth is strong, else they would have not chosen this incarnation. You are warriors, each and everyone. Remember that. Warriors of the light or else you would not be on this planet. Thank you for that very lucid description. You have touched upon very core issues that you need to examine further. Go further and look for more issues, right here, right now. Link with your friend again. We are listening in, speak you have received the answer.

Group Member: It's something I know intellectually but what they were showing me of growth which is inherent and yet I am, it seems, I would have not realized am worried about growing all the time.

Guide: and a magnificent admission made in complete strength from a leader to her group. Acknowledge the strength of this. In acknowledging this for self, she has empowered self. Your turn! You are not off the hook , you are a performing seal: Perform. We are deliberately tormenting this child as she must learn to keep focus, even when there is distraction in the room; she is being trained as a medium. Our humor always has a purpose.

Group Member: My friend is a fairy, she carries a wand and she wishes to learn the turbulence of emotions that we seem to go through, I seem to go through. Over there where she is, she is in complete balance as I perceive it. If you know anger, if you know pain and so she watches and she sees me go through love, sorrow, pain, joy and all the varying emotions. And that is the learning.

Guide: What do you have to learn from her?

Group Member: Balance of emotion.

Guide: There is more. Search.

Group Member: To be

Guide: She is playing games with herself.

Group Member: she is in a state of constant equilibrium. That is what I see. There is no worry as to what is to happen next. It just is.

Guide: Let us explain this further for you and for the benefit of all. Your friend, being in a state of complete balance and equilibrium, is able to 'let loose' at all times in complete balance. That is something you need to learn from her— How to let loose in complete balance. Does this strike a chord within you?

Group Member: Yes; absolutely. Thank you

Guide: A wonderful lesson! Do you see how, even when you are connected and you are receiving messages for yourself, you can frame it in such a way as to avoid looking at what you do not want to? She had touched this, but she was avoiding this. Come joyously volunteer. Let us have some fun. Describe who you connected with.

Group Member: I saw a shadowy figure, a hooded figure. She is saying to me that is love, peace and abundance. And she is learning from me about judgment.

Guide: Judgment. What is she learning from you about judgment?

Group Member: I don't know. (Laughter)

Guide: Describe her. Even now allow yourself to see her further. Describe her to us. You have said hooded. Let us see more.

Group Member: She is white hooded, lots of light around her. It began like a spinning top within me and I was somewhere in some galaxy.

Guide: And what can you learn from her?

Group Member: She told me that she represented love, peace and abundance.

Guide: Do you feel in your current earthly life these are three aspects that you need to look at? Do they resonate; be honest? Which resonates the most?

Group Member: Oh' Yes All three. Love.

Guide: Would you agree?

Group Member: Yes and the hooded figure. She needs to look into that because she is trying to tell you about masking certain parts of self which you are not even aware of. That's why she is wearing the hood.

Guide: Let us add to this. The hooded figure also represents the mysterious aspects of the universe that you wish now to touch and explore. It is simply symbolizing your readiness for growth. Look into that as well. Who else would like to volunteer?

Group Member: I had a little fairy that is standing on one foot. She wanted me to hold her, and I held her. She was very tiny and what I could just see is love, just love everyone, that just go on loving people, whoever you can and what she taught me was that balance on that one foot. She is standing on that and anything you do just have balance. Just that one foot she is standing and I could see just stars. That's it. I don't know what it was. I am just holding her. She is so small. I don't know what it is.

Guide: Who would like to explain this further? Beautifully described; Beautifully and accurately read. Let us have another in this group explain this.

Group Member: I can't explain this.

Guide: Yes, you can.

Group Member: I feel when she said a little fairy, it is her daughter. It came to me, it is her daughter: Her baby: Her daughter: Just her daughter.

Guide: Thank you. Who would like to explain the meaning of daughter?

Group Member: The child in her.

Guide: Yes, thank you. The inner child; the inner being; the child within her. Thank you. You can explain.

Group Member: I want to share but I don't know whether I was deserving of this image.

Guide: (Laughing) kindly ask her to leave this room! We have no further use for undeserving friends. Charge her double, then she will become deserving. You will be severely chastised, if you raise this objection again. If you even think it!

Group Member: I won't.

Guide: and I can hear you. Let us hear what you felt.

Group Member: When I closed my eyes, I saw the light and I got Mother Mary. And she was there standing, and she said the mother in me, and the giver in me. It was mother Mary. I saw all this. In fact, the guru there I have met him. I recognize these. And after I saw Mother Mary, I looked here and she is there.

Guide: (Pointing to Sil) you also see a keeper of Mother Mary's energies in this room. But she does not deserve it, so let us take this from her. Fight for what is yours! Wonderful, dear friend and why shouldn't your contact on the other side' be filled with Mother Mary energies? Does she not have the right and the privilege of holding the energies as well? As do you! Work specifically with Mother Mary energies for a period of time. She will guide you. You will find these energies will free up many blocks that you are now ready to release and you have already released many.

But a vast portion of the blockages which are within the torso and the hip area need to now be released. And the Mother Mary energies that are being released by her and your friend, who is now holding them, exclusively for you, will work to release these blocks. Do it in joy and in full knowledge that you deserve them. If you permit them a moment's doubt, the energy flow will stop and you will have stopped it. The moment you release the doubt, it will start again. So the choice is yours; whether you wish for an uninterrupted flow or a sporadic one. Be in light.

We wish to hear your experience. You cannot enter this room and sit back and 'just listen'!

Group Member: My experience is very different from.

Guide: and that is why we have asked for it. We do not want the same experience.

Group Member: It was a bluish-greenish figure. He represented space: Nothingness, expanse. He was learning from me and I understood is that everything is included in that nothingness. Nothing is excluded. I don't have the words.

Guide: You have described it enough. And that is all. Let us help you by explaining you to yourself further. You have touched most accurately upon this wonderful being of nothingness, which is an extension of all that is. What you deem God; yes, you as a human have a problem containing yourself within your third dimension physical body.

You are constantly in a state of movement between higher realms and this physical body, which irks you so. This gives you feelings of "why am I here? I do not understand those around me, I do not understand earth life. I cannot fathom those around me, all aspects seem unfamiliar." Is that not true?

Understand that you have joyously and personally chosen this incarnation to experience the bondage of third dimensional existence! To you is attached this magnificent friend who constantly reminds you of full expanse of reality, helping you keep the balance between the illusion of your entire earthly life that you must exist in, and yet linking you most joyously to the place you are most familiar with. Even in earthly existence.

And along with you, this friend is learning how to be content in a third dimensional framework. The task of learning how to live concurrently in a third dimensional and a fifth dimensional existence together is one which you share with many others in this group. It is difficult and yet each is on the same journey. Welcome it joyously. Would you like to add something to the discussion?

Group Member: What her friend needs to learn, or wants to learn how to be in bondage yet in complete joy. So if you allow that to happen, it will help you. Not as a futile journey.

Guide: Thank you. Focus upon this group and choose any person that you would like to have a discussion with about their experiences, and then you may conduct the session with them for a few moments. Did you observe the contracting of the grids, while this child was looking around this room, there was instant fear and many an expanded form came crashing down! Expand again before you continue.

Group Member: And both need to talk louder because they both talk very soft.

Poon: What did you see?

Group Member: I saw this lady in a white sari with a head covered. At times she had a red bindi on her forehead. And at times she was an old person.

Poon: What feeling did you get from this person?

Group Member: A lot of warmth and she was hugging.

Poon: In her elderly form?

Group Member: in both

Poon: What did you feel she needed to learn from you?

Group Member: it was more like she was pushing me towards my lessons than her having to learn from me.

Poon: She wanted you to learn what lesson?

Group Member: She was trying to push me to tell me not to give my power away.

Poon: And what did you need to learn from her?

Group Member: It's just what I needed to learn from her. I don't need to give my