

Sohrab's channeling

22nd September 2016

A NEW INNER-CHILD EXERCISE

ACKNOWLEDGING THE GOD WITHIN YOU AND THE EXTERNAL GOD

SPONTANEOUS HEALING

EGO

Greetings!

Let us begin by taking you through an exercise, after which we will explain how it will serve you. Breathe and center yourselves. Come into balance.

We ask you now to imagine, visualize and create a 'safe space'; one in which you feel comfortable and protected. This could be a room in your home, an outdoor space, a place from childhood, or a purely imaginary space. Create one, and sit in it, all alone. (Pause)

Look around it with your inner eye. See it clearly. Feel the temperature of the space. Smell it. Enjoy it. You are safe, secure and at peace. (Pause)

Continue to inhabit that space, and visualize, in front of you, yourself as a baby. Are you in a cot? On a bed? On the floor? Just know that you are a **happy baby**. Observe your skin tone, shape, and body in detail. Listen to your gurgles of laughter. Connect with yourself as a joyous baby. (Pause)

As you do this, consciously open your **base chakra**, and interconnect with the energies of this happy baby. If you relax this chakra, you will feel it begin to vibrate. (Pause)

Now allow this baby to morph into a joyous 'you', somewhere between the ages of **4 and 7**. Look at yourself, and observe yourself. What are you wearing? What do you look like physically? Are you playing or at rest? But you are happy. And as you do this, open your **hara chakra**, and interconnect

with these energies. (Pause)

Now allow this to change into a **happy pre-teenager**. Once again, examine in detail your clothing, appearance and possible activity. Please open the **solar plexus** while doing so. (Pause)

Now let your external form change into a **happy, joyous, impulsive, fun-loving, carefree teenager**. Examine him or her. Watch what the teenager is doing. Study the face, and acknowledge the youthfulness, joy and freedom in it. This teenager is likely to be very active. What is he or she doing: dancing, running, socializing or playing a sport? Find out. And open your heart chakra to the teenager. (Pause)

Really open **your heart**. You can do so wider. (Pause)

Now allow this teenager to morph into the **age of precisely 21** and explore the triumph and joy of being an adult. Open your **throat chakra**. (Pause)

Now move up into **the 3rd Eye**, consciously expand this area, and allow it to turn around and embrace **you as you are today**: this age, this form and this existence. Here there is no visualization except for this. Consciously choose to raise your vibrations while doing so. Expand, expand, expand. (Pause)

Now move into your **crown chakra** and open it wide. If it pleases you, you may use the visualization of a starburst, or a magnificent flower unfurling its petals; whatever works for you. But open it up and connect with the magnificence that is **your Higher Soul**. Explore the expanded self. See colours and light. Experience your vibrations. Listen to your soul music. Expand far beyond this room, into YOU. Enjoy it. (Pause)

From this expanded self, embrace yourself in utero, before you were born into this existence. (Pause)

Now also call upon as many Masters and Guides as you desire, invite them into your expanded energetic field, and allow them to bless you. (Pause)

Recognize the divinity within the self.

Acknowledge your magnificence.

Bless yourselves and your Masters, bless the Universe, and now return to full consciousness.

You were lead through this exercise by the energies of the SANT GYNESHWAR. BLESSINGS!

(Sohrab shifts energies)

Greetings, dear friends!

Such a simple exercise; yet one of tremendous potency. You may repeat it if you wish; if you do so, you are likely to get different images each time. You may also joyously share this with others.

This exercise is very appropriate for all those who desire to raise their vibrations before the end of this year. Let's help you understand what you just did.

By connecting your various chakric points to these phases in your lives, you have unconsciously embraced different aspects of the self, and made them an integral part of the self. Remember, no one is 'just the age they are now'. Each person is an amalgamation of every possible age and experience they have had, from inception to this current moment.

By choosing to open up your chakras to joyous aspects of the self, you have now stimulated your cells, activated new DNA, released new and vital enzymes and hormones into the physical body, created new energetic impulses in your brains, over-written certain outdated pathways, given new commands to the self and have refreshed the entire physical and energetic structures.

This exercise does not necessarily need to be repeated regularly; but whenever you are feeling low, depleted and off-balance, this simple exercise will help refresh, renew and regenerate the self. Consider it an

all-purpose energetic cure. Use it for the self and share it with others.

Do you have any questions before we move further?

Why did Sant Gyneshwar lead us through this exercise? I have heard of him, but don't know anything about his earthly existence. Who was he?

You may research his earthly aspects if you so desire. Let us instead speak of his current energies, as those are what are important.

We used his earthly name for your reference, but in effect, this is now a ***magnificent Universal collective that works at stimulating the structures of all Universal societies that desire an upgrade from time to time.*** They contain the energies of the Great Central Sun. They are the perfect stimulus for the Human race at this moment in its evolutionary process.

Whenever we do an exercise in which we are asked to open up the chakras, is it necessary to then close them when we finish, or to protect them in any way?

In general, yes. However, when you are working in a space like this one, which is so powerfully energized and protected, there is no need to do so. The crown chakra in particular should not be left wide open. However, if you do close it, please leave it slightly open. Never seal it tight. If you do so, you prevent the natural flow between the Higher self and the self. And the Higher soul always protects it. But if you leave it wide open at all times, you may absorb inappropriate energies at times. The other chakras take care of themselves.

Please don't work to seal or bind your chakras. We instead suggest you simply expand your energies, and ask for ***expanded protection.*** This is because if you are vibrating at a high frequency, nothing lower than those vibrations can enter your structure.

During the exercise, you asked us to only connect with joyful aspects of the self at various ages. However, when it came to the heart and throat chakras, I found myself connecting with more traumatized aspects of the self at

those ages. It required a lot of effort on my part to shift to happier aspects of the self.

Dear friends, please do your work with the damaged inner child separately. That, most certainly, also needs to be done. But this particular exercise specifically requires you to work with inner joy. So should this happen, allow it, bless it, and then ask for joyous moments to be revealed to you instead.

However, since this happened, it is a strong indication to you that you do need to do traditional inner child work on your own, or with the help of an external guide or therapist. Every single person has those aspects as well.

We are now going to ask you two questions. Please think about the answers. We will then take him into a light link instead of a full trance, so that a group discussion can be held.

The first question is this: ***When have you really seen and acknowledged the presence of God on earth?***

The second is this: ***When have you truly acknowledged the Divinity within you?***

Think about this for a few moments. We require you to search for actual incidents that have taken place in your lives, not general statements such as “ I feel blissful during meditation”.

Many will have to search for these answers over a few days. So be it. But don't give up. And if anyone wants to share right away, they may do so.

Nothing we say is without a purpose. By acknowledging the 'external' and 'internal' God, further growth and expansion will take place over time. You will begin to understand the importance of these questions only after you have answered them truthfully.

BLESSINGS. THE ST. GERMAIN EMBRACES YOU.

(Sohrab now shifts to a light link, and continues to speak as himself)

Friends, I am going to start the discussion by sharing a moment in my life when I truly saw and acknowledged the presence of God before me.

This took place when I was in college, and before I knew anything about Spirituality. I was on the local train going to Churchgate, and two beggar girls got into the compartment. Both must have been about 6 or 7 years old. They were dressed in tattered and torn finery, with ribbons in their hair: I assumed they were going to a Mela.

The first girl leapt into the compartment, and then hauled in what appeared, at first glance, to be a suitcase. This 'suitcase' turned out to be another girl, with no arms or legs. She was literally a square, box-like torso with a head.

I watched the two: the first, a normal little girl; and the second, a box with a head. Both were dressed in their best, laughing and chatting away excitedly...both were filled with joy.

As I watched the 'suitcase', I welled up with tears. I just couldn't stop myself. Here was a poor, handicapped girl, with a bleak future. All she could possibly look forward to was a life of misery, poverty and being shunned by society...and yet she was filled with happiness, joy and exuberance. In that instant, all my teenage angst and problems seemed so ridiculous and insignificant.

I remember emptying out my wallet and giving them everything I had in it, which really wasn't much. They beamed and thanked me. I then found myself mentally bowing down to her and repeatedly saying to myself, "I am seeing God on Earth. I am in the presence of God. I acknowledge the God in you." This went on and on playing in my head, all the way from Bandra to Mahalaxmi station, where they both got off the train.

Today, when I look back at this incident, ***I know*** I was in the presence of a Grand Master. A Grand Master.

Now would any of you like to share your experiences with the group?

My friends and I work with handicapped children. We have been told by various Gurus and Masters that, with the aid of prayer and chanting, we can actually help people to spontaneously heal organs and even re-grow lost limbs. Is this possible?

Let me answer this by first saying that, with your initial statement “I work with handicapped children”, you are acknowledging the God in you. You made this statement in full balance, without boastfulness or self-deprecation. It was a statement of fact.

Thank you. But I have to say that I get frustrated because I can't seem to help them in this way.

All of the healers in this room always want to ‘see results’. That’s natural, normal and very human. But we have to learn to offer the flow of healing and light to others without expectation, trusting that the energy is being passed on and is being utilized by the recipient in a manner best suited to him.

Can spontaneous healing take place? Most certainly. But this has to be a joint effort of both the healer and the healee, and both have to be in full faith and trust.

Doreen Virtue says that this generally doesn't happen because the Human Collective Consciousness does not believe it can happen, as it violates the natural laws of Earth.

I agree with this upto a point. An example: most of us age because our collective consciousness believes that as we grow older, our muscles and limbs must weaken and our skin must wrinkle. This has been our collective belief over millennia, and therefore it is so. But many have, over the years, defied the collective consciousness and forged their own unique path. Many Yogis, for example, have lived well into their 100s with perfectly smooth skin and supple bodies.

The Collective Consciousness of Upper Class India says that if you drink tap water, you are going to get a disease. Yet most of our poverty-stricken

population does so, with no particular side effects. I also know a person who truly believes that every single germ in the tap water is already in the water content of his body. His firm belief is, "How can I catch something I already have?" He only drinks tap water; and has done so repeatedly in front of me. And he has never been sick a day in his life.

So we are generally ***governed by the Human Collective Consciousness, but we are not bound by it.*** There is a difference.

Citing the earlier example of growing limbs back: is it really possible and if so, wouldn't that be violating another person's karma?

There are two issues here. Is it possible? Yes, it is. Several years ago it wasn't possible to have a heart transplant. Now it is. Energies keep changing and upgrading, along with science and technology.

In some cases, if it is not in the person's best interest to be healed or to have a limb grown back, then it just won't happen. Yet you don't know that person's karmic journey. His mission could be to have that happen. Look at the world-famous case of Anita Moorjani, who was spontaneously healed of head-to-toe terminal cancer after a near-death experience. That was very much a part of her mission, so that she could then come back and enlighten the world. Which she is doing. And she most definitely defied the Collective Consciousness and all physical laws of Earth.

Guys, we are straying from the subject at hand. Would anyone like to share an example of the external or internal God?

I have always responded very strongly to nature. When I went to a crater lodge outside Tanzania, I was incredibly moved by the natural beauty of the surroundings. I really feel that Africa is God's own country. I was constantly aware of His Magnificence. And I suddenly started respecting everything alive, the plant kingdom, the animal kingdom...every aspect of nature. I was just so moved. I have travelled to so many places, but nothing has affected me as much as this one.

Thank you. This is a wonderful, and very specific, example of recognizing

God on earth.

Anyone else want to share? (No response)

OK, please do this exercise for yourselves, in your own time. I know a lot will open out if you do so.

Isn't the second question, "Acknowledging the God within", apt to lead us into egotism?

This word "**Ego**" is so misunderstood. True ego is a wonderful word. It **refers to a balanced and healthy sense of self**. You must have an ego!

We keep speaking of ego with disdain, when what we really mean is an imbalanced ego. Vanity, boastfulness and arrogance come from lack of self-worth... an imbalanced ego. At the other end of the imbalanced-ego spectrum are worthlessness, self-deprecation and powerlessness.

Most of us cannot acknowledge, even to ourselves, how wonderful we really are, because we have always been taught to downplay our strengths, not to boast, and not to appreciate the uniqueness and magnificence of the self.

Friends, I am finally learning, after 17 years of doing this work, to acknowledge and internalize compliments when they come my way. I have always brushed off thanks or gratitude from clients, using spiritual jargon like, "You did the work, I just pointed you in the right direction." Yes, that's true; but it was a convenient way of denying to myself my role in their evolutionary process.

I can now acknowledge that even though I am a catalyst in their processes, I am a damn good one! (Laughter) And I say this in balance, without boastfulness or self-apology. And it has taken me 17 years to get to this point.

(Inaudible section)

I have hesitated to say this, but I feel impelled to do so now. I have grown

and evolved so much from attending these sessions. And I want to say thank you. I truly see God in you.

(S. laughing) You've put me on the spot in front of the whole group, as I now have to fully acknowledge this statement without feeling embarrassed or internally rejecting what you have just said. See how one's tests come immediately??

(Several other group members now thank S. for his help and guidance over the years. S. pauses and centers himself)

Thank you!
