

Sohrab's Transcript

24th July 2014

AN ENERGETIC EXERCISE TO BALANCE AND ALIGN THE BODY

THE ENERGETIC CAUSES OF AILMENTS DURING 2014 (*Part 2*)

STONES

PARKINSON'S DISEASE

BLOOD CLOTS IN THE BRAIN

STROKES

FACIAL NEURALGIA

RASHES AND OTHER SKIN SENSATIONS

UNUSUAL REASONS FOR CONTRACTING AILMENTS

VERTIGO

LIVER PROBLEMS

OSTEOPOROSIS

ALZHEIMER'S

Greetings!

Today we would like to begin by taking you through a short, simple, yet very effective exercise for self-healing, balancing and alignment. This can be done by you any time you desire. However, this is not one to cure a specific ailment; it is one to balance and align the body, so that you open out into a new level of personal energetic evolution.

Close your eyes. Take a moment and be with the self. (Pause) We ask you to mentally visualize any space pleasing to the self: one from childhood, a completely 'imaginary' one, or simply deep space.

Now visualize yourself floating in this space. Here, you are in your energy body. Open this; and allow it to sense and receive the surrounding energies. (Pause)

Now bring your energy body back and merge it with the physical. Stay in this beautiful, dreamy mood.

Now activate any sound that you have brought back with you. This could be the OM, or a hum, or even a piece of familiar music. Let it play within the self, throughout the body. (Pause)

Direct this sound through your major chakric system, activating each individually. Now let it spread, activating the hundreds of minor chakric points within the body. (Pause)

In this fullness, open your eyes, and gently return to full consciousness. Breathe and relax. (Smiling) A short and simply exercise; but far more effective that you imagine. Ideally, do this just before you fall asleep at night.

Today, you chose a space. As you practice this, you may find spaces choosing you. Go with that.

One word of caution: if you find any trauma arising in the space, please withdraw from it, balance the self, and start afresh. This could happen, as when you open up so fully, the self might bring up pain from the past that needs your attention.

However, that is not appropriate in this particular exercise. Should you desire to work with that trauma, please do so; but at another time.

May we choose different spaces on different days?

Yes, indeed. In fact, we urge you to explore different spaces. But on a day when a space chooses you, please do not resist it. Also note that an abstract space is as valid as a physical one. You might find yourself floating in deep space, with colours, lights and vibrations surrounding you. This could serve you as effectively as a comforting childhood room.

What are we really doing with this exercise?

With the help of so-called imagination, you are tuning in to new frequencies you desire to incorporate into the self. You do not really need a visual; but it makes the experience more pleasing, colourful and complete.

Why am I feeling so very drowsy today?

Go with it, dear friend. There is a lot of energy work taking place right now. Many in this room are being worked upon, both physically and energetically. As you are so sensitive, you are ‘anaesthetizing’ yourself to receive the maximum benefit from the work.

Now let us continue with last week’s discussion. But before we invite your questions, we would like to speak of two ailments and their current spiritual context.

Let us first discuss **stones**. Kidney stones, as well as any others created by the body. ***These are, in 2014, created by stored pockets of resentment, generally emanating from childhood.*** However, these can also be created by resentment that has arisen over the last few years as well. But they will still have their roots in childhood.

Let us examine this with the help of an example. A husband and wife are in conflict, and resentment towards the husband has been building up in the wife over the last few years. She could develop a stone from this; but its roots would still be in childhood, when she perhaps felt victimized or powerless due to other factors at that time. The husband has just been ‘the straw that broke the camel’s back’.

We urge all of you to do some work on your resentment issues, and many have ‘hidden’ stones. Please self-search.

We are speaking of this now for two reasons. In several of you, the stones are still in energetic form, and have not yet taken physical shape and density. Do this work and you can prevent this from happening. Secondly, the energies that currently surround earth will help you in this process. They will not only help you clearly identify your pockets of resentment; they will also help you work them out.

Courageously look at the self, and identify these pockets of resentment. Being spiritualists, you may have a tendency to dismiss this, and fool the self into believing that you have truly understood the bigger picture.

You may have understood the bigger picture, but you may not have worked out and worked through the resentment that lies behind it.

Resentment works like the development of a pearl in an oyster. A single grain of resentment gets covered, over time, with layer upon layer of shields and blocks; which leads to the development of a stone.

Once we uncover an area of resentment, how do we actually work through it?

The first (and bravest) step is to identify it. 50% of the work is done when you acknowledge your resentment. First bring it up, express it to the self and speak to the other person (either energetically or physically) about how you feel. Then move to the next step, which is to ask the self why you have created this event or person in your life, and what you need to learn from it. Work on it, and move through it.

Is talking to the person physically or energetically the same?

A good question, as this is another spiritual game that many play. In general, if your beingness is urging you to talk to the person physically, then please do so. This could include a verbal conversation, an email or a letter. But if your gut tells you that this will be of no use; then just work energetically.

Many hide behind the energetic work, as it is seemingly easier, and much less confrontational. But sometimes confrontation is necessary. Please remember that this is a year of endeavor: this may lead you to face the person directly.

I always feel urged to first talk to the person energetically, and then follow that up with a physical conversation.

That is completely acceptable. Follow your gut. You, dear friend, are courageous, and will follow it through with the second step. Others often do not.

I always fear hurting the other person.

Thank you for your honesty. This is the classic excuse most use to avoid confrontation, along with others like “What if the person will then think badly of me?” “What will society say?” “Will I come across as nasty?” and “How can I, a spiritualist, do this?”

These are all masks and shields you self-create, to prevent a full and free flow of communication. Dear friends, we are certainly not urging you to threaten, attack, condemn or accuse the other person. Please bring yourself into a level of relative balance and fullness, and speak from there. You owe it to yourself.

Find a way to communicate that which you desire in a manner that the person can best receive the information, not in the way you want to do it. For example: some people respond more fully to words; and others respond to actions. Use what works best for the other person.

So come into balance, share what you must, and then release the outcome.

Let us now speak of **Parkinson’s disease**.

This is generally created by an accumulation of past insecurities. These people have always been unsure of their choices in life; as well as their thoughts, words, and actions.

The effects of this disease can be halted, and even reversed, if the person chooses to introspect, preferably under the guidance of a skilled counselor. Here, the introspection needs to be very practical, rather than esoteric. They need to examine all past choices, come to terms with them, and acknowledge there were no ‘wrong’ choices. They were simply choices for growth.

Most people with this affliction have major regrets in life. “I wish I hadn’t done that!” “What if I had done that instead?” “If I had married another person, my life would have been much more fulfilling” “I regret not doing that in my life” and so on. They can come to terms with all of this, and more, with skilled help.

Now you may ask of other ailments.

Blood clots in the brain?

These are areas of resistance to new energy pathways, concepts, beliefs and thought processes that your own beingness is urging you to open out to. These people are generally resisting a very rapid process of personal evolution; one which is urging them to change their limited perceptions and rigid thought patterns.

In some cases it may be an overall resistance to change and growth; and in other cases it may simply be stubborn resistance to change in one particular area.

Can you please give us an example of this?

Let us say that a person has really evolved spiritually. He has opened out, and is able to see the bigger picture and understand all that he has created, and why. But he has one area of blockage: perhaps bigotry. He just cannot overcome his hatred of one particular community. This could then become the one stumbling block that causes a blood clot in the brain.

If you could help this person identify the blockage, and help him overcome it, the clot will vanish.

A Stroke?

(Addressing D) This is very similar to what has just been described, dear friend, but as you are obviously referring to this on a personal note, we will speak of it further.

In your case, part of what has been said is applicable to you. But you also underwent a tremendous energetic shift. You created something similar to a ‘walk-in’; but in your case, you invited different aspects of the self, from different timelines and dimensions, to co-exist along with you in this reality. You are not an individual anymore; you are a collective.

The old ‘you’ still exists. You have not sacrificed your persona, your knowledge, your tastes and preferences, your friendships and your interconnectivity. But you have added to yourself aspects of you from different timelines and dimensions. There are over 10 ‘you’s now living in this body.

Acclimatize to the collective. Learn to work as one. Then all will be perfect.

Facial Neuralgia?

Please explain the symptoms to the group.

People with this experience excruciating pain on one side of the face.

Those who suffer from this are unable to accept aspects of their physical, mental, emotional and spiritual content.

These people have a past-life history of having repeatedly rejected the self. They have often felt ‘not good enough’, ugly and unattractive, ‘not clever enough’, unworthy, and so on. On a spiritual level, they have felt deserving of Universal punishment.

Many have therefore created extreme past-life experiences in keeping with these feelings, such as pain, torture, mutilation, disfigurement, and so on.

People with this syndrome will need time to turn it around. Not only do they need skilled medical attention; but they also need to work at accepting all facets of the self, especially those they consider unworthy and distasteful. They need to learn to let go of self-judgment and self-condemnation.

Rashes and burning of the skin?

Let us speak, in general, of skin-related discomfiting sensations, such as extreme itching, burning, and pain. ***These are created by those who repeatedly reject the self.***

Where and how they do so is generally related to the body parts in which they experience these symptoms. For example, a rash on the chest is generally indicative of rejecting being loved and nurtured. A rash on the legs is generally indicative of not having the courage to move forward in life, of not taking the necessary steps for personal growth and evolution.

What of those create a stroke prior to an exit?

Many people, in the current now, are contracting various diseases of all kinds, and then exiting fairly rapidly thereafter. Through this process, they rapidly open up energetic doorways of growth and expansion. Speedy internal assimilation of unresolved issues takes place.

When they exit, they then immediately move into a much higher plane of energetic awareness. They choose to energetically ‘pump up’ and move forward into rarified realms.

Dear friends, you know that most diseases and ailments are created by blocks or unaddressed issues, as well as by Karmic experiences you might want to undergo for growth and development.

Now let us share with you **some unusual reasons for choosing to contract a disease**. In these cases, you can rarely rid yourself of the ailment.

Most of you have both earthly and Universal DNA in your structure; as most of your incarnations have been elsewhere in the Universe, and not on Planet Earth. Many of you are now working fervently to awaken this universal DNA, and to add to it as well.

So that we can move into the 5th dimension!

Exactly! And to do so, you have to be able to hold higher quotients of Universal DNA, along with the earthly DNA, in your structure. You are working towards being able to seamlessly move between the two, at will.

This process of marrying Universal and Earthly DNA often gives rise to side-effects, such as diseases. Here, self-search and medical procedures will not work. The disease will remain with you till you have merged the two to your higher-level satisfaction, after which the disease will go into spontaneous remission.

In such cases, the disease could be of any kind; ranging from the common cold to cancer.

A second, yet equally prevalent reason for contracting a disease is this: many humans are now choosing to explore that which serves the higher soul, in preparation for an unusual exit. One in which you do not ‘go the usual route’; but instead shed the body and move directly into a very advanced incarnation.

Can you please give us an example of this?

A person on earth, who has no medical knowledge, may be preparing himself to move from this structure into an expanded society; one in which he will be activating his higher-soul medical expertise, and working with it there.

In preparation for this, he may choose, as a self-experiment, to experience perhaps 10 diseases before he exits, so that he can truly understand them 'from within'.

Most people who contract AIDS do so for this reason. These wonderful friends are generally very scientific, and highly evolved.

So we can only grow through disease?

Not at all!! There are many ways of choosing to grow and evolve, many of which are extremely pleasant. This is just the subject on hand today.

You know yourself better than anyone else. Some know that they learn best through words and concepts; and others through actions and practical experience. Those who know, at a higher level, that they work best the latter way contract diseases, or choose vigorous life experiences of other kinds.

Those who know they learn best the former way choose mental experiences such as court cases, legal tangles and so on.

Vertigo?

Let us speak of physical vertigo, as well as vertigo experienced by those who are scared of heights. In short: ***fear of your own magnificence. The inability to recognize, acknowledge and exercise your inner-authority, your power, your loftiness and your magnificence.***

Most with this affliction have moments in which they do acknowledge their power and expansion, but then move into self-doubt. They create circumstances that contract their expanded selves. They keep repeatedly rising to great heights and then pulling themselves down. This causes an inner-ear imbalance.

They must learn to accept their magnificence.

Liver problems?

What does the liver store, energetically?

Anger.

It also works to help the self regenerate and cleanse.

Let us speak of this generally, as liver problems can have several root issues. Yes, ***excessive unexpressed anger and resentment can cause liver imbalances.***

Another common cause is the resistance to personal growth and advancement.

You do not feel worthy of expansion and evolution.

Osteoporosis? Acute pain in the joints and bones.

Every being, human or Universal, exists in some kind of structure. On earth, this includes a physical structure, such as the body, and an energetic structure, such as morals, values, societal codes, beliefs, thought-processes and so on.

When you are attempting, at a higher-soul level, to break old structures and move into a new level of personal expansion, and you resist this very strongly, you generally create osteoporosis.

These people should just embrace inner change, and ‘let themselves go’ internally. They should allow the self to be more impulsive and spontaneous, and do things ‘on a whim’, rather than pre-planning every moment of their lives.

Alzheimer’s?

Dear friends, ***this is not a disease at all. It is a magnificent space of inter-dimensionality, wherein the person has chosen to explore different realities while still living in a human body.***

A personal, secret dialogue goes on inside the person; one which you will never discover. These people are explorers at core. Some of the realms that they visit are alternate aspects of the self. Other exploratory trips may include deep space, another Universal society, a discussion with Master, a Universal conference, or a visit to beings that live beneath the earth’s surface.

We understand how traumatic this can be for the caregivers; but we ask you to support them and make them as comfortable as possible.

Why is it that so many of them get violent, sometimes biting and scratching the caregivers?

Though they are energetically travelling and exploring the Universe, the physical body is simultaneously purging, both physically and energetically. It is releasing old blocks, stubborn patterns, blocked issues, and so on. The anger and fury is often a physical manifestation of this purge.

Why does this only manifest in old age?

That is not strictly true. It is generally experienced at that time, prior to an exit, so that the person can move effortlessly into higher realms; but many also experience this at an earlier stage in life. Here, it is often miss-labeled as mental illness.

Can this be cured?

In general, no. You would then be curtailing the person's voyages. It can sometimes be halted with drugs, but this only happens if the higher soul of the person gives permission for this to occur.

YOU ARE BLESSED AND EMBRACED BY THE DOCTOR LANG
COLLECTIVE.

YOU ARE ALSO BLESSED BY THE ST. GERMAIN.
