

20th July, 2006
THE HEALING COUNSEL
Channelled by Sohrab

A Self-Healing Exercise For The Group

Trance Channelling begins..

Sohrab (in a trance): Do you know what he channels today? Do you? This is not an entity. It is a structure which has been created by all those in the room. An artificial entity and it reflects the physical and internal aspects of all those in this room. (The 'entity' appeared to be very low and tired) This is the level of fatigue, internal discomfort, hopelessness and confusion that many are experiencing today. You may deny this, but it is a reflection of this particular groups overall aspects at this given moment of now. It has been externally created only so that you can recognize yourself in an external form. You will now release it.

Dear friends, I am in link with a Master and yet, I speak as Sohrab. What just occurred was to show you exactly how you are as a group, right here and right now. What you saw in me, physically, and what you experienced, are aspects of your own internal conflicts that are going through you right now. Each and everyone has different aspects they are dealing with. Some are dealing with predominantly emotional traumas; some are dealing with physical trauma. Most in this room have repressed issues that they are refusing to deal with and, in fact, that is what you saw in me, for the most part. As Sohrab I was even having trouble 'speaking out'. All I wanted to do was to collapse in a heap and not do anything. That is how I am still feeling, and let me assure you that I am also responsible, as I am also a part of this group. Some of it comes from me as well.

We are going to start the session by energizing each and every one of ourselves. It is going to be a physical healing for self. Close your eyes. Relax your physical bodies as much as you can. Use only as much strength that you need to keep yourself sitting on the chair. Otherwise relax the physical body.

The healing today is going to be of a slightly different form. You are asked not to resist and to just accept the step by step procedure that may even seem confusing to you. Do not attempt to analyse it, just observe it. If, at any point when you are working with an organ or an area of the body, and you begin vibrating, or you start feeling discomfort, understand that it is your resistance to the healing and once again just relax that organ, as you continue to do the work.

Let us begin with the heart centre. Visualize the continent of America. Visualize the energies of St Germain. For those of you who are familiar with the continent of America, allow yourself to just think of it, of any scene or any place you have visited there which is pleasant.

For those of you who are not practically familiar with this continent, visualize any imaginary scene from America that appeals to you. This can be a section of the country, it can be a visual of a city. It can be any aspect of America that appeals to you; clothing, food, entertainment anything. Connect with America now.

As you visualize this aspect of America, allow your heart (the actual organ) to start vibrating with this energy. Feel the healing taking place from the heart centre. St Germain's magical powers are vibrating your physical heart. Feel it! Experience it! Enjoy It.! Allow the physical heart to continue vibrating. Feel aspects of joy filling this organ. Visualize the heart vibrant, pink red pumping, pulsing. vibrating with new light and love. Breathe into the heart. Allow it to expand. Many are resisting. Relax and expand the heart. Now allow the heart to continue expanding and vibrating and shift your focus to your third eye

Visualize the Moon, Venus and Jupiter. See these three beautiful objects as magnificent jewels in the night sky. Allow the energies of these three magnificent jewels to begin vibrating the third eye area. Feel the forehead, the back of the head, the entire band around the head vibrating with these energies; they may spread elsewhere.. permit this to happen. Allow these areas to vibrate with these three magnificent energies. The heart continues to expand. The third eye continues to vibrate

Now you will visualize the continent of Africa in its most beautiful, pristine forest state. Go deep within the forest and draw the energy down the spinal column starting from the top of the neck and moving down to the tail bone. Draw down the spinal column, the magnificent energies of the continent of Africa and its forests and feel your spinal column lifting and vibrating. It would help if you physically raise the spinal column by sitting upright for a few moments. You will feel the energies flowing down it. The heart continues to expand, the third eye continues to vibrate and the spinal column is filled with these energies

You will now go straight into the etheric womb. Straight into the hara area and you will fill the hara area (which extends *from* the navel all the way downwards). You will fill this area with the energies from the core centre of Mother Earth. Visualize these energies vibrating with great force, passion, ferocity, expansion, and joy: you will fill in the hara area with these energies. You will feel empowerment. You will feel this area vibrate, shake, move. Sit upward and open this area so that the energies may fill and flood it. You are now conscious of the heart, the third eye, the spinal column and the hara. Fill the etheric womb with these energies.

You will now draw into the brain, 'consciousness' from the following countries: India, Japan, South America, the Maldives, and New Zealand. Allow the energies, the consciousness of these countries, to just massage the brain. You might feel a small tingle inside your head. You may feel even confused, odd patterns arising. Allow it to take place. Just let the brain get massaged. Visualize the inside of the brain as a series of tiny sparks of light that are leaping to and fro, moving around, vibrating, expanding.

The heart, third eye, backbone, hara and the brain are now all vibrating. Focus now upon the legs, all the way from the hips, down to the feet, and you will fill these areas with

celestial vibrations. Visualize energies coming from deep in space, healing vibrating energies filling the legs from hips all the way down to the thighs, knees, ankles, heels, feet and toes. You are now vibrating with special celestial energies.

Allow these same energies into the arms, starting at the shoulders, moving down to the elbows forearms, wrists, palms and fingers. You are now feeling warm, vibrant, expanded.

Now while this full body expansion continues, you will examine your own inner body. And you will draw to any organs, areas or parts which you wish to be energized, the energies of the masters. You will summon any Master or Masters of your choice and you will ask them to combine their energies with yours. Ask them to flood any organs or areas of your body... Do it now.

Enjoy the sensations that are occurring within you and slowly come back to full consciousness. When you are ready, you may open your eyes. You may also move your limbs gently, but do not do so in any hurried movements. Check your own physical senses and see whether you feel better now than you did at the inception of this meeting. Check your physical bodies, check your emotional and mental state and assess how you feel. Enjoy it.

Would you like to share some of your experiences?

Nan: I was feeling a sense of hopelessness when I started this meditation and now I feel a lot fresher, and more exuberant and more joyous after the meditation.

Sohrab: Which aspect of energisation affected you the most?

Nan: The heart one, St Germain's violet energy and the African connection.

Sohrab: Did any physical part of your body react positively or negatively?

Nan: all parts reacted positively

Sohrab: Why do you think that, in your particular case, you responded to the opening of the heart and the back bone?

Nan: I had a lot of forgiveness to do .If I was to forgive the person (and I think I will be able to do it now) and it was also something to do with the breaking of the back bone. I mean whatever I was going through..

Sohrab: Absolutely correctly assessed. The backbone has another aspect. Self-empowerment. The ability to stand up straight and feel energized and to truly affirm the connection between the Divine, the Self and Mother Earth. You required that specifically at this given moment of now. Were there any parts of your physical body that required attention? Any you were not aware of?

Nan I think the pancreas.

Sohrab: Ah!

Nan: I saw the masters violet light!!!

Sohrab: Ah! Would any one like to indicate what this could mean?

Group Member: Not loving self?

Nan: sweetness?

Sohrab: Are they not the same thing?

Sohrab (indicating Nan): For one who is so vocal and expresses herself so fully, to so many groups, there are yet things that she cannot express even to self. Even to self.

Nan: I will work on it.

Sobrab: Did the planetary bodies give you any particular energies?

Nan: They gave me a lot of joy.

Sohrab: Which one or ones?

Nan: All three in combination

Sobrab: Were you drawn to any one particular aspect?

Nan: No! All three were just awesome

Sohrab: Thank you! Would any one else like to speak?

Monica: I (inaudible) a lot was happening. I didn't know what planets you talked about. I don't remember the words. But I sensed a lot of presences in the room. I sensed a lot of energy especially around there. (Pointing to the area where Sohrab was sitting). And when I opened my eyes it was almost cloudy- this part of the room

Sohrab: Never worry when you 'tune out'

Group Member: Phew! Thanks! Okay!

Sohrab: Work is happening at a different level and for certain people it is more appropriate for them to blank out their consciousness so that the work can take place at a higher level. It is not necessary for all, but for some it is appropriate. Only they will know.

There is a difference between falling asleep and 'tuning out'. Even falling asleep is completely acceptable in any form of energy work. It is the body's manner of simply removing the overactive mind and permitting the work to take place within one, in the most

efficient manner. Never feel that you have wasted your time or that you should have been listening

My dear one in your case (indicating Silla) when you fall asleep at most meetings, you are working at an EXTREMELY ACCELERATED PACE. Not only are you receiving, but you are GENERATING energy for the entire group. Be joyous in this wonderful process!

Silla: But I wasn't asleep now!

Sohrab: (Smiling) We are aware of that, dear one!

Nan: I am currently doing a meditation every night and I just fall off asleep because I consider it very heavy? Is that

Sohrab: And it is continuing then. Fully.

Nan: Thank you!

Sohrab: would any one else like to share an aspect of what occurred?

Pinky: I just felt my knees were vibrating a lot.

Sohrab: What do the knees signify to you?

Pinky: Support.

Sohrab : Are you feeling a lack of support in your life at this moment? Are you feeling the need to change this at this moment?

Pinky: Not really to change it but to accept it. I can't change it

Sohrab: Cannot? You cannot change 'lack of support'? .Oh yes you can! You cannot demand this change in others, but you can demand it from self. You will be helped. Spend the next few days considering how you can change this aspect from within you. How you can find the energy, the focus and the balance to stand on your own two feet. There are many who will help you. At the same time as you are doing the emotional work, place your two palms upon your knees and call on the Masters, who will energise you at the same time. Each aspect, the emotional work and the physical work, will help one another.

Dear friends, all of you today drew upon energies in a completely different manner. The tools are around you. There is no right way, there is no wrong way. Use what intuitively comes to you at that given instant of now.

When you worked on the physical body today, it was demonstrated to you how to draw energy from another country that would be appropriate for that organ. It may seem strange that a country, as a collective, generates an energy. Each country around the world generates an energy, just as each organ or physical part of your body has an energy of its own. These energies change from time to time from era to era. Yes, at this given instant of

now, it is known in general that America is the St Germain heart centre of the world, but this will change soon.

It is not important that you know this. If you wish to generate energy for different parts of yourself, first visualize the part. Then ask of that part, "Which is the most appropriate country energy for you, at this given moment of now?" Listen for an answer. Then take it in.

Similarly, you can draw upon the energy of any planet around you .Even those which you cannot name! You may get an indication that a particular organ or area requires the energy of an unknown planet from across the galaxy. Go ahead and summon it!

You can also call upon the energies of a friend or a person you do not know and ask for their energies for different parts of your body. Am I not stealing or grabbing their energies, you ask? No! It is a request made by your higher self, and it is accepted or rejected by the higher self of the other person.

GI: That's what I think I did....

Sohrab: Explain!

GI: Though I wanted to go to Niagara when I was last in the US, I went instead to Chicago and drew upon Oprah's energies!

Sohrab: Thank you for that wonderful example .A celebrity only attains that magnitude of status when she has vast energies which are MEANT to be available worldwide! Else she would not be seen across the globe with such regularity. The fact that she attacks every single part of the world with her energies, (and we DELIBERATELY use the word ATTACK) is an open invitation that you may joyously draw upon these energies for any aspect of self.

You may focus upon her, for example, as a symbol of strength, courage, or vitality. You may draw upon her energies to shatter blocks within you. They are that powerful! You do not even need to go across the globe. Energies may be accessed from anywhere, anytime.

There are many famous people within your own country. This has been discussed before. Your own film-stars. Your own great people. Your own politicians and yes, some of their energies are vital for you. Your own seemingly corrupt politicians. You may use those energies as acids, to clean out parts of you that you do not wish. To scour out disease. What better energy than that of an 'acidic' politician?

Let us pause here, for a moment, and explain this to many who were not present at previous discussions. What do you think happens to your negativity when you release it into the universe? And humans release negativity in a steady stream!!! Do you think it goes out there and damages all around! Oh No! Much of the negativity that you release is collected by Masters such as Abraham of the Cosmos, whom you are familiar with. They contain your negativity in energy fields: imagine an energy barrel. They store it to use for cleansing other parts of the universe, Just as your scientists store acids in bottles. Acid can be highly dangerous to human beings. And yet the acid is invaluable!

So your negativity is used in a directed and joyous manner and has great value in the universe. Never forget this. Do you not have those magnificent creatures upon your earth, the plants, who continually use and produce both oxygen and carbon dioxide? Do you see how a balance is maintained at all times?

Use all the tools that you have. Why do you not take those few moments at night before you fall asleep, to check your own physical bodies and to empower them for the next 8 hours while you are asleep? So that even a higher level of work can be done upon Self in this sleep state? Take those few moments, friends. Focus upon the physical body. Draw whatever energies you require to your physical. Check your emotional state and draw whatever energies you require for your emotional state and then joyously go to sleep and trust it will happen. You will wake every single morning feeling completely refreshed Questions?

GI: While healing can we use these energies... (inaudible)?

Sohrab: You must! We offer you, dear friend, new and expanded forms of healing now, you need not limit yourselves to drawing cosmic energies through you and directing them to the patient.. We urge you to look beyond that.

Sometimes, in an earthly healing, it is more appropriate to draw the energies of an 'Oprah' for the healing of another than it is to draw the energies of 'a Master'. Who is to say that the Oprah is not a master as well??? Do you now understand?

There are those, for example, who are extremely earth connected. Many are this way because of past lifetimes. Many are this way because of their sun signs. For them, the energies drawn from the forest, the mountains, the plants, and the herbs and indeed from Mother Earth herself, could possibly be more effective than celestial energies. Sometimes some aspects of these must be drawn for parts and small aspects of those must be drawn for other parts of the same person. Use your own intuition **at every moment**: Nothing is ever 'wrong'.

Nan: I have a question. When I study astrology and find that certain planets are weak in the chart, can I draw upon the planetary energies to rectify the planetary imbalances how can we do it? Can you give us an idea?

Sobrab: How would you like to do it? Formulate a process now!

Nan: Hmmm. . .If my Mars was weak, I would draw the martial energies, let's say, to my root chakra because.. MARS. . RED COLOUR.. ROOT CHAKRA.

Sobrab: Let us go a step beyond. Do not get trapped in this aspect. You have come upon a realization that this aspect of the planet is weak right now for you. And you wish to energise, for example, your root chakra

Nan: Is it connected?

Sohrab: Only you will be able to say so, for that instant!!! Let us assume you have acknowledged that connection. Sit for a moment and ask your own root chakra what it requires right now. You may find that it requires completely unknown planetary energies. Do not limit yourself! It may require combination energy of some planets and earth aspects and a celebrity. Why must you limit yourself?

Many times when you are healing another, you may find that they only require your energy. Nothing else Why not give of that fully? You never feel depleted if you are in full expansion. You only feel depleted when you have not acknowledged your own expansion to SELF. When you are fully expanded, when you are I AM, you can never experience depletion.

GI: We are often told that we inherit something from our father or mother say even something like blood pressure- say high blood pressure. Now can we use all these things to rectify it?

Sohrab: Yes you can, to bring yourself and others into balance. But very rarely can you use them to eradicate the aspects themselves. Let us explain why! A propensity in a family to, for example, blood pressure, is an indicator that that particularly familiar line has chosen to look at self and be aware of what is going on within, just as pain is necessary as an indication that you have hurt yourself. You are aware of how damaging it can be to self, for a person who has lost all sensation of pain!

So it would not be appropriate to remove those receptors which are indicators. In a certain family, blood pressure may be an indicator of where imbalances are occurring. Excessive blood pressure is not required but the aspect of blood pressure is. What you can do with these energies is to bring these aspects into perfect alignment, and ask that the person then be given an indication of what they are resisting. But you must allow the blood-pressure indicator to surface again, at a future date, should the person need another 'nudge'! So please understand that diseases are wonderful pointers for people. But you do have the right to bring them into balance.

Nusrat: I suffer from a lot of body aches, especially in my back. I have limited my work because of that. I feel a lot of pain and contraction. If I do a lot of healing for others, will I be passing on that pain? Will my own increase?

Sohrab: Neither! You will find yourself coming more and more into balance. Have you had yourself physically checked? What have your doctors said?

Nushrat: The x-rays don't show any problem. But the pain just doesn't go.

Sohrab: There are many areas of physical conflict within you. You are warring with SELF. Childhood memories are arising and you are shutting them back down. You are at war with SELF. Your war is an internal one, not an external one, and when you bring this into balance everything around you will fall in balance,,

Nushrat how do I bring this into balance?

Sohrab: You will be helped! But first you must acknowledge that there is a conflict going on within you. You must then be ready to start looking at the issues of conflict. Inform the Universe that you are ready to deal with your issues, and instantly teachers, masters and guides will appear. Will appear! You will be guided! You have not made the commitment to Self yet. Till that occurs this will continue. Shortly you will commit to Self.

Blessings! Guidance! Joy from the Healing counsel
