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### Welcome (Amean)

Good morning everyone. Welcome to HealingPAQ initiation class started January 2009, the eighth session. This session we call it expansion and it's a channeling session that Dinah does on behalf of HealingPAQ and she's our communicator with Divine, and I welcome Dinah.

*Talk about muting/un-muting.*

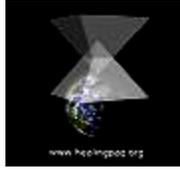
Dinah: Okay, before we do that though Amean I just wanted to ask do we have... are there any new people who've not heard a channeling session before?

Amean: Yes there are in this initiation class.

Dinah: There are—okay. Because I didn't want to... if they were mostly people who had sat through at least one before then I wasn't going to do much explaining. But if they haven't sat through one before then I'll explain.

Amean: Yes, there are some new people.

Dinah: Okay.



*Talk about muting.*

## Channeling

Explanation (Dinah)

Okay, well welcome everybody. Just to give you a little background on what channeling is and I'll make it as short and sweet as possible. **Everybody has the ability to connect with Divine energy on some level.** Some people do it through clairsentience—that's the ability to feel energy or vibration or spirit. Some people do it clairvoyantly which is the ability to see energy or vibration or spirit. And then some people do it as clairaudient which is the ability to hear energy or vibration or spirit—and that's what I do. I developed clairaudience over like a ten or fifteen year period. But what I always say to people is there's nothing special about me. Anything I'm doing anybody could do; it's just whether or not you want to put the time into practicing it because that's what makes the difference. You know, when you see a concert pianist they are able to do that because they've put a lot of time and intention and attention into learning that skill, and communication with spirit is no different. If that's something you want to do, then it's important to put in the time and energy and attention and intention into the process and anybody can develop it.

So that's what I do. I hear spirit. When I'm doing a channeling session, sometimes I get actual words from the ascended masters; sometimes I get blocks of thought or concepts that I have to break into words—so sometimes there's a little fumbling on my part trying to get the right word or the right phrase so that the correct meaning is conveyed. So sometimes you'll see my kind of stammering around trying to get the right word and that's why—because they've given me a concept instead of exact words.

Whenever we do this we start by sort of putting a field of protection around ourselves; I'll lead the group through this. And we do that because we want to have the intention to only communicate with the highest of energies. When I was just learning to get into this—when I was just learning to channel many years ago, a dear friend of mine said to me and it's always stuck with me and I repeat it every time I do one of these sessions 'cause I think it's important for people to remember is that just because someone's dead doesn't mean they're smart. And so we... and I've always remembered that if I'm talking to energies that are on the other side, I want to make sure I'm only speaking with the highest of energies, the ascended beings, rather than just anybody. So that's why we put the circle of protection around ourselves and that's why we're very clear about the beings we want to communicate with because again we want ascended energies to be communicating with us. So that's kind of channeling in a nutshell.

What we do typically is we start the session, and we open it up for whomever the beings are that join us—we open it up to them to speak. And then they generally talk for whatever it takes for them to deliver their message for the day, and then we open it up for the group for questions. Anybody is free to ask any questions that they want and I'll do my best to get clear answers. And then if we have time—if questions are done and everyone's feeling complete, if we have time we do a brief meditation where everyone goes into a short meditation and tries to connect with those energies for themselves. So that's how this session tends to work, and then we go from there, so



## Preparation

I would invite everyone to get very comfortable. I would invite you to either—whatever is comfortable for you—sitting up, lying down, whatever feels best. And just taking a few deep breathes. A deep inhale and with each inhale we're affirming that we're breathing in Divine energy. And a deep exhale and with each exhale we're affirming that we're releasing any energy that we don't need—any stress, any tension, anything that has been burdening us. We intentionally release it with each exhale. Once again, deep inhale, and again, a deep exhale.

As we relax and as we open ourselves to Divine energies, we try and recall a time in our lives when we felt love, when we felt peaceful and loving, when we felt totally one with nature, with our surroundings, with other humans, with all of the world, when we felt complete and at peace, when we felt this oneness. Perhaps it was when we were walking in the rain, when we were watching a sunset, when we were holding a child or enjoying a pet, whatever it is we call to ourselves to our hearts, to our minds, that feeling of peace and love. And we use that feeling of peace and love now as our connecting point with Divine.

We repeat our favorite prayer three times.

Under the direction of Pavarandeh we step easily, lightly, peacefully into the diamond of full presence. We acknowledge our crowns of light that connect us with the archangels; we acknowledge our shawl of light that connects us with God. We call on the seven archangels: Michael, Gabriel, Raphael, Uriel, Chamuel, Jophiel, and Zadkiel. We ask each one of the seven archangels to hold one of the seven doors. We call on the ascended masters. We call on the energies of the Temples and the Tree of Life knowing that those energies exist within us. We connect ourselves to all of those higher energies that are within and without. And we ask archangel Metatron and his twin flame Sandathon to oversee our reading today.

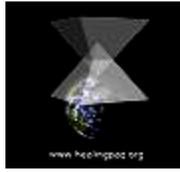
And as a group, we collectively move ourselves energetically to the energy of the Tree of Life. And as a way of visualizing this we can see ourselves sitting beneath the Tree of Life and we're joined by the ascended beings who are here to speak with us today. And certainly, last but by no means least; we call on the energy of God to surround us. We ask that Divine energy surround us, uplift us, enfold us and guide us so that we can move into this session today being completely connected with the highest Divine thought, word and action so that this energy can permeate everything that we do not only now but as we go about our daily lives.

It is my intent to be a clear and perfect channel of truth, wisdom, love, light, joy and grace for all, so be it.

Okay, who do we have with us? Prophet Mohammed, welcome. Shams, Rumi, welcome. Ostad, Master Quan, welcome. Rabiya, Fatima, both of the Marys, Quan Yin, Lao-Tzu, we have a Native American contingent here... who do we have? Black Elk, welcome. Chief Seattle, welcome. And we have Henry Crow dog, welcome.

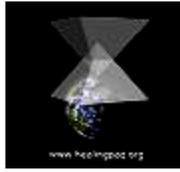
Okay, we welcome all the beings of light and we ask that you assist us in understanding whatever your message is—whatever guidance you care to share with us today. So who's going to go first?

Squeaky Wheels Get Our Immediate Attention (Ostad)



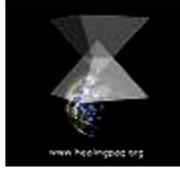
Once again Ostad is starting. I feel like it's kind of a combination of Ostad and Metatron; it's like they're both communicating or sort of ready to co-teach. Ostad, as is his tradition, he puts his hand on his heart and he bows to everyone saying thank-you for joining us, thank-you for putting time aside to have this exchange he says. He says we on this side are always very thankful and very grateful when physical beings put time aside to communicate with beings of light and with Divine. He says whenever there is conscious connection that is celebrated on the other side. He says on this side of the veil we... are more naturally connected with Divine. He says we don't see physical barrier—I don't know if that's the right word but that's the word I'm getting. He says we don't have the physical barrier that beings in the physical realm have. He's saying when you exist as pure energy then your connection with Divine is much easier, much faster and he's saying it's something that happens without thought. He's saying we realize that for physical beings just about everything requires thought and intention, and he says that's certainly... he's saying that's where the challenge comes in—that's where the challenge of physical life comes in because everything does require intention. And he's saying as physical beings the hierarchy of what needs to happen in order to survive on the planet is so great that he's saying we understand on this side how Divine connection and Divine association, how these things can end up quite a bit lower on the hierarchy of intention because he's saying we understand that as physical beings you have to be focused on getting up, getting dressed, getting to work, making a living, feeding the family, taking care of the house—all of these physical things he's saying obviously beings of light don't have. And so he's saying we understand that because those physical issues and those physical challenges and those physical necessities are so very real and so very great, we understand on this side how the connection to Divine can sometimes feel like a luxury. It can feel like something he says that... he says we've heard physical beings say “oh, I wish I had time for that—I wish I had time to meditate” or “I wish I had time for prayer” or “I wish I had time to read those kind of books or have those kind of thoughts or spend time in that way.” And he's saying while we understand it—he's saying we absolutely do. We absolutely understand that it is difficult to carve out time for something that does not seem as physically obvious. He's saying we understand that expression the squeaky wheel getting the grease. He's saying when the kids are screaming and the bills are on the table, and the boss is having a fit because the work isn't done; he's saying we understand that those wheels—those squeaky wheels require attention more radically I guess he's saying. More obviously—they're loudest. Those are the loudest voices that physical beings hear.

But he's saying what we'd like to propose to you is that it might be beneficial for physical beings to think of things... to think of this in another manner. He's saying really the squeaky wheel getting the grease, he's saying it's an obvious kind of thing but he's saying it's not the best approach. He's saying turning your attention to the loudest wheel or the biggest voice or the most chaotic demand is not always the best use of your time and your energy, and he's saying we want to explain why. He's saying if physical beings—even though this seems upside down, even though this seems counter to the way physical life seems to go—we would invite you to try this. He says we would invite you to try living upside down for a while and see if it doesn't change everything in your life. He says what we would invite you to do, what we would invite you to play with and to consider, is that if you sort of turn things around—turn things in what seems to be an upside down manner, so that all of these other things move down on the hierarchy of your attention, and the first thing that you see—**the first thing that rises to the top of the list on the hierarchy of attention, is your connection with Divine.** That if you cultivate that first, if you carve our time for that first, if your attention goes to that before it goes to anything else, he says we would suggest to you that if you do this—and he's saying for real, do it for a minimum of six to eight weeks—he says we will tell you that if you do this wholeheartedly for at least six to eight weeks you will see that all of the other things start to calm down. He says if you can do this—if you can say “okay, even



though this looks backwards, even though this looks upside down, even though this looks contrary to what I've been raised to do or how I've taught myself to believe or how I've learned to focus my attention, if you can say yes it all looks very backwards but I'm going to try it anyway," he says **the rewards will be great because what you will see if you can carve out time for Divine first, if you can put your energies there first, he says what will happen is that you will see that your personal connection, your personal ability to calm down and connect with what is real makes all these other things less chaotic and less real.** Now he's saying it's not that we're suggesting to you that if you spend an hour in meditation that the house will clean itself. He's saying no, not at all; we're not saying that. But he's saying if you can start—and even if it's half an hour a day—if you can put that much time aside to spend time connecting with Divine, you will see that all of these other things while it's not that they go away, it's that they're effect on your being becomes so much less intense.

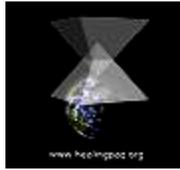
He says what happens—and he's trying to explain the reason for this. He's saying again it's not that we are suggesting that all these other things go away; they don't go away—we know that. We know he says, that the bills still need to be paid, the boss still needs to be made happy, the kids still need to be fed, and the house still needs to be cleaned; we understand that—that does not change. But he's saying when you can form a connection with Divine, when you can carve out time in your schedules so that every day you can spend some time connecting with Divine energy, then you will see that all of these other things have less of a rub, less of an annoyance, less of a chaotic quality to them and that they don't affect you the way that they did before. So that **once you have solidified your connection with Divine, once you have established your peace of mind within this arena of oneness with Divine energy—once you've done that, then when the kids are screaming that they're hungry, you can cook their food with joy rather than resentment. When the boss says he wants something and he wants it now you can simply say “okay” again without resentment or irritation. When the bills come in you can get them and you can put them on the table and know that it will be taken care of because when you're connected with Divine everything does get taken care of in one form or another.** And maybe it's not in a manner that we anticipated or expected but it does get taken care of. So he's saying we would invite you to try this because we can tell you he says beyond a shadow of a doubt that as you forge your connection—as you build your connection with Divine, all of these other things take on a quality of he's saying... I'm sorry; I have to back-track. He's saying when you forge your connection with Divine, your ability to respond to these things changes. It's not that the things change; it's that your response to them changes and your response is all that matters. **Your response is what dictates how you feel—the energy that you cultivate within your home. Your response determines the quality of interaction with your kids, your spouse, your friends, with your boss.** So he's saying if you can establish this connection with Divine on a regular basis, then you automatically upgrade your quality of interaction with everyone in your life and when you upgrade the quality of interaction with all the beings in your life, you automatically upgrade the quality of the energy that you live in and the quality of your health and the health of the people in your home. He's saying it's a lovely domino effect that we would invite you to try because he's saying the flip side of that is if you would choose not to entertain this thought (and he's saying certainly you're perfectly free to not do these things) but he's saying then **what happens is there's this quality of reactivity that everyone kind of runs around with and the energy that they exist in remains chaotic and frenetic and difficult** and he's saying ultimately that... you know there's a ripple effect. And ultimately those ripples go out into the world. So he's saying **it really does depend on what kind of energy you want to send out and what kind you want to have influencing your home and kids and your community and the planet because that ripple effect is there whether you see it or not.** So he's saying we invite you to think about this, to play with this, to try it and to... he says even keep a journal because as you keep a journal you will then be able to look back and see that when you start this experiment you'll be able to see the quality of how you're feeling, the energy of how you're



feeling, and you'll be able to see based on what you write how things change over that six or eight weeks period. And he's saying, again, that we would guarantee you that as you carve out this time for Divine connection every day you will see the quality change. And he's saying it will be sort of a fun experiment that you can play with and learn from and he's saying then everybody benefits. He's saying again **whenever anyone carves out quality for Divine, that ripple affect goes out into the world and everyone benefits**. Everyone benefits because it's even better than the ripple effect. They have in the past used that visual image of when you throw a stone into a pond and then all of those rings go out, there's that ripple effect. He's saying an even better way to look at it is like a spider-web. If you look at the spider-web, it's this beautiful, intricate connection with all of life. And he's saying everyone weaves their own web and all of our webs are connected so all of our energies are constantly flowing to and between each other. We may not always be aware of it but he's saying that is really what the planet is made up of is this energetic spider-web and it's something that if we're all paying a little bit more attention to our own energies, we can strengthen that spider-web, we can enhance not only the energy around us but the energy that we share with everyone else. So he's saying think about this and play with it and have fun with, and see if it doesn't really uplift you by spring. Because he's saying we're moving into spring now and this could be a really fun thing to play with as we move from winter into rebirth and into the time of rebirth for the earth. So thank you Ostad. He's putting his hand on his heart and bowing and thanking everyone for listening. And now I think he's turning the floor over to Metatron.

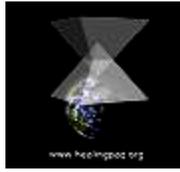
### Joy is Our Compass (Archangel Metatron)

And Metatron is wanting to sort of build on what Ostad said. But he's wanting to do it... I don't know that they've talked about this before. I know that they've talked with me about this before and they've recently been talking to me about this quite a bit, and so Metatron is wanting to share this insight about another way of building on this Divine connection. And what he wants to talk about it is JOY and this has been sort of a recurring theme that they've been talking to me about over the last few weeks. And it's a pretty interesting message, and really actually this started coming through about a year-and-a-half ago. And Bala Salam, he's a very well-known Kabbalistic scholar, had talked about this awhile back and now Metatron is picking this concept up and wanting to go further with it, so Metatron what do you want to say about joy? He's saying whenever we are wanting to change something and he's saying everyone on the planet wants to change all kinds of things about themselves. Maybe they want to lose weight, maybe they want to get healthier, maybe they want to attract a mate, and maybe they want to find a better job. He says **whatever it is that you're wanting to either change or attract, he says your best point of attraction—your best point of movement, your best compass as you journey is the quality of joy**. And he's saying the reason for that and the thing that they really want to impress upon us he says is that **joy is what opens the heart**. And he says we have spoken many times about the fact that the heart is the compass. **The heart is the part of the being that helps you to move through your life and toward Divine; it's your homing device**. He says the mind is there to help you navigate, help you balance checkbook and tie your shoes and all kinds of those 3-dimensional life skills that we all need but the mind was never meant to be the knowing part—the heart was. But he's saying the heart unless joy is cultivated, the heart cannot do its job. The heart... it's sort of like having a compass but never taking it out of the box. So you're relying on this compass to point you to north so you know where north is but if you never take the compass out of the box you're not going to be able to see where north is—you're not going to be able to use it properly; you're just going to keep walking into walls. So he's saying joy is the thing that opens the compass. Joy is the thing that takes the compass out of the box. Joy is the thing that kick starts the heart and keeps it working and moving toward Divine. He's saying the other thing is **joy is what keeps everything**



**about your physical being healthy.** Now he's saying we want to clarify the difference between joy and happiness because culturally (especially in Western culture) people can confuse these two words and he's saying we want to make sure that you understand that we are talking about something more than the superficial meaning of these two words. Many people use them interchangeably but he's saying culturally (in Western culture) many people see happiness as something that is a by-product of something else. So, I'll be happy when I get a new job. I'll be happy when I can get a car. I'll be happy when I have a mate. So that he says happiness becomes something that is dependent upon something else. Happiness becomes something that is dependent upon getting what you want or obtaining something that you feel is lacking in your life. So he is saying **happiness in Western culture is often seen as an emotion that is dependent upon something else.** He's saying **joy on the other hand is a quality that is there and is available in the being. It's available from the heart.** He's saying it comes from the heart. He's saying it's really kind of an interesting... it's like a fountain. You know the water in the fountain is water that keeps getting recycled. The fountain, it's not like there's a pipeline that continues to pump new water in the fountain. Those fountains have a water reserve within them and then the water comes up and goes down, and keeps getting recycled and keeps getting pumped through so that it's continuing to move. And he's saying that's what joy is. Joy comes from within the heart. That's where it's stored; that's where it's kept. That's where it bubbles up from and then it is something that if we intend for it to grow, it bubbles up and it trickles down on its own and it continues to move. And he's saying joy is something that is not contingent upon something else. We don't when we use the word joy, we don't say "I will be joyful when I get a new car—I will be joyful when this happens or that happens." He's saying **joy is quality that exists by itself, for itself within the heart.** He's saying the important reason for cultivating this quality, the important reason for moving to this part of the heart and really opening it up—doing whatever we have to do to open that doorway to joy and then keep that door open he says in fact, blow it off the hinges so that joy can funnel out and move around as much as it possibly wants to. The reason for that **joy, number one, connects you with Divine.** And he says Ostad has already talked about the importance of connecting with Divine and how that then improves the quality of everything else in your life, but he's saying joy is what connects you to Divine. He's saying **joy is what also keeps you healthy. Joy is what keeps the cells healthy.** He says—and this is something that they introduced to me about a week ago and he's repeating it now for the group. He's saying if you could envision the cells in your body he's saying they have a two... there's like a double energetic within the cells and he's saying there's the physical energetic of the cell that needs to stay physically healthy but then there's the energetic of the cell that needs to stay energetically healthy. And that energetic level is maintained by the level of joy within the being—by the level of connectedness to that level of higher quality of peacefulness within the being. So he's saying whenever we can connect with that quality about us—that feeling of joy, that feeling of peacefulness, what we are doing is sending that into every cell of our being so that every cell of our being can resonate with that quality and can then counter-balance the physical.

But he's saying the flip-side of that so that you understand the importance of joy within the physical being; he's saying yes we certainly want to keep the physical portion of the cell healthy. And we can do that—we can watch what we eat, we can watch what we drink, and we can put healthy things into our body. We can do all of that but **if on the energetic side we sort of walk around grumbling and moaning and miserable then all of the physical work that we do to keep the cell healthy is really not going to amount to much because that toxicity within the cell that is the emotional toxicity will continue to poison the physical part of the cell.** And the physical part of the cell—so even if we take vitamins, eat good food, drink pure water, all that stuff—if we continue to maintain a level of energetic toxicity within our core emotions, then we continue to bruise that cell. We continue to sort of knock it down physically. So he's saying that is the key. And the point that they



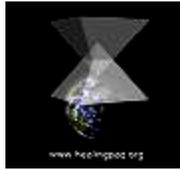
made to me awhile back and he's repeating it now that I found very interesting is he said the reverse is not necessarily true. He said **physical does not need to impact the energetic the way the energetic always impacts the physical**. And what he means by that is that if we can maintain that level of joy, that energetic in our being is not necessarily negatively impacted by our physical—by the physical side of the cell. And when I heard that and he's confirming, I said, “Well, how is that true?—how is it that the physical can't impact the energetic? That doesn't seem accurate to me.” And what he said to me was... he said; well think of people who have cancer. He said, it is true that perhaps their physical being is ill but they still can maintain that quality of joy and connectedness; there are people who do it. So he's saying **it is not necessarily true that if the physical is toxic that it will automatically make the energetic toxic; that's not the case. But if the energetic is toxic it will almost always impact the physical**. So what Metatron is saying, given that—given that level of understanding that the **energetic is the most important part of the cell, that the energetic is the part that defines the health of the overall being** he's saying because of that we encourage you to cultivate that quality of joy within your being, to cultivate that level of connectedness with Divine within your being. And he's saying the best way to do that is again, putting that time aside for Divine every day; that's one way. And he's saying that's really the foundation for it. But he's saying then the other thing to be aware of is to pay attention to the rest of your day—to carve out that time for Divine and to open up that doorway within the heart to joy and then to observe, to pay attention to how you go about your day, and to ask yourself as you interact with people, as you interact with your boss, with your kids, with your mate, whatever, as you do this, ask yourself before you respond to whatever is going on around you, ask yourself what would joy dictate here. So even if you're not feeling joyful, even if you're feeling downright cranky, before you respond ask yourself, “Okay, what would be the joyful repose in this situation—if I were feeling truly joyful, how would I respond?” And he says by doing that you **start to cultivate within your being an awareness of another way to respond to the world**. He's saying this is a learned technique; this is a learned behavior. He's saying because the way humans are raised **we are raised to honor the mental and forget the heart**. And he's saying unfortunately **that's backwards so unfortunately we have to unlearn and relearn**, and he's saying because of that we need to employ the quality of the brain to say, “**Okay I'm not going to respond in this moment—I'm going to think for a moment what would joy do here? What would joy dictate? If I were feeling joyful how would I react to my kids fighting? If I were feeling joyful how would I react to my boss being crazy or cranky rather? How would I react to my mate in this moment—if I were joyful?**” So that even if you're not feeling joyful in that moment you can at least choose to think about it and choose to train yourself to ask your heart to respond rather than the mind—and he's saying that is the training. That is the training in this suggestion—in this portion of what is being suggested what you are doing by asking yourself that question before you respond to what's going on around you, is **you are asking your mind to let your heart take over**. And he's saying **that is the key. That is the key to;** he's saying **better living, better interactions, and healthier responses**. When we can let the heart respond rather than the mind, we become different people. We become the people that we were sent here to be so that we can say truly to ourselves, to Divine, to our families, we can react to them in the loving manner that we are capable of. And he's saying the thing that gets in the way of that is everyone is too much in their heads. Now the mind is a wonderful organ. It is a finely tuned part of the being but it is the part of the being that was meant to figure out complexities. It was meant to help you to yes, figure out the problems on the job when you have a computer thing that's gone haywire or when you have a problem that has to be solved. That is the beauty of the mind. The mind was always meant to help with those kinds of things but he's saying within relationships, within interactions with other people, within interactions with Divine, within interactions with ascended beings and the angels, the reason that those things don't go as well is that we forget to say okay this is not the realm of the mind—this is the realm of the heart. We forget to drop into the heart and we forget to interact from that point. So he's saying it's not that we're suggesting that people turn the mind off—absolutely



not. It's there for a reason. But **when you are responding, your responses will become more joyful, more gentle, more peaceful, and more Divinely connected when we can interact from the heart rather than the mind.**

So he says we encourage you all to start focusing on opening up that joy center within the heart and then when you are interacting with anyone in your life, before you let words come out of your mouth, before you let yourself become irritated or anxious or whatever quality tends to recur within your being, before you jump to that automatic response, **ask yourself how would joy respond to this, and then move from there.** And he's saying when you can do that—when you can cultivate that quality of joy within yourself and when you can cultivate that quality of joy within your interactions, you will see that all of your interactions, all of your relationships move up at least one octave if not more. You will see that the quality between you and everyone else becomes he says much more lovely and much more lively and much less antagonistic and much less irritating because when you react from that quality of joy there really is no reaction, there really is not irritation, there really is no aggravation. **When you react from the standpoint of joy within the heart, you react from the standpoint of love.** And so when you can open up that doorway within the heart and you can let joy start circulating then when someone in your family is admittedly irritating, you can love them anyway. When someone in your office is a bit antagonistic, you can love them anyway and be joyful around them anyway, and realize that their energetic does not have to dictate your energetic. And he's saying when you get to that point that is what total freedom really is because you realize that you are free to maintain your energy level — maintain your own inner peace, maintain your own inner joyful vibration regardless of anything that's going on around you because you have first built a foundation of connection with Divine. And when you have a connection like that Metatron is saying a tornado could come through and it would not put a dent in your foundation. **When your foundation is built on Divine, you are rock-solid.** And then as you build that foundation within Divine, when you can open that doorway to joy within the heart and when you can let that act like a foundation and let that joy circulate throughout your being, and that never-ending energetic is continually circulating so it's at the ready, he's saying when you allow joy to circulate, then that question of how would joy respond to this, that question gets you an instantaneous answer because that joy is percolating all the time. He says it's not like when you see women digging in their purse for their keys—it's not like a five minute process where they got to dig everything up before they can find the thing that they want. He says when you let joy percolate and cultivate and move through your being like a fountain, it's instantaneous. It's not a process that takes forever to think about “okay, how would joy respond to this.... hmm...” and then you get to dig and dig and dig. No, absolutely not. Metatron is saying **when you let that fountain of joy start to circulate within your heart; those answers are instantaneous because you know immediately how joy would respond.** You know immediately that joy would always pick the high road, that joy would not be bothered by other people's crankiness, that joy would see the divinity within each person and honor that divinity and say “my goodness, you're another child of God—how could I possibly be mad at you because Divine dwells within you so...” He says when joy is percolating within you that joyfulness, that divinity within you recognizes the divinity even within the most irritating person within your life and immediately that irritation is gone because you say within your being **your being says the divinity within me recognizes the divinity within you. And then nothing but peace can be.** And he's saying **that is the role of the heart.**

So he says whenever you have that ability to cultivate that, whenever you take time to ask that question, whenever you rest and relax in a moment of joyfulness and divinity, he's saying then you've allowed the heart to take over as the guide and then there's nothing to worry about because then everything flows. When the heart is allowed to lead, everything flows. And then there is no anxiety, there is no worry, there is no guilt because the



leader that was always meant to be the leader has taken over and the movement becomes fluid and natural. The movement becomes what it was always meant to be which was peaceful and loving. And by doing that then the mind can calm itself down because he's saying the reason that—and this is interesting. Metatron is saying **the reason that human beings wrestle with anxiety or irritation or anger or any of those things is because they are letting the mind lead. And when they let the mind lead the mind is automatically overwhelmed because that is not what it was meant for.** The mind was meant to figure things out; the mind was the problem-solver but for problems not involving people. The mind is meant to recall facts and figures and data and all those wonderful things; the mind is the computer. The mind is the computer that helps us remember, it helps us store data, and it helps us figure out complex problems. But he's saying you don't let your computer drive your car. He says you don't let the computer do your laundry. **The mind was meant to yes solve problems but not lead the way.** When we relax in the moment and allow the heart to lead and when we can open our hearts to joy and open our hearts as a joyful leader, the mind can say “whew, thank God, okay” and the mind can rest. And that's how anxiety is healed. That is how anger is healed, that is how irritation is healed. We let the mind do what it was meant to do but we don't expect more from it than it was meant to handle. And when we expect the mind to lead we are expecting too much. So that is different.

So Metatron is saying as you approach problems in your life, **as you approach things you want to change whether it's losing weight, attracting a mate, getting a different job, selling your house, whatever it is—whatever the problems are in your life that are the challenges that you want to address, do it with the heart.** Ask yourself again and again and again, how joy would respond to this and then rest in that knowing. Calm down into that knowing; relax into that knowing. And tell the mind that it can relax as well because joy is taking over and by doing that, you will be lead fluidly, you will be lead beautifully, you will be lead gently in the direction that you need to go in to solve the very problems that you're wanting solved. Joy will lead you that way where if you again, if you go to the mind to solve those problems, the mind will create... diversions (that's the word he wants). The mind will create diversions because the mind doesn't want to say “I don't know” so **the mind will create diversions.** And he says **the diversions that the mind creates are blame, anxiety, irritation.** He's saying the mind gets overwhelmed with those kinds of issues—with interpersonal issues, with like “where do I go next in my life?” all those kinds of things because the mind doesn't know. So the mind will create these diversions because he doesn't want to say/it doesn't know how to say “I don't know.” It's like a computer. A computer doesn't really know how to say “I don't know;” a computer will get itself into a loop until it just freezes. And that's what happens with human beings—they work themselves into such a tizzy that they freeze and then they go nowhere and they solve no problems, and then instead the mind says “well, it's really her fault” or “it's really his fault” because they were in my way or they aggravated me or they did this or they did that and I can't solve this problem because they ticked me off or because they were behaving badly or because blah blah blah, or any number of ways that we can come up with blame the mind can do that because then it becomes something other than the mind's fault. And again it's not even the mind's fault. The mind shouldn't be put into that situation anyway. So he's saying **be kind to your brain; be kind to your mind. Allow the mind to do what it was meant to do.** Kick start it when it's time to solve a problem—when it's time to balance a checkbook, when it's time to tie the shoes, drive the car, read the map, read the recipe, read about whatever it is.

Metatron is saying, **be kind and gentle and loving with your mind and appreciate it when it can do** all those things—when it can **recall data, when you need to remember someone's name or when you need to remember a recipe or when you need to remember a complex computer solution, whatever it is that you need to remember love and bless the mind for its ability to call forth the information that you need, and**



**give the mind it's due. But then also allow it to rest when you need to solve a life-situation, an interpersonal situation, when you need to respond to a family member or co-worker, when you need to rectify something in your life, when you need guidance, when you need to find your way out of a problem, out of a situation, for those kinds of things go to the heart. Allow the heart to connect with Divine. Allow the heart to listen to Divine guidance. Allow the heart to help you to connect to the foundation of its core which is joy and allow the heart to lead you joyfully to whatever solution you need.** And he's saying when you do that you will see that you become a very balanced being—a being that is not anxious, a being that is healthy, a being that can rest in the knowing that all really is well. So he's saying we'll leave you with that for now as a suggestion, as some tools to move into your day and your week and the months ahead, but he's saying we really encourage you to play with this because as you do you'll see the merit of it and you'll see that joy really can help you to solve the things that the mind really can't.

## Question and Answer

Dinah: Okay so Metatron thank you very much. I feel like we can take a break now. They're nodding—I see them nodding saying yes we can go to questions. If anybody has any questions this is a good stopping point. So for anyone who has questions if you want to ask, hit star six and ask your question. Now is the time to do it.

*Talk about muting.*

X: I have a question. This is Sue.

Dinah: Hi Sue.

X: I wanted to know is it possible to send healing energy for instance to my father to heal my relationship with him but he has now passed on. And then I also have another question about healing events that I recall in past lives.

Dinah: Okay, alright. First of all, so your question is; is it possible to heal your relationship with your father now that he is passed on?

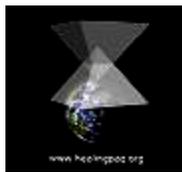
X: Yea.

Dinah: Okay. Who wants to answer that question? I feel like Lao-Tzu is stepping up to the plate to answer that one. Do you know who Lao-Tzu is?

X: Somewhat, yea.

### Healing Energy for Deceased Ones (Lao-Tzu)

Okay, Lao-Tzu is the father of Taoism and Lao-Tzu is a really beautiful, gentle being. Lao-Tzu, how would you like to respond to that? He's saying absolutely—absolutely. He says the thing to remember is that when your father moved into non-physical he automatically moved into healing energy. So he automatically started his



healing process when he moved into non-physical so his healing is already underway and has been since he transitioned. But he's saying it is absolutely possible for you with your own personal intent to direct healing energy to exactly that issue to heal that energy between the two of you. And he's saying it would absolutely be welcome and it's absolutely appropriate and timely to heal that energetic because he's saying it's as helpful for you as it is for him. So that you can feel that there is healing and peacefulness and closure within that... what he's showing me is like if you, yourself, could picture yourself as a tree, and he's showing me that every branch is sort of... we all have millions of branches that are either different people or different issues in our lives and he's saying the branch that is the branch between you and your dad is a branch that certainly could use some healing and some fortifying so that it becomes a good solid steady branch. And he's saying whether your dad is physical or non-physical, it doesn't matter. What you want to do is do that healing not only again for yourself but also for him although he's already getting that healing energy, he's saying doing that will strengthen that branch and will ultimately strengthen the overall tree which is you. So absolutely do that and he's saying as you become more peaceful with it and with him, that peace is automatically conveyed to him and he is peaceful too. So he's saying you can, in meditation, say all the things that you want to say, say all the things that you never got to say—all of those things can be done through meditation to him and you can get to that point of closure that you're wanting.

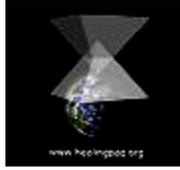
X: Okay, thank you very much.

Dinah: And you had a... does that help? Does that answer that question?

X: Yes. Yes, it does. And I've had some somewhat vivid past life memories of events that occurred or things that in my present life I would not choose to do, and I don't know quite what to do with that.

### Healing Energy for Our Past Lives (Lao-Tzu)

Okay, Lao-Tzu, what do you have to say about that? He's saying first of all, those... many of those things start to be healed when the being passes into non-physical. So whatever past life event you have recalled, your overall being—like your higher self—the higher self that is sort of the store house of all of these lifetimes (you know it stores all of the energy, all of the learning of these lifetimes). Your higher self has experienced those past life things obviously because it's always been with you, and then with that being that whatever the life is that you're thinking about or lifetime, when that lifetime ended and that being transitioned into non-physical, then much of that stuff was worked on and healed before the next lifetime was started. And he's saying that's part of why you are who you are to today because you were able to glean wisdom from the experiences that you had then so that you are able to choose differently now because maybe the choices that you made before were less productive were seen and sort of consumed by the higher self to say “okay, now I've learned this, I've done it, I've chewed on it awhile, I've experienced it, I know the pros and cons associated with it and now I know I can choose differently,” so that as you when into subsequent lives or as you arrived at this lifetime, you as a being have sort of a more elevated approach or elevated outlook and you're able to choose differently. So he's saying **one thing that you certainly want to be aware of is that it's unnecessary to harbor guilt or upset whenever you might have a past-life recollection because that has already been learned from and assimilated into a higher-self.** But he's saying **certainly if it is something that you have recalled,** there is reason for everything and you have recalled these experiences for a reason so in your meditation time ask for whatever wisdom is supposed to come out of that—ask that it be revealed to you. But he says as you do it,



approach it joyfully and approach it peacefully rather than—he's saying **if you approach it joyfully you can get whatever wisdom is coming from that experience whereas if you approach it with regret or guilt or pain, then you block that vibration of wisdom or whatever blocks the meaning because you become cloudy.** The difference—if you can picture this—is that whenever you are approaching something with a negative emotion he says your energy is cloudy and you can't see clearly enough to get the wisdom out of the situation where as when you approach any situation with that energetic of joy, then you are clear as a bell and you can glean anything from that situation that is available to you to promote wisdom and understanding. So he says as you contemplate these things, approach them joyfully, approach them peacefully, approach them as “okay so I'm recalling this experience—what would joy get from this?” and then move from there and you'll get whatever wisdom, whatever nugget of wisdom or pearl is meant for you to find there, and then you can bless it and thank it and release the memory itself and say thank you for showing me this and then bless it and let it go. And he's saying **the key to remember is that none of these things come back or are remembered to haunt you; they're coming back because there's a little nugget of wisdom in there if you look from the lens of a joyful perspective.**

X: Thank you. That feels very complete.

Dinah: Great.

X: Thank you.

Dinah: Thank you very much. Okay, other questions?

*Reference to star six.*

Amean: Dinah, I have a question.

Dinah: Okay.

Amean: Divine has so beautifully established a distinction between joy and happiness. The question I have is about love and compassion because I also believe that love and compassion is something that can potentially exist in the energetic category of ego and survival as well as the energetic category of advancement and intelligence as well as the energetic category of heart and soul, and as it moves up from one energetic category to another energetic category, it starts becoming more (if I may say) purified from a conditional love toward a more unconditional love. And my question is can the Divine establish a better clarity about whether such a state exists along with joy and happiness which is also similar to that exists for love and compassion as well.

### Love, Joy, and Compassion are Triplets (Ostad)

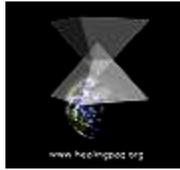
Who wants to answer? Okay, I feel like Ostad is coming back up to the front here. Ostad, what do you want to say about that? Ostad's saying.... he says first of all, yea, absolutely. He says love and compassion are... he's saying they're... if we could look at them as triplets—you know joy, love, compassion—they're really triplets of the same family. They're certainly if think of triplet children, identical triplets, they look alike and they share



many of the same qualities but they are distinct beings and he's saying that's really kind of like what joy, love and compassion are. They're... that is... he says their **elevated energetic qualities that sometimes are interchangeable and sometimes not because they do have distinct characteristics as well as similar characteristics** he says so the reason that we made the distinction he said between joy and happiness is that there is this confusion within Western culture and I feel like he's saying really more so in Western culture (modern Western culture) than many other cultures because modern Western culture has become so... I don't know what the right word is. Like consumer-oriented or obtaining-oriented that happiness has become synonymous with obtaining an object or attaining a state like when I attain the state of being the boss or when I... you know, that kind of thing. So he's saying we felt the need to make that delineation within modern Western culture because there is such a focus on acquiring and getting and making our emotions contingent upon having all this stuff that we feel we need to have. So that's why we make the distinction between joy and happiness but then when we're looking at love and compassion, he's saying there really isn't a distinction that is necessary between love and compassion because Western culture doesn't seem to feel like okay well I will feel love if I have this or I feel compassion if I have that. He's saying now granted... okay, he's telling me to back up. He's saying when we look at these qualities in their pure form, he's saying we do certainly; Western culture does have an issue between love and unconditional love. So he's saying if you are asking about that then absolutely **we need to have a delineation between love and unconditional love because** he's saying **much of the love that modern people talk about is conditional**—you know, “I will love my job as long as it gives me the status that I want,” or “I will love my mate as long as my mate feels that the sun rises and sets over me,” or “I will love my mate as long as my mate agrees with me or does what I want to do,” or whatever because he's saying **if you look at all of the problems within so many of our relationships it is directly related to the fact that there are so many conditions placed on love**—you know like well, I don't know want to interact with so and so anymore because they don't behave the way I want them to behave or I don't want to do this job anymore because it doesn't give me the status that I thought that it did—now I want a new job because blah blah blah.

So he's saying the delineation needs to happen not between love and compassion like it did between joy and happiness. The delineation needs to come between conditional love and unconditional love. And he's saying **whenever we put conditions upon love then we basically are letting the mind rule rather than the heart because the heart does not put conditions on love; the heart simply loves**. So he's saying whenever we see ourselves doing that, then he says number one that is a big clue that oops, we've forgotten our directive—we've forgotten that the heart is supposed to be in charge in our relationships and we've moved up to the mind. And the mind is the part that says “I don't know if I love you anymore because you're ticking me off.” So whenever we have that feeling then we need to take that as a clue and say, “Oh, okay—oops. That's got to be the mind talking because the heart wouldn't talk like that. I need to go back down the heart and ask the heart how you would respond to this because yes I'm ticked off but the heart would not renege on love.” The heart would love anyway. The heart would determine this relationship is not healthy for me—and that's okay. The heart is certainly not a punching bag and the heart would certainly not require that the being sit and tolerate abuse, the heart would say I can love this being or this situation or this whatever—I can love it. But at this point because it's not healthy for me I need to love it from a distance and the heart will direct you to a safer healthier environment. So that's where the delineation would be.

And, as far as whether or not love and compassion can exist on all three of the levels of survival (ego and survival, heart and soul, and intelligence and advancement), Ostad is saying absolutely. Absolutely they can exist if in fact the heart is in charge and if the heart does in fact direct the being, then the heart can elevate the actions and the activities of all of the levels of the being. The heart can elevate how our ego behaves. The heart



can elevate how our mind responds. That's how those qualities can be integrated into the entire being but only again if we allow the heart to take charge. If we direct the mind—for example, if we say the mind says, “Okay ego, from now on you're going to be more loving.” The ego will say “okay and quietly say, “yeah, right” because the ego needs to be taught that and what Ostad is saying is that the mind cannot teach the ego because they're sort of running hand in hand and running in circles because one is not more advanced than the other one. They're both sort of these frolicking little kids with not direction. So he's saying the only way that the ego can be taught love and compassion is if the heart does it. And if the heart gently says to the ego, “You know, that's not how we want to behave—we want to behave with love,” and then models it because the heart will have the being model the behavior that the ego needs to learn so the heart would be the one to step in when the ego is about to blast somebody the heart would step in and say, “Whoa, whoa, whoa, calm down. This is not how we behave. When we're connected to Divine we don't need to do this. We need to just calm down and look at this from a loving perspective.” Or when the mind is ready to do something like that, same thing. The heart would step in and say, “Wait, calm down, relax. This is not how one child of God behaves toward another child of God.” And what Ostad is saying is **when we allow the heart to be the mediator then yes, the energetic quality of all of the levels of the beings are elevated and advanced accordingly—if we allow the heart to be the teacher and the moderator and the mediator and the model then all of these things can sort of happen naturally**. Does that answer your question?

Amean: Yea, so beautiful. I appreciate that. I do have a second question. Acknowledging the fact that when we have judgment about ourselves or others we may put it into the category of positive or negative or good and bad, however when we consider distinction about a situation—a condition, then we can look at it from a perspective of saying that if I do this thought or if I experience this emotion or if I do this deed, is it going to be from an energetic perspective draining for me versus charging for me? What I've started doing in the initiation classes and intermediate classes is try to change the language a little bit from a type of vocabulary that may allude judgment (like with positive to a negative) to the type of word and language that establishes a better understanding for the people about a deed, a speech, a thought is it draining or charging. So the question is, is that a better method of teaching about the divinity and the unique connection that every individual has with divinity from a healing ourselves or self-healing perspective?

### Recharging Ourselves from a Healthy Perspective (Ostad)

Okay. Ostad once again. Yea, Ostad's saying that that is really a... it's more in line with what they introduced today as far as the concept of asking what the heart would do. He's saying that's related to that. Is this something—**is this thought, word or action something that drains me or something that recharges me**, he's saying that's another good measuring stick and a tool that people can use as long as they understand that we're looking at recharging from a healthy perspective because he says there are certainly occasions when if someone is starting down the path of irritation and they're becoming more and more and more agitated and ticked off about something, they could mislead themselves into thinking “I need to tell so and so off” and they say “will this drain me or recharge me” because they're in this energetic of chaotic activity, they could fool themselves into saying “well of course this is going to recharge me” because their adrenaline's going and they can envision biting the other person's head off and that's going to... certainly there's a charge in that. So he's saying that... people need to understand that that's where they could mislead themselves if they're not, again, asking the question “what would love choose” again or “what would joy choose”--whatever quality they want to pick on.



That would be the only caveat that Ostad says people need to be aware of because they could... it's sort of like where you decide to plug into the wall. If I (and I don't know anything about electricity so maybe this isn't a good analogy) but it's like okay am I plugging into a positive charger here or am I plugging into a chaotic charger? And he's saying for someone who's already working themselves into a bit of a tizzy, if they just look at well, will this recharge me? They could say yea, it'll further my chaotic charge here and mislead them. So he's saying that would be the only thing; otherwise, yes that's a really good measuring tool that people can choose to use as well.

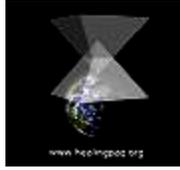
Amean: Thank you.

Dinah: Any other questions?

## Guided Meditation (Dinah)

Okay, well we have time for about a ten minute meditation if people want to do that. We're already connected in the diamond so if you want to do that, what we can do is do this guided meditation. I had a comment and a request today for the Bridge of Light meditation and so what I'll do is lead everybody to that. And this is from “The Bridge of Light” book by Launa Huffines. She developed it and perfected it; and it really is a lovely meditation that you can do any time you want.

So if you want to just continue in your comfortable, relaxed state. We are already in the diamond. We're already present and conscious and we already have our light of protection around us. So we are going to see ourselves at the top of our meditation mountain. If you've never been there before then I know Amean has taken everyone to the Mountain of Light. The Mountain of Light is a great place to start so if you can see yourself once again at the Mountain of Light, see yourself standing there and you are at a safe distance from the edge but you're at the edge looking out into infinity. And we're going to take a deep breath and we are going to create our own Bridge of Light and we're going to anchor it on a distant star. So the way that we create our Bridge of Light is that we call all of the colors from the chakras so we're calling red, orange, yellow, blue, green, indigo, and violet—we're calling all these colors from all of the chakras and we're shooting them out of our heart center. We're seeing this beautiful, lovely colors shooting from our heart center, weaving together, creating this lovely Bridge of Light. It's very wide; it's very safe. It's delightfully glistening with all these colors. It has sides on it so we can picture this bridge as this beautiful thing that we are creating. We are shooting this light—this bridge, out and we're anchoring it on a distant star. So we're seeing all these colors, all these beautiful cylinders of light that have created this bridge and this bridge is going out into infinity and all these colors are coming together and they are wrapping around the distant star so that it is anchored safely, beautifully and firmly. And at our end we see all of the colors from our heart center moving into the mountain itself so that from our end the bridge is then anchored deep into the mountain itself. And we now look at this bridge and we see that this is this lovely creation that is there for us to use at any time. And our purpose, before we walk out onto the bridge, our purpose is to walk out to the middle of the bridge and to sit quietly in the middle of the bridge and invite Divine guidance, Divine wisdom—whether it's in the form of an ascended master or an angel or a bird or just a feeling or a color that comes to join us. We don't have to put an



expectation on it. We just need to put an intention that we are going to move half-way out onto the Bridge of Light, sit quietly and open ourselves to Divine wisdom in whatever form it chooses to come toward us. And it will come toward us from the opposite side of the bridge meeting us where we're sitting and giving us something whether it's just a feeling of peace and love or a feeling of connectedness or a message or a conversation—whatever it is we're not putting an expectation on it other than our own intention to connect with Divine. So as you feel ready I would invite you to move out to the half-way point on your Bridge of Light feeling the peace and serenity that surrounds you as you move, enjoying the loveliness of the colors that surround you and getting half-way out on the Bridge of Light finding a comfortable place to seat whether it's just on the floor of the bridge or maybe there's a chair there waiting for you—whatever it is, feeling yourself reaching that half-way point/reaching that point where you can sit peacefully and quietly, sitting down open heartedly and with an open mind ready to access and connect with higher wisdom. We'll do this for about five minutes and then I'll call everybody back so just enjoy this time on the Bridge of Light.

Okay, slowly we are going to thank the energies that came to be with us. We're going to show our love and appreciation to them, gratitude and we're going to take this opportunity to plan within our minds and within our hearts the memory of this meditation and the knowing that we can return to this spot at any time whenever we want to, whenever we need peace, action, rejuvenation—anytime we need anything we are able to return to our Bridge of Light with ease and grace.

Slowly now we're moving back to our Mountain of Light. And as we feel ready, as we breathe deeply, we will slowly return to the room.

Again remember that we can return to this meditation, this place, this place of connectedness at any time whenever we want to. It's always there waiting for us.

And we have about ten minutes left so if anybody wants to share an experience...

## **Discussion after Meditation**

X: I have a question.

Dinah: Go ahead.

X: When you contact a spirit or a spirit contacts you from the other side—like a family member—do they have to tell you the truth or can they still tell you fairytales or fictitious stuff? Must they tell you the truth? If you ask them for the truth, must they... are they... do they have to tell you the truth—can they?

### **Do Spirits Always Tell You the Truth? (Ostad)**

Dinah: Hang on, let me ask. Ostad is saying that it depends on the level of the being themselves—on where they're at. He's saying certainly there are beings in spirit that don't tell the truth.



X: Oh, so they can still stroke you on or carry on with fibs and lies...?

Dinah: Well he's saying **beings who have gone to the other side, some choose to be healed. Some choose to connect with the light and to be healed and to work on elevating their energies and some choose not to.** And so those beings who've opted to not necessarily be connected to the light can maintain a quality of mischievousness or sometimes negativity and so he's saying that's why it's always better to deal with ascended beings so that you're getting elevated information that you can trust.

X: Well I appreciate hearing that. I have another question: if you're going to talk to a spirit from your family or you're having trouble with somebody here on this planet or even in out in the after-life, reaching their higher self—their higher spiritual self and asking questions there, how do you... what's the best way to communicate with their higher self?

### Communicating with Higher Self (Archangel Metatron)

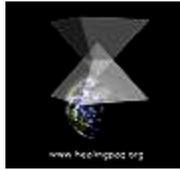
Dinah: Okay, who wants to answer that? Metatron. He wants to answer that. Metatron is saying... he's saying it is okay and appropriate to communicate with a being's higher self and that is done simply by a respectful request. And he's saying the reason for doing that would be to heal something that might need to be healed between you. And that can be done even if the person is still physical.

X: Right. That I know.

Dinah: If you have someone who is still physical and you're trying to heal something between you, you can absolutely go to their higher self and you can absolutely request that healing energy can be shared between the two of you so that whatever the issue is it is healed. That's certainly appropriate. He's saying again that is done be respectful request. He's saying that would really be the only reason though that it would be necessary to communicate with the person's higher self. He's saying for any other reason... if it's for example someone who is passed over and you're wanting information he's saying that may or may not be a safe way to get information. He's saying again **we would direct you if you're wanting guidance or answers, we would direct you to ascended energies rather than family energies.**

X: Good to know. I sure appreciate that. Thank you Metatron and thank you Ostad for your answers—I appreciate that very much.

Amean: Dinah, I'd like to interject here based on the question Uma was asking and I appreciate your confirmation. In the initiation class all the materials that we talk about like the free will, power of choice, the energetic category of love and compassion, peace and happiness, joy and so on and so forth, we don't establish a distinction when we talk about beings being a physical being or non-physical being. Like for example when we talk about free will and power of choice, that applies to any beings. Some beings may happen to be formless and some beings may happen to be in form. And we talk about healing ourselves or participating in the process of healing others. We don't make a distinction between whether that individual that we're asking for healing energy happens to be in physical or doesn't happen to be in physical. However, what happens is our mind has a tendency to establish a limitation of



understanding as we hear this type of discussion and language because the intellect is still more involved in processing this information and slowly as we start moving, as we start transforming our understanding about some of these concepts from the intellect to the heart, then slowly with time, the limitation that we have imposed upon ourselves from understanding this will lift. So the reason I bring that up is because it's something that I have personally experienced over the last so many decades and I'd just like to share that with you because as we lift off those limitations like oh, when someone says being it's not necessarily a physical being—it's any time of being (formless or form-full or physical or non-physical). Then we are elevating our understanding about the entire vibration or the vibrational universe. So I'd just like to put that out there that quite an extensive amount of the language that we use in this class is pretty much wide open from our understanding and also realizing that as we practice and integrate these concepts into our daily activity, slowly we will elevate from a certain frequency of understanding through other frequency of understanding based on how as we go forward we get the heart more engaged and engaged in process of (if I may say) interpreting the information. So what Ostad said and what Dinah mentioned is free will, power of choice exists for any being. It's the highest level of freedom that has been given to anyone—any being I should say (regardless of whether they're in a physical state or non-physical state). And so when Ostad talks about certain beings (even formless) based on their free will, based on their power of choice, they may choose to be healed and certainly they may not choose to be healed, it's all okay because they are at their own layer of evolution and learning. And that's the key point that I just wanted to further elaborate on that and Dinah if I'm saying anything differently than what the Divine would like to share, I'd love to hear it.

Dinah: I feel like Ostad is agreeing that free will exists period.

Amean: Exactly.

Dinah: So yea, **free will exists whether physical or non-physical**. Free will is. Period. Like energy is.

Amean: Exactly. And the other thing is we ourselves need to respect it. For example I may... if someone is fallen or someone is hurt, I may offer my hand and say I can help you to get up. They have a choice of saying “yes thank you” or “I don't need your help.” Either way we have to respect that and the reason we have to respect that is because that individual, that person, is taking advantage of the highest level of freedom that has been given to that being by the Divine and no one—no being has the ability to change that except that being itself based on their unique connection with the Divine. So that's why it's so respectable and we have to respect it so much. The best thing we can do is put an offer—put a helping hand out there but whether that being accepts it or not, without judging it know that we tried our best to help. And be happy about what they decided to do as well, again without judging, because they're at their own level of progress and are at their own level of evolution.

Dinah: Great. Okay, we're at our one o'clock (well one o'clock Central time) but we're at our two-hour mark so I want to be respectful of everyone's time. So for anyone who has any questions you're certainly free to ask, but for people who feel that they need to move on thank you for joining us and we really appreciate you spending time with us today. And of course we thank the beings of light for being with us so we'll wrap up, but Amean and I will hang on the phone until we end just to make sure everyone's questions are answered. So thank you all. Thank you all to all the beings of light. We appreciate all of your support, love and guidance Namaste.



Amean: Yes, and just one note is next initiation class—next Sunday—there is daylight savings time change. Just be aware of that time change and based on the time change just make sure that you're going to be in the initiation class on time. Love you all.

Dinah: I believe next Sunday we turn the clocks forward one hour, right? I think that's daylight savings so yea, just be aware of the clock.

*Un-muting.*

X: Amean?

Amean: Okay, love you all and have a wonderful week. And we look forward to having you in our last session next Sunday that we've put everything we've learned so far together to do a group healing and global healing.

X: Amean?

Amean: Yes?

X: Are we on this afternoon also your time from 3 to 5?

Amean: Next Sunday—that's every other.

X: Oh okay, thank you all. And Dinah thank you so much, this was.