

Sohrab's Transcript

26th February 2015

AN EXERCISE TO CONNECT WITH THE SPIRIT REALM

MEDIUMSHIP TRAINING

AN EXPLANATION OF THE PROCESS OF CONNECTION

VISITING PRESENCES

PHYSICAL SYMBOLS TO SIGNIFY VISITORS

ENERGY HUBS IN LIGHTWORKERS' HOMES

Greetings!

Let us begin today's session with a small exercise. Each one of you is to think very strongly of a loved one in the spirit realm. This could be a relative or friend, a beloved pet, or a Master or guide of your choice. Select any one, and call upon these energies for the self. (Pause)

Visualize this being standing in front of you. Open your heart to this loved one's energies. Receive, and give: permit a strong two-way flow. As this intensifies, experience your loved one merging with your frequencies. (Pause)

Now have a chat, silently and internally. Say what you want, and open to the other's words and feelings. (Long pause)

Bless yourself and your loved one, and gently return. (Pause)

There is a reason that this took place today. Those sitting here in the room today desire to increase their psychic connection in general, as well as their ability to communicate with beings in the spirit realm. The door has just been opened for all of you.

Some of you already do this, and others repeatedly say to themselves that they are unable to connect. Either way, you are now to play with this any time you desire, and keep connecting. You will do it your own way, preferably choosing to sit quietly, in balance, peace and silence. Each time you do so, allow the connection

to increase and the conversations to go on a little longer than they did the day before. Push your boundaries.

All of you sitting here desire to take it to the next level. If you have never done it before, start now. If you are accustomed to doing so, then take your connections to a deeper level. There is no competition here. You are only working with the self, to better improve your connect and your communicative ability.

We suggest that you start with anyone with whom you already feel a strong connect: a loved one, Master or guide. Repeat the process several times with the same being, so that you familiarize yourself with the process; get accustomed to it, and forge a deep connection. Only then move on to another entity. Have chats. Have a pen and pad at hand, in case you suddenly feel urged to write.

How will we know when we are ready to move from working with the first entity to another?

You will simply know it from within. You will just ‘feel ready’ to do so. The moment you feel comfortable, choose to further explore.

Dear friend (addressing M, who asked the question) Yes, he has been waiting to take to you! He has been calling out to you loudly, but you only occasionally hear him. He urges you to pull up your socks. He wants you to ‘get cracking’. He says this in pure love!

How do we end the session?

Tune into the self while you are working. Do not get self-indulgent. Your own bitingness will inform you when it is time to end the session. You then bless the entity, bless the self, and bring yourself back.

Yes, this does require energetic responsibility. But this group is inherently responsible; hence this is being shared with you.

Dear friends, let us speak a little more today of **connection**, so that you better understand what already you do instinctively. Let us give you an amusing analogy.

Connecting is like making a telephone call. On earth, when you do so, it first comes about from either a desire, or a need, to call the other. You then refer to the number and press the appropriate digits on your phone.

Energetically, when you make a celestial ‘phone call’, ***the first digit you press activates the flow between you and your own higher soul.*** You acknowledge the seamless connection between the two.

The second digit you press activates your Master energy. Whether or not you know his name is immaterial. Intuitively you are acknowledging his presence, and asking him to guide you through the third step.

The third digit activates an abstract concept: I am worth it. This communication will benefit both the self and the other. I deserve this phone call.

The fourth digit you press activates a passageway between earth and the spirit realm. You are opening a portal. Energetically, you enter a celestial wormhole.

The fifth digit you press acknowledges that you are a valid visitor, and inhabitant, of the spirit realm. You claim your divine space.

The sixth digit activates your energetic vehicle, facilitating your movement from Planet Earth to the spirit realm.

The seventh digit you press is like a full-stop. A reaffirmation of who you are on Planet Earth.

This full-stop is necessary, as if you did not complete your phone call with it, you might be tempted to vanish into the astral and not return to complete your mission on earth.

Now, those who attempt to connect irresponsibly, like children who play with an Ouija board ‘for kicks’, or like those who attempt to connect through the use of psychedelic drugs, often get themselves into trouble.

When they use these irresponsible methods, the digits get scrambled. The trip still takes place, but haphazardly, causing tremendous disturbances in the energy field. A person is, for one moment, fully connected, and the next moment he may be

violently pulled back to the frequencies of earth, and then flung back again into the astral. This causes harm to his physical and etheric bodies.

This is why, dear friends, we have so often urged you to be energetically responsible. By this, we are not urging you to follow rituals. We simply mean that you should be respectful of your own energies, and those with which you are choosing to connect. You must have a sense of self-worth, and acknowledge that you deserve a smooth and seamless connect. And you must KNOW that you are guided, protected and embraced by the power of your OWN HIGHER SOUL and that of your Masters and Guides.

Why are you speaking to us, so forcefully, of this today?

All of you are budding mediums. And you are all going to take your mediumship to new levels this year. No matter whether you are already practicing mediums or not, your growth this year is going to be meteoric, if you permit this to happen.

When we speak of mediumship, we are not only referring to what you are witnessing through him, right now. We are speaking of a divine flow, which you will exercise in your own, unique way; perhaps through healing, counseling, teaching, founding an organization, writing a book, starting a blog or a website, communicating differently with your family and so on. But the flow needs to increase, and be pure, no matter what you choose to do.

(Pointing to P) You, dear friend, desire to take your personal and group sessions to new heights. You are going to attract higher-level clientele, and you must be ready to push their boundaries, and your own, and take them to new levels of self-awareness. Do not under-estimate their capacity to receive high-level information.

Some in this room are going to be stepping up their one-on-one sessions. This will include traditional sessions, as well as interactions with strangers at social events. Do not hold back.

(Pointing to two teenagers in the room) You must share your magnificent knowledge and wisdom with the youth. You must be instrumental in increasing their frequencies. Use familiar, modern, trendy language when talking to them. Make spiritualism trendy, exciting, hip and inspirational. Find your unique way of

doing this. You are here, on earth, to inspire a whole new generation. Be the leaders that you are.

(Indicating a newcomer) You are already a fine medium, but you lack self-confidence. Your word, for this year, is “Limitless”. It is your personal mantra. Write it energetically on your forehead. Let this word play incessantly in your mind. Remind yourself of it at all times.

Dear friends, *you are now also going to be very sensitive to visiting presences*. We say this outright, so that you do not go into fear. You will now start feeling and sensing visitors in your homes and in external spaces. You are far too advanced to fall back on old patterns of fear, resistance and denial.

Make yourselves comfortable. If you prefer to sleep with a nightlight, please do so; but do not resist the visitations. If you open up, you will start feeling, sensing and hearing them more and more during the course of the year. Don't hold back.

You may, at times, also feel urged to guide and advice some of these presences. Then please sit down, open up a dialogue, offer them the benefit of your light, and possibly urge them towards the light.

There are several newcomers in this room today, along with regular attendees. We address **all** of you.

What if we sense a presence in the room, and are not quite clear what is needed and we don't feel comfortable?

Here is a simple rule of thumb. First, acknowledge your discomfort. Bring it up and air it. Then increase your vibrations. Start at the core center, expand your energies, and acknowledge that you are a magnificent being of light. Then call upon any Master or group of Masters to be with you. Then continue.

We assure you that you are not, through this process, subjecting yourselves to attack. But some of these visitors may be in pain, trauma or confusion; and their presence may make you feel a little uneasy. Know that they require your guidance. If this happens, and you intuit it, then you are expanded enough to help them. It is the right thing for you.

Do not see this as a harsh test to strengthen your energies. You will not be bombarded with dark energies. You are simply ready to offer joyous service to them.

You will also be able to sense wonderful energies as well: loving visitors who only come to bless you. Learn to welcome them all.

Is it OK to say “Only those energies that will help me are welcome in this room”?

We suggest that you rephrase this slightly. Instead say “I welcome all the energies that are beneficial to me, as well as those to whom I can be of joyous service!”

I often hear knocking in my room.

Yes, you respond to sound. Others may be more responsive to sight or touch. Many in this room have already experienced flashes of movement from the corner of their eyes. Some have felt these presences touch them. Many simply sense them.

We also urge you to be hyper-aware, this year, of physical symbols that these friends give you. A feather floating onto your lap or a butterfly suddenly appearing in the room, for example. These are prods, to urge you to tune in.

What of fragrances?

This will indeed be a sign. A common one used as an indicator is that of jasmine, or mogra, or any other strong fragrance. This may suddenly appear and disappear, or it may linger on for a while.

A loved one may also offer you a fragrance that you specifically associate with him, such as a particular powder, perfume or hair oil. Learn to recognize these signs.

Many spirit beings also find it convenient to manipulate electricity. So if you do find your lights flashing on and off, this is another sign to tune in and find out who your guest is.

So if we sense a visiting presence, do we always need to tune in and ask why they are there?

Yes, you do. Just as, if a visitor came to your home, you would not ignore her. So make the connection in a few seconds, and then intuit if you need to take the communication further, or if you simply need to enjoy the presence and go about your daily tasks. It could just be a visiting presence who has come to bless you and your home.

Dear friends, ***all Lightworkers worldwide have, this year, invited the spirit realm to set up energy hubs in their homes.*** Universal beings use these hubs as a meeting place in which to gather and offer Planet Earth the necessary assistance, light and energies.

Why are these hubs being created in homes, instead of in public spaces?

Lightworkers have very strong energies, which intensify when they are at home, as compared to when they are in public spaces. You actually act as energy converters. The Universal beings use your high frequencies to help interpret their energies, convert them to acceptable earthly ones, and then spread them to the planet. You are actually functioning like energetic translators.

I have been sensing these presences for a while now. They are literally flooding my home with love and gratitude. I feel so blessed.

Excellent. A good example for you, dear friends. You will all be flooded with love and gratitude.

I am regularly awoken at night, and I feel a download happening, straight into the crown chakra. I just lie there and receive it, and then go back to sleep.

Yes, you are already highly connected. Most Lightworkers receive downloads every single night; but are not conscious of this. Try to tune into this. If you experience this while semi-awake, you will find it to be a glorious experience. It will feel like a head-to-toe internal energetic massage.

These are not attacking aliens who have come to steal your organs (laughter); these are energetic upgrades taking place. Open and receive them joyously.

I constantly hear voices and sounds, but I am not able to decipher what is being said.

You are clairaudient. But the process is similar to tuning into a radio station; you have to learn how to access a clear bandwidth. Keep working at it. Now, instead of trying to listen with the outer ear; listen with the inner ear. Stop trying to decipher the actual sound. Ask instead for an inner interpretation.

You spoke earlier of electrical fluctuations. I have noticed something very odd happening to me. Very often, when I am walking on the street and passing street lights, they actually go off one by one as I near them. It's eerie.

(Smiling) Many of you will now experience lights burning out in your homes, major voltage fluctuations, and inexplicable malfunctions in electronic devices. Your energies are upgrading very rapidly and not necessarily in an even manner. When this happens, your internal voltage affects external devices. You often generate the equivalent of a power-surge.

I also find my sleep very fitful these days.

Try to relax the body at night, and command it to open to the high-level work being done on you. You are going through a rigorous energetic upgrade, which will last another three to four weeks.

With reference to fragrances: what if we get an unpleasant fragrance?

An unpleasant fragrance is an indication that an entity is present that doesn't necessarily please, or suit, your current frequencies. This does not mean that it is an invasive spirit. It may be a being in pain or trauma that needs your help. But you are simply being given a warning not to internalize the energies. Raise your vibrations, ask your own higher self what is necessary, and work accordingly.

This is exactly like being a hospital volunteer, and walking into a room where there is a patient with suppurating wounds. The smell would be distasteful, but that doesn't mean that you run away from him. You do what you must.

I have been doing this kind of spirit work for a while now. I find that I keep working to help the souls move on. I am now beginning to wonder if I should be listening to them and counseling them instead? How do I decide what to do?

You are a multi-tasker, so they will be coming to you for a variety of reasons. Use your intuition each time. Even on a single night, each individual case will be different. Intuit it. You can.

I often seem to go on journeys at night. It is very difficult to wake up in the morning. I feel very disoriented.

Yes, you are consciously astral-travelling. And it is often very tempting to vanish into the journey, and not come back. It is seductive. But you have to learn to bring yourself back each morning.

Will animal energies also try to connect with us?

Most certainly! And they will be as specific and vocal as other spirits. You may even find yourselves communicating with plants and minerals. Listen with the inner ear.

What about the energies of living people?

With your advancement, you will all be connecting with the higher-soul energies of living beings. Some may be loved ones and friends, and others may be complete strangers from across the globe. Open to this as well.

Dear friends, you will all now be called upon to counsel, heal, guide and help souls move into the light. But much of the work will simply be to embrace another in your light. You would do this as you would embrace your own child.

I have been sensing and seeing a very loving presence in my home each night. But after a while, he turns into a scary face.

This is your own fear distorting the image.

How do I rid myself of self-doubt, when I do my spiritual work?

Believe in yourself. Love yourself. Honour yourself. Respect yourself.

I suddenly got a strong fragrance of tobacco...

Who was that? Intuit it now!

Umm...Meher Baba?

Sai Baba!

I often see the vision of a python...what does this mean?

(Indicating two group members) You will speak to them after the meeting. They will explain this to you.

Being a spiritualist, I find myself overwhelmed with downloads taking place at all times, as well as people asking me questions at parties and social events. I find myself blocking the flow now. Are you suggesting that I once again drop my defenses and open up?

Yes. You are all being trained to be in flow 24-hours a day. But this does not mean that you have to play the Guru, or the victim, at all times. Of course draw boundaries. Take time off. Play, and have fun. But don't block the natural flow.

At a party, for instance, though it is recreation time for the self, there may be one person to whom you need to say one sentence, or offer a few minutes of guidance. Allow this to happen gracefully. But don't permit an invasion of your private space.

We must leave you now.

YOU ARE BLESSED AND EMBRACED BY FIVE MASTER ENERGIES TODAY.

YES, THE MEHER (BABA) IS PRESENT.

YES, THE SAINT GERMAIN IS PRESENT.

YES, THE SAI IS PRESENT.

BLESSINGS FROM THE ENERGIES OF THE UNIVERSAL MARY.

BLESSINGS FROM THE ENERGIES OF THE SANT TUKARAM.
