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Personal Message

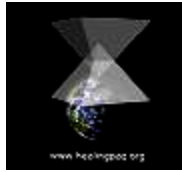
Dinah: Okay great. First we're starting with a personal message for Saeid. Saeid, Solomon is standing behind you. He's got his right hand on your right ear and his left hand on your chest, so he'll be working on your ear.

X: Thank you.

Channeling

Introduction (Dinah)

So, okay, hi everybody. What we're going to do today is get into channeling and letting the masters talk. For people who don't know anything about channeling, I've been doing it for ten to fifteen years—somewhere in there—I don't remember how long. But the way that I do it is I go into a meditative state, I hear what the masters and angels are saying and then I repeat it back. There are some people who full-body channel meaning that the entity actually inhabits them; I don't do that. So when you channel sometimes it's possible to get actual words, sometimes it's more concepts where you get a whole block of a concept and then you have to break it up into words, so sometimes if I fumble around for words it's because they've just downloaded this concept and I've got to break it up into actual English, so we just kind of go with it and see what happens. Again for those who don't know much about this, there are different types of abilities for being aware of spirit. Clairaudience is the ability to hear spirit, clairsentient is the ability to see spirit—I'm sorry, the ability to feel spirit; clairsentience is feeling spirit, and then clairvoyance is seeing spirit. So some people have all three, some people might just be able to hear, some people might only be able to feel spirit around them, some might be able to see spirit; often time's people have a combination. So, in my case, I... more than anything I hear spirit and also I'm able to feel them. So sometimes I feel someone around me and I'll think okay, who is this and I have to figure that part out. But really what it is is a matter of tuning in and allowing—there's a lot of allowing that has to happen when you're communicating with spirit. The other thing that I want to clarify at the end, after we talk to the masters, we'll do a guided meditation where we will... we will create a sacred space and have a



destiny in my mind. When there are several different sites that the masters have taught us about—there's the Temple of the Masters, there's the Tree of Life, there's Temple of Knowledge, and really I want to clarify for everybody that when we say we're going to go to the Temple of the Masters, it's not a real building that's floating around in the sky, you know, I mean it's... you know I don't want you to think that you like have to go to the Milky Way and turn left and go here and turn right; it's not the kind of a thing. What it is it's a term that's used for a vibrational state. As an example, you know, when we say "oh, so and so is very happy today" we know what that vibrational state is. We know what happiness feels like, we know that they haven't... they haven't gone to a drive-through and purchased happiness, we know that they haven't... you know they're not wearing happiness. They have reached a vibrational state of happiness. And so that's kind of... the thing that is true then when we say okay, we're going to get to the Temple of the Masters. It's a vibrational state; it's a higher level of consciousness that allows you to come in contact with the masters on a more conscious level. So that's kind of where we're headed. So with that said what we'll do now is create a sacred space, invite the masters in and see what they have to say. I would invite you to get into a meditative state with me because you may be able to get sensations as well and get information as well, so what I'm going to do is I'm going to talk you through the steps that I go through when I channel for people, so that you can—if you choose—come with me. If you decide not to, that's fine. Just get comfortable and... listen away.

Preparation (Dinah)

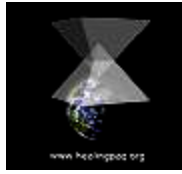
So, as we do this, take a couple deep breathes. Okay, we will first start by acknowledging the directions. This is a Native American beginning that helps to acknowledge the elements and the directions, and what they bring to us, so starting with the East. We welcome the East, we welcome the element of the rising sun, we welcome the element of air, we welcome the winged ones, we welcome the wise ones of the east, we ask you to join our circle so be it.

Moving to the South. We welcome the energies of the South; we welcome the element of fire. We welcome desert creatures; we welcome the wise ones of the South. We ask you to join our circle, so be it.

Moving to the West. We welcome the element of water, we welcome the creatures of water, we welcome the wise ones of the West, we ask that the element of water teach us specifically about remembering that we don't have to swim upstream, we ask for the... we ask for the assistance that you can provide us to remember that we can go with the flow. And again we welcome the ancient ones of the West, so be it.

Moving to the North. We welcome the energies of the North, we welcome Earth energy, White Buffalo Calf Woman, and we welcome the wise ones of the North. We ask that the Earth energies help to keep us grounded, so be it.

We welcome the element of above, Father Sky, Grandmother Moon, we welcome the element of below, Mother Earth, and we welcome the within, our own inner wisdom and our own inner being. We now call in the seven archangels Michael, Gabriel, Uriel, Raphael, Chamuel, Jophiel, Zadkiel, we ask that each one of you take one of the seven directions, hold the door and monitor the energies that are with us this morning. We also welcome archangel Metatron to oversee our reading today. It is my intent to be a clear and perfect channel of truth, holy wisdom, love and light for all. We now step into the energy of the diamond, accessing the energy of the diamond. In the name of merciful and benevolent God, In the name of merciful and benevolent God, In the

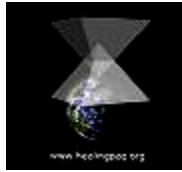


name of merciful and benevolent God under the command of Pavarandeh, we now ask the masters to join our circle and be with us, share your wisdom with us, so be it.

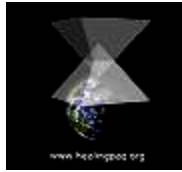
Okay, as usual we have many beings with us. Often times we have a lot of beings that join us—typically only a few actually speak, but we have... let's see by name, we know Rumi is here, Shams is here, we know Christ is here—Christ's energies, he's also known as Sananda, we have... the Mary is here... Christ's mother Mary, Mary Magdalene, we have Quan Yin, of course Ostad, Saint Germaine, Saint Francis... and many more. I can see a lot of beings. I don't know that I necessarily know everybody's names. Master Quan, welcome. So, as we begin, looks like Ostad is going to start; Saint Germaine's on deck after him.

Your Energetic Signature Matters (Ostad)

Ostad wants to say welcome, thank you, he's bowing deeply in gratitude to everyone who is taking time he says out of their busy schedules to... learn about energy and learn about healing. He's very grateful and gratified that there are so many who... are choosing a healing path he says. Okay, Ostad is saying that... alright. Once again we're going into block concept here. He's saying that he encourages you to realize that this is an ongoing developmental process. What you are doing today for some of you, he's saying, it's the beginning. You just started realizing the concept of energy and using energy in a positive manner for healing, for growth, for creation. He's saying for some of you, you have perhaps been on more of an awareness/healing path for quite some time and this is just another... another leg of the journey for you. He's saying regardless of where you're at in your paths, he wants to encourage you to remember that this is only the beginning. This is a process that's ongoing like everything else in life, there's always more to know, always more skills to develop, always more knowledge to be gained. So he's saying that it is his hope that you will... you'll take in what you have learned and you'll apply it personally first of all. That you will realize that the healing that you're learning about, you can, you can use to heal your own life, you can use to create... he's saying to create healing energy around you. You know it's again that, he's using that analogy of tossing a stone into a pond and you have that ripple effect, and he's saying continue to send those ripples out because they make a difference. He's saying that... he's also encouraging you to be patient with yourself. He's saying that for anyone involved in this kind of a journey, for anyone involved in... moving ahead, there's a tendency to compare yourself to other people and to say "well, you know, I don't know if I'll ever be as good as so and so" that kind of thing. And he's saying—he's encouraging you not to do that. He's encouraging you to bless your own personal journey, bless your own personal milestone, **and trust that you're moving ahead at your own rate and that it's happening at the perfect speed for you.** And he's saying be aware of your personal gifts. He's acknowledging that in this world we live in, he says that... it's unfortunate common phenomenon that people have learned to be very outwardly focused. You know that you, you know, we learn very early on to compare ourselves to the person next to us in class, or to the, you know, the other people at school or whatever, and so he's saying we have that again that comparison thing, thrust at us as... you know, since little on and he's saying that really slows down your own growth. So he's saying at this point what he encourages you to do, is to take stock of how far you've come, and start—rather than watching other people, rather than comparing yourself to other people—start comparing you to you meaning look at where you were a couple of years ago versus where you are now. Pay attention to where you are now, and a year from now, realize how far you've come in your journey. Start really only looking at you and being aware of your own personal gifts. He's saying again that's another thing that's kind of ignored in the developmental process that we go through on this plain. We are encouraged to possibly develop intellectual kinds of growth but not necessarily energetic kinds of talents, so for example as we talked about



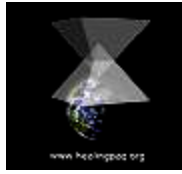
earlier, some people are you know, they have the ability to see spirit, some have the ability to feel spirit, some can hear spirit and whatever that gift is, everybody has a piece of it. So whatever your piece is, trust it, build on it, grow with it, and... trust that it's right for you because he's saying whatever your individual gift is, you have it because the world needs it, you have it because others around you need it, he's saying you have it because even what all the other living creatures that are in your personal vicinity—wherever it is that you are—the animals, the birds, whatever, we are all... he's saying energetically interconnected and this is a... this is a topic that they talk about almost every time. They go over it and over it and over it because apparently it's a biggie and they want people to really understand this energetic interconnectedness, so he's saying that certainly on a larger level, globally we **are all energetically interconnected**. You know there is nothing that happens by itself. **Everything that happens every day causes that energy goes out into the universe**. He's saying sometimes that concept is overwhelming and it's too big to understand, so he's saying for now, realize that your vibration, your energetic signature matters, and what you do affects the circle around you: your property, your apartment building, whatever. You can affect that circle around you, you can improve the energetic signature around you—just like in the pond and you know you drop that pebble and he's saying for now you don't necessarily have to worry about the ripple that's twenty-five ripples out there. Just think about the ripple, you know, the first few rings around that stone. That's where you are now, and whether you realize it or not, you can affect change within your circle. So he's saying it's sort of a challenge; he's saying... so take that awareness, use it and play with it. Encourage yourself to be positive. Encourage yourself to be positive even when other people around you are crabby, encourage yourself to be positive even when you're stressed at work. **Make a commitment in the morning to go through the day as positively as possible**. When you start doing that he's saying consistently, when you start doing that consistently you will start seeing a difference in how the people around you act. You will start seeing that problems can be resolved positively, that behavior from others is much less... daunting, and that you really can make a difference. So he's saying be aware of that, start playing with that, start sending your positive energy out there because again he's saying it matters, and... what he's saying as far as it mattering, you know... okay, he's saying you know, for right now, again, because this is also very new, concentrate locally. You know there's that old expression, "**act locally, think globally**"? Well, that's what he's encouraging you to do. Act locally, play with your energetic locally, play with that encouraging of positive energy around you locally, but he's saying the reason... you know, he's not asking you right now to send your energy out necessarily to improve something in China. You know he's saying that would be big, that would be overwhelming; it's not that that's not possible, but it's a pretty big leap. So he's saying—that's why he's really focusing on the local action—but he's saying he wants you to be aware of the fact that **globally your energetic signature does add to what's going on globally**. It does add to the energetic that is everywhere. He's saying we as humans are taught to be very individualized, and he's saying **it's important for you to understand energy is not individualized. Energy is a whole**. We are not pieces that have been separated from the whole; we are the whole. So as an example, he's saying—okay, I don't know if I'm going to get this right, this is the example that he's given me—he's saying imagine a tree like an orange tree or an apple tree. You have this tree that has sprouted fruit. We are the fruit on this tree but we never fall away from the tree, we never are separated from the tree, he's saying the tree that is the Tree of Life, the energetic that is the Tree of Life, supports all of us and that connection is real, that connection to everything else is real. We never, in the Tree of Life we never fall away. Like you know you see on an apple tree, the apples get ripe and they fall down and then they're kind of their own. We as human beings have been taught that's that what we are—we're off on our own. But he's saying that is a fallacy. That is a false belief. **We never become disconnected from the Tree of Life**, and that is why whatever one apple experiences, that energetic goes back into the tree and everything on the tree feels it, everything—he's saying another way to look at it is... I think he used this example recently for something else... You can also look at this concept as a spider web. There are



many tiny little pieces that are very intricate on the spider web but what happens to one on that spider web affects the whole. So that's why he's encouraging you to... to really be aware because whatever you're sending out, goes back into that tree and everything is aware of it, and everything either benefits from it or is impacted by it. So think about that. Try and raise your vibration up, try and be aware of your vibration because, again, he's saying you matter, your energy matters, what you do matters. Okay so he is going to rest for a moment.

Concept of Change (Saint Germaine)

Saint Germaine is kind of chomping at the bit to jump in here. Saint Germaine started talking to me about this yesterday. He kind of wants to pick up where Ostad left off. Okay. Saint Germaine is saying yes absolutely. And for those of you who don't know, Saint Germaine is not a saint, Saint Germaine was his name. His last name was Saint Germaine like, you know, that must've been French or something. He's an ascended master; he's not a Catholic saint. I don't know what his first name was but I just know him as Saint Germaine. He has been talking to me for a couple of weeks now on and off about change very lightly, very gradually, but that's his big thing right now is to talk about change and to... look at change in a very different kind of way. And he said since last night, you know he's was saying what he wanted to talk about. He wants to address the concept of change. The concept because we look at it he's saying sort of upside down. In his lifetime, he was... he played with alchemy. Alchemy back then, when he was alive... there was people that believed that you could change physical things into something else. I don't totally get it, it's not a big deal to me—I never studied it, but you know, it was sort of like you know, can we change... like charcoal into gold or you know, that kind of stuff. He played with that. He says he was somewhat successful but what it taught him was that physical alchemy or the ability to change is not nearly as important as energetic alchemy. And what he means by **energetic alchemy is the ability to do exactly that, to change energy from negative to positive, to look at it as a challenge, as a project, as something that can benefit the world**. He's saying okay, as an example... perhaps you have somebody in your family who is somewhat negative—kind of a drag. It's... the natural human tendency is to try and change them, to try and change you know, to talk to them about being positive, to encourage them to be positive, to really work at changing them. And he's saying that, my friends, **trying to get someone else to change is going to be about as fruitful as trying to change charcoal into gold**. You're going to spend a whole lot of time and get not much as an outcome. Instead he's saying focus on your own energy and how you react because he's saying what happens is energy bounces off it, okay? Energy... is like tennis, okay? It's like a tennis match. So when you change the dynamic of that match, everything changes. So as an example, if you have a family member or a friend or a co-worker or whatever, who's negative, you have probably had an on-going tennis match where they shoot an energetic at you—maybe make a cranky statement—and the pattern is for you to bounce that back. Maybe you shoot something negative back or maybe you say “now is that necessary?” or “do you really have to talk like that” or whatever, but then the tennis match is on and the energy bounces back and forth. He's saying change the tennis match and only responds to positive because then you are not feeding the negative. So he's saying as an example, if you have a family member that shoots a bit of crankiness at you, let the ball go by your head. Don't go for that serve or that whatever it is—I don't know much about tennis. Don't bat that one back at them. Ignore it, let it go, and then it's your term to serve, and you serve something positive. Now the tennis match has a different feel. Maybe they'll send something positive back, maybe not. But that positive then is out there. So, when they say you know something like... oh I don't know, like “Oh gosh, you're wearing purple. Purple isn't really your color” you just let that one go and say “Gosh, it's really great to see you again. How are you?” You haven't even acknowledged it. By doing that again you are changing the energetic, then they might say “oh I'm fine” and off



we go into a positive direction. They might let it go, who knows, but in any event you are only worried about you. And that is his message. **You are changing how you react to negativity in the world.** He's saying as you do that, as you become aware of your energetic... reaction, then you can affect change to a greater degree around you because you no longer are wasting energy trying to change another person. You are only looking at your own inner alchemy, your own inner vibration and how you play with that energy. And he's saying, his words are "I can tell you my friends that that are a satisfying journey. That that inner alchemy, that inner ability to... to change and have your own positive-ness go out there and really bless the world, is the most satisfying endeavor that you will engage in" because then he's saying as Ostad said, not only will you be affecting positive around you in your own smaller sphere of life, but you will be sending that positive back into the Tree of Life, and everything, everything will benefit from it. So he's saying we encourage you, we encourage you to play with that positive energy; we encourage you to take that and run with it, and be all kinds of creative with it. You know whatever it is that you can... you know, as an example he's saying some people, the people who are clairsentient, maybe they'll feel it, maybe they'll express it, maybe they will paint gorgeous pictures or make beautiful pieces of art that can send that positive vibration out. Maybe they'll sing, maybe they'll write poetry, maybe... who knows. For people who are clairaudient, maybe they're going to start hearing and channeling very uplifting ascended music, and they will send that out into the world. You never know. He's saying **the ways to express positive are as vast as the number of people on the planet.** And he's saying that is... he's saying, his words are "that is your salvation." Playing with positive energy, sending that positive energy out, that is how you save yourself, that is how you save your life, that is how you enhance the lives of others and he's saying that is how you save the planet by really... by really affecting that positive change from your immediate self on out. He's saying again, remember not to waste energy trying to change another human being, just really look at yourself and really focus on your own... your own ability to share that positive-ness with others. He's saying when you're aware; he's saying you know we acknowledge that on the earth's plane, there are challenges in every moment of every day. He's saying we are not minimizing that, we acknowledge that work might be difficult, we acknowledge that you might have bad events happen in your life, you know, certainly he's saying we are not... we are not ignorant about the challenges of physical life. He's saying the masters have been through physical life and that we know as an example when someone dies that you love, you're going to miss them, you're going to feel sad, you're going to react to that, so he's saying while we understand that certainly there will be some reactions, you can still control and choose how you're going to react. You can still, for example, if you lose a loved one, certainly acknowledge that loss. He's saying we would encourage you to do nothing less because it's important but you can also keep in mind that they have returned to divine, that they have returned to love, that they have now re-entered energetic bliss and they're not really gone, you know they're not gone; they're just in a different state of energetic existence. So, you know, you can remember that and then your grieving can be shorter, it can be almost as much as it's grief it can also be rejoicing because you're realizing that they have moved to the next level. So he's saying **it's all about how you interpret what's going on around you and how you then work with that energy and that challenge.** He's saying again, when you... when you're thinking of it, when you're trying to envision it, he's giving another example of energy you know, as one example we have the tree, the fruit and that we're all connected. That's one way to look at it. He's saying another way to look at it is, you know if you look at the earth, you know if you picture the earth, and you picture perhaps the earth suspended or take a marble and put a marble in a glass of water, you can see that the marble exists in the water and that water is the energetic that exists, that floats on the planet and we are all part of that, we are all surrounded by that, and so certainly you know that as you for example you know, dive into a pool your, you know, that ripple affect again is there. So he's saying if that tree doesn't do it for you, if that example doesn't sit well in your own personal scheme of things, then remember the marble in the glass of water thing. That's the earth and the water is the energy that's around the



earth and we affect that energy, **we affect that... formless layer that surrounds us**. So he's saying whatever example you need to help you integrate this awareness, use it, be with it, contemplate it, play with it because he's saying it is the ultimate truth and the more people that become aware of that ultimate truth, the better it will be for everyone existing in that energetic field. **The more we can become aware of what we put out, the more we can move toward healing this planet**. And he's saying that is... that is a paramount issue not only for physical beings but for non-physical beings because they realize that the earth is in a very difficult state and needs the support of the inhabitants to heal it. **Earth, Mother Earth is a living, breathing organism**. She needs us to help her survive right now because we've... we haven't been very nice to her. So not only does Mother Earth have the help hopefully of the inhabitants, little by little people becoming aware of... living on the earth more softly, more respectfully, but Mother Earth also has the loving support he says and devotion—he uses the word devotion—of the masters because the ascended masters have all lived on Mother Earth. They have shared in the bounty of this organism and they feel a debt to her like we feel a commitment to our parents. He's saying we need to feel that same debt, that same commitment, that same... interest in Mother Earth because just as our parents raised us doing the best they could, you know, some people were blessed with lovely upbringings, some not so much but everyone does the best they can with the cards they're dealt, and he's saying the same is true for Mother Earth. You know Mother Earth has done her best for us; some areas have experienced more traumas because in those areas Mother Earth has been more depleted. She's doing the best she can and he's saying we then as the beings that have benefited from her bounty need to be energetically aware of her, energetically careful and caring of her, and he's saying respectful in living softly upon her. So he's saying please take this information, be aware of it, and use it to benefit yourself, your loved ones and the earth itself. Okay. I'm just waiting now to see... okay they're telling me that at this point, if we want to open the floor for questions we can do that.

Questions and Answers

X: Yea, hello?

Dinah: Hi.

X: Hi, my name is Sheri. I just want to ask why every time I pray for something, the opposite happens for me.

Dinah: Okay, I'm not... can you give an example? I'm not sure I understand your question. There was a word I missed in what you said.

X: I'm saying like whenever I pray for something the opposite of that happens.

Energy Responds to Our Dominant Vibration (Ostad)

Dinah: Okay. Who are we going to go here? Ostad, what have you to say? Okay, Ostad's saying that that is kind of... like everything on earth he's saying there are levels. There are multiple levels that affect each thing, but he's saying you have to look at your dominant vibration. As you are praying for something, are you doing it because you're afraid of or worried about the other thing? He's saying **energy responds to your dominant vibration**. So as an example, if—and I'm just using this as an example—



for, let's say... let's say that a kid is worried about a test and the kid is you know, he just has a lot of anxiety about a test and he's thinking "ah, please either let me pass the test or let the teacher be sick so that I don't have to worry about this test." His dominant vibration as he's making this prayer is fear because you know; he's focusing on what he doesn't want than on what he does want. And so he is magnetic to what he doesn't want; he has set that tone. When we talk—Amean has probably talked about dialing a number, a vibration.

X: Is he, is he telling me like for example I pray for health and then I get into the accident and then three months I was disabled. I pray for love and then I feel like there is no, and... and especially about this accident thing that happened... I was just puzzled. For example I pray for prosperity and then bills are coming here and there.

Dinah: Okay. What he's saying is again that, that exact thing. You need to... in order to change the vibration, in order to change the... what you are drawing to you, you need to... you need to change your magnetic attraction. So instead do this okay it is an exercise. Pretend. Pretend every day. Spend some time pretending and seeing yourself as healthy, feeling wonderful, running through the park, rolling in a meadow, whatever it is that feels good to you, see yourself everyday he's saying truly spend at least half hour everyday doing this. Go into meditation, see yourself healthy doing whatever it is that you would do if you were healthy, see yourself in a loving relationship, see yourself really responding to someone who loves you, and see yourself as paying your bills with ease. The more you can envision this stuff actually being real for you, the more you will be able to draw it to you because again right now your personal vibration is coming more out of a place of worry than more out of a place of knowing that you can have this. Do you understand the difference?

X: Yea, yea I hear you. Yea.

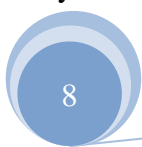
Dinah: Okay, so he's saying spend some time pretending every single day that you already have what it is that you want and you will be able to draw it to you. A really good... some good people to listen to about this... Esther Hicks is a channel who has, you know, she has made millions just talking about this specific topic. She doesn't really deal with anything else. She talks solely—you know she's not worried about energetic healing or healing the earth or any kind of that stuff, she never even goes in that direction, what she focuses on is drawing to you what you want, changing your own personal vibration to what you want, and being able to attract that. So if you really want to do some studying on that, she publishes under I believe it's Abraham Hicks. Abraham and then a dash Hicks, H-i-c-k-s. It's very interesting

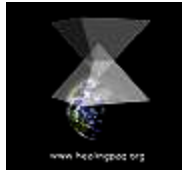
X: Can you, can you say her name again?

Dinah: Her first name is Esther, E-s-t-h-e-r, and then Hicks, H-i-c-k-s.

X: H-i-c-k-r?

Dinah: No, S as in Sam. H-i-c-k-s as in Sam. So you could... they have a website, they have books, they have tapes they have CDs, they made millions just on that one topic, but they are accurate on that one topic. So if you want to do some studying, that could be a good place to go.





X: Okay thank you.

X: Dinah?

Dinah: Uh-huh.

X: Thank you so much for this beautiful session. This is Suzanne.

Dinah: Oh, thank you for joining us.

X: I have a question. I want to be positive and it seems like when I'm positive I'm denying a lot, and if I'm aware of what's going on—like both in my own challenges and in my personality where I'm being dysfunctional, or like yesterday I saw this incredible moving but painful image of the war and it showed a father carrying his daughter. And it was so painful but I also felt grateful because it's easy to ignore that, so I get very confused about like being with rose-colored glasses but also seeing the positive effects of being positive.

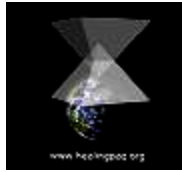
Dinah: Okay.

X: Something about positivity and also being aware of the truth of the moment and how do you find that balance.

Dinah: Okay, Ostad? He says first of all there's nothing wrong with rose-colored glasses. It's a lovely way to look at the world. So he's saying put those glasses on and wear them all day long because that... he's saying really what it is is a matter of interpretation, okay. We all have filters; we all choose how we interpret energy. As an example, you might have a rainy day. Some people might get up and say "Oh god, a rainy day—ah, how terrible. I don't want to get up, I don't want to do anything, I'm going to stay in bed all day" and then they spend the whole day whining about it. He's saying another person might see the rain and say "Oh, what a beautiful day, what a lovely rain, what... you know, what a gift. It smells so good" you know. And they could interpret it completely differently. He's saying it's all about that. So what you are doing when you are talking about rose-colored glasses, you are talking about acknowledging what is—yes it's raining, and seeing the good in it rather than whining about it.

X: Okay.

Dinah: And that's a good thing. That's a lovely skill. He's saying yes we acknowledge there are some very heart-wrenching things that happen on the planet, we acknowledge that the wars that are occurring right now are unfortunate and devastating and painful. He's saying as you see those images, as you are aware of those images, rather than allowing those images to deplete you, rather than going to bed depressed, instead say to yourself "Okay, there is an apple on the other side of that Tree of Life that is diseased. I'm going to send some positive energy through the branches of the tree over to that diseased apple and I'm going to try and heal it. I'm going to send healing energy to that because I know that if all of us apples send positive energy over in that direction, we can heal our brother apple, we can heal that diseased part or we can... maybe that apple is diseased because it is just not getting enough nutrients so



we can send some of our good stuff over there and we can heal that diseased apple.” So he’s saying know that. Know that as long as... the worst thing that you can do—okay this is big, the worst thing that you can do as you see negativity is to allow it to deplete you because if you become another diseased apple, there isn’t much you can contribute.

X: Okay.

Dinah: So instead keep your rose-colored glasses on, keep your healthy self, keep your healthy-look about you, your healthy approach to interpretation because it’s always a matter of interpretation, and then use your healthy self, this really healthy apple that you are, and send some good stuff to where you see other apples are depleted.

X: Thank you very much.

Dinah: Sure, you bet.

X: Thank you. Can you please tell me if a person can’t visualize very good, is just thinking the thoughts enough for the manifestation of joy and what you want?

Dinah: Absolutely. He’s saying people who—this is Ostad again... and Saint Germaine. Who’s talking here? Okay Saint Germaine I guess is jumping in on this one. He says people who maybe are less... less skilled at or have just not developed this skill yet of visualizing, maybe they’re not going to actually close their eyes and see this Tree of Life. That’s okay. He says your intention is all that matters, so you can intend, you can say to yourself “Alright, I am aware. I am mentally and energetically aware that I am an apple on this Tree of Life and my intent is to send healing energy to something else” or whatever it is that you want. He says the phrase to remember is that **energy follows intention**. So you put your intention forth and the energy will be right behind it doing whatever it is you want it to do. So you don’t necessarily have to be able to visualize it, all you have to do is have a focused, sincere intent and you’re on your way.

X: I’m so grateful. Thank you.

Dinah: You bet. My pleasure.

X: Dinah? This is Fatia.

Dinah: Hi.

X: And I just want to share with you all a bit of what we’re talking about this week I... well, many of you know I’m immigrating to Canada, so I received this letter from the embassy that something had to be done like the day before yesterday right? And I first got in a much panicked state, and then after a meditation, then I had to start doing all the paperwork, I said you know I’m just going to... ask for assistance and whatever comes of it is going to be good. And I felt I was helped by angels all that day you know, and the people I met, and everybody was so helpful and I got everything done on time, and I think it was just a change from fearing that I wasn’t going to be able to do it. Just saying well, you



know, I'm going to go do what I can. I'm open to whatever comes and I find that it's easy to fall into this complaining state, and I'm grateful that the meditation we're doing does help bring the positive back. And so I just want to say thank you to Amean and you and everybody.

Dinah: Oh, thank you for sharing that 'cause you're right, the... moment that you ask for help, I just read a quote—darn it, I don't have it with me. But it's something like... I was reading a newsletter from a place, a crystal store in Milwaukee, and the newsletter at the very bottom they have these interesting little quotes, and the quote was “from the moment you commit to an intention, the universe conspires to support you” and I think that's important to remember: the moment you commit to an intention, the universe conspires to support you. And that I believe is truth. Ostad is saying absolutely. So he's saying what you did in your process, if your tendency in the past would have been to get the letter and freak out, you might have had...you would not have had that energetic commitment or that intention, that committed intention, so your energy would have been chaotic. The universe will not support chaos. So Ostad is saying the more you can get calm and have a focused, calm intent, the more the universe can respond to you, energy can respond to you. So you know it's all in what you draw to you. If you... if you can't make up your mind on what you want, you can't draw anything to you, but the moment you say “okay, I want this done easily, effortlessly and in a timely manner and I need some help with this” the universe conspires to support you. And that's all

X: Easily, what and in a timely manner?

Dinah: Pardon?

X: Can you repeat easily...?

Dinah: Easily, effortlessly and in a timely manner.

X: Okay, thank you.

Dinah: Sure and if you want you can... my friend Mary always adds “under grace.” Easily, effortlessly, and under grace and then that's how she speaks her intention.

X: Okay, this is great. Thank you so much.

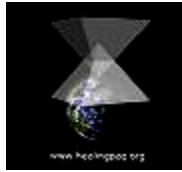
Dinah: Sure... Anybody else?

X: Hi this is Parvin.

Dinah: Hi.

X: I have a question. Am I on the right path in my life or am I walking towards it or am I walking away from it? I'm a bit confused right now.

Dinah: Okay. Say your name one more time.



X: Parvin.

Dinah: Okay, Parvin.

X: Right.

Confusion is Common before Clarity (Ostad)

Dinah: Great. Just a moment. Ostad? Ostad says you're headed in the right direction. He says that there's been some confusion for you in recent years; you have felt... he says in one moment you feel pulled in a couple of different directions and in another moment you feel like no direction is right. And he's saying **confusion is... is common before clarity**. He's saying sometimes you have to experience confusion before you can get really clear, sometimes as an example you know, sometimes people have to live what they're not wanting before they can decide what they want. Sometimes people have to... maybe move ten times before they say "hmm, I think I want a stable home" you know, sometimes they have to work at five jobs before they say okay now I know I don't want any of these five, I think what I really want is this. And so he's saying you have been experiencing that energetic of confusion as a way of helping you get clear. So he's saying as you go to bed at night, as you... as you fall asleep, he's saying you to remember that as human beings you sleep to recharge, you sleep to... to kind of rest that conscious mind but while you are sleeping many things can happen. Healing can happen. Awareness can happen. You know many things can happen during the dream state, you can access different levels of vibration and knowing through the dream state. He's saying it would be helpful for you to make an intention when you go to sleep at night to say "I am asking for clarity with regard to my life's direction. I ask that every night I get a little bit more support so that every day I can move closer to where I am meant to be and to get closer to be the person that I am came here to be." The other thing he's saying you can do is to call on—and I'm just learning about this, I'm not an expert—but, Saint Germaine worked with these people in like the '20s or '30s, the Ballards, and they channeled I don't know, probably ten or fifteen books that are all about Saint Germaine's teachings. They were written in the '30s and I'm just accessing this information now, so again I'm not an expert, but I can tell you that Saint Germaine was a big proponent of the "I am" energy, the "I am" consciousness. The "I am" consciousness is calling on your higher self. You have a physical being that exists on this plane. You also have a being that is more... you have an energetic part of you that is more connected to divine and when you say "I invite my mighty "I am" presence to integrate within me" what you are saying, you are inviting your divine self to be more integrated into your physical body and you are encouraging and making way for your own personal divine wisdom to be more fully integrated into your awareness. He's saying that too will help you to see more clearly where you're supposed to be. So have the intention when you go to bed at night, when you get up in the morning, again say "I invite my mighty "I am" presence to integrate more fully into my body every day into my physical presence and I ask my "I am" presence or my divine self to help me to see clearly which road I am meant to be walking down" and he's saying when you do that regularly, you will be able to have more clarity.

X: Thank you.

Dinah Sure.



X: I have another question. While Ostad was talking to me, my whole body was shaking, what that meant? Because I'm perfectly dressed right now and I am in a room temperature that is perfect, but I start shaking all of my body like I wanted to take down the exercises that you are telling me to do and I couldn't even write it properly.

Dinah: He's saying that's your body... he's saying you are very clairsentient. You, meaning, you are very energy sensitive.

X: Okay.

Dinah: So when he was directing his response to you, you might not have heard it but you felt it. He's saying you feel the truth of energy. And **energy is absolute**. Energy is the one true thing that never fails. So your body is very open, very aware of energy so instead of hearing him like I hear him, you know I... I don't have huge physical sensations, I just hear them. In your case you might not hear them as clearly but you feel that energetic truth. That's what that's about.

X: Thank you.

Dinah: He's saying be aware of that. When you have that you know, then be aware...he's saying you'll have that more.

X: Okay.

Dinah: So when you have that physical reaction be aware of wherever your mind is pointing because that's going to tell you... what you know, whether or not where you're headed is right. So for example, if you come into—let's say you go in for a job interview. And you have a very positive excited energy about you, you're feeling a positive vibration of the place; you'll know it physically. If on the other hand you go to that building and you have this physical reaction that you want to vomit or something and you think "oh my god, I'm either going to pass out" or you know, whatever, and then you think energetically this might not be the right place for me. Your body is the right barometer for you.

X: Okay.

Dinah: Okay.

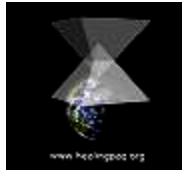
X: Thank you.

Dinah: Sure.

X: Hello.

Dinah: Hello.

X: Hi, this is Farhad.



Dinah: Hi.

X: I just want to confirm my personal experience. I totally believe in the positive, and I don't know if you guys know I came down with leukemia a couple of years ago, leukemia came back and I was... before going to the hospital I was kind of negative, and as you say, negative for twenty years like I was worried and scared but Amean you know, taught me and showed me the path, and since then I've thrown the negative out and it's all positive. And even if the negative thoughts comes into my mind you know, I turn it into the positive side, and just by thinking positive, sending the energy to the universe, it changes. And I have a personal experience that it's coming back, and during this process I came down with two infections that I positively look at them and they're all gone, and a lot of other things like I got a transplant and I talked to my cells that I got, and you know they became friends of mine, and you know, it's totally positive, positive, positive. And other thing is I never question God, I never question universe why, I look at them like as a blessing and a process to become better and finer, and any problems I receive in life, I look at it as changing it into positive and it comes back as a positive to me.

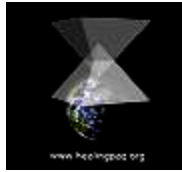
Dinah: That's wonderful. And you know as... I really appreciate you sharing that because you are living that positive dynamic. The thing that I guess I would add to that, as things come up metaphysically or energetically you know those of us that have studied this stuff for a long time. One of the things that I've studied personally is Reiki; it's an energetic healing technique. Reiki masters will tell you that as you become more positively focused, sometimes there will be things in your body that come up for healing, so as an example, as you become more positively focused or as maybe somebody goes to a Reiki session, it's not uncommon for them to maybe either experience extremes in emotion a couple of days later, maybe they're really happy or maybe they're really sad and they cry for a day. That's okay. It's all okay because what that means is it's stuff that's been buried is coming up to be healed and coming up to be released. So as you became more positively focused, the thing that I asked Ostad quickly if I should say this or not and he said yes. When you were saying you got more and more and more positive, but then you had a couple infections that came up, what that was... what was in you that had to come up to be healed because as you become a very positive vessel, as you become a very positively focused vessel, negativity cannot really live inside of you, you know? It's like opposites and opposites don't.... they don't stay together real long as an energetic you know, so if you were becoming more and more and more positively focused, the infection was just the energy working its way out of you.

X: I... can I add something to it? Before I would pray... like a long time ago I would pray "God please cure my illness," now I pray "God I know you're going to give my health back."

Dinah: Ostad says another thing to do, a step above that, would be **giving thanks for perfect health**.

X: Yes.

Dinah When you believe that you already have it, you can access it much better. So and that too—I just read in this "I am" material, by saying "I am", "I am" is the... what they say in this book is "I am" is the strongest phrase that we have available to us. So you know, we as human beings have trivialized that phrase you know "I'm hungry," "I'm tired," you know, whatever. And he's, in this material, saying that's really taking something that is holy and strong and weakening it. What we should be doing is



using the “I am” affirmations to become strong and so in your case what Ostad is encouraging you to do is everyday say “I am healthy. I am strong. I am vital. I am my perfect self.” You are then saying... you’re already affirming. You’re affirming that it already exists and just like we said before energy always follows intention. So if you’re saying that it already is with you... with the power that is you, with your, you know, the energy what we said before, you know that quote **“the moment that you get clear, the universe conspires to support you.”** When you; with the clarity of your being; can say “I am healthy. I am strong. I am vital. I feel wonderful” the universe, divine, conspires to that strong intention so Ostad is encouraging you rather than asking for something as though you’re waiting for it to happen, affirm that it already is, that is much more clarity, that is much more powerful, and he’s saying play with that for six months. Compare how you feel now to how you feel in six months and see what happens.

X: Thank you.

Dinah: Okay, anybody else?

X: If anybody doesn’t have any other questions, this is Sharareh and I have one other question.

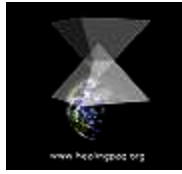
Dinah: Okay.

X: You know there is this self-hatred and unworthiness is inside me! And I’ve been doing a lot of work on this, and I saw myself with love and light, I meditate on love, I repeat affirmation words, I am... lovable, but there’s still a—deeply inside myself I feel that unworthiness and I feel that not feel loved or not lovable or just that not good enough thing just like... that I repeat those affirmations to myself all the time, and but at the same time there’s a strong life force in me and I just really enjoy observing that life force that is alive and... just full of love in that life force. But I can see how much of that other part that is self-hatred and unworthiness is holding me back from life, so I want to know—I’m saying like I have been saying affirmations and I do every day.

Dinah: Okay. What Ostad is saying is basically similar to what he said previously... just a minute ago. He’s encouraging you to do the same thing, to invite your “I am” presence in, that divine self. He’s saying your physical self has been told a lie basically. However it was you were raised, whatever experiences you have lived in your life, they have... amounted to you believing a lie about yourself which is that you’re not good enough. So you know, what it is he’s saying, it’s simply a matter of mis-teaching, you know. Let’s say for example a child goes to school and he has a crappy teacher. Well, so maybe he didn’t learn his math right, maybe he didn’t learn to read very well, maybe he had some special issues like dyslexia or something, and instead of encouraging him, the teacher belittled him and you know, pretty soon that child believes lies about himself. He didn’t have someone to...

X: I know that. I know that and I... actually I have gone to therapy for this for years and I am aware of this like in my upbringing it installed this in me, that with all the things that I have done for it, it’s just no results yet.

Dinah: Okay, because, yea... he’s saying what’s happening is that you’re too much in your head, okay. You’re doing it too much intellectually; you have to do it from a heart center perspective and that’s where the “I am” presence comes in. So every day you say to yourself: I invite my mighty “I am” presence in, I



invite my mighty “I am” presence in, I invite my might “I am” presence in to help me to... to learn about myself, to know that “I am” strong, “I am” healed, “I am” healthy, “I am” worthy and you say that every day when you get up and you say that every day when you go to bed. And you have that intention to really open your heart. I ask my mighty “I am” presence, my divine self, to open my heart to the truth about myself, to the truth about my being whole. And you do that every day before you go to bed and when you wake up.

X: Can you say it one more time so I can write it down?

Amean: Sharareh when you listen to the taped material, you can take a note there because everything that we are talking about is being taped. The reason that I’m saying that is because we are only half way through the class. We still have a meditation to do and at the end of that there may be some question and answer and it’s already 10:34 or 10:35 so for some of the folks just be aware that usually this particular session extends beyond two hours because of... the situation and we never know how long masters like to talk and how many questions are there and so if you consider that you take your note—complete your note, from the taped material then that would be wonderful because then we can go to this second part of the class. Is that okay with you Sharareh?

X: Well, I hear about the time and I respect that.

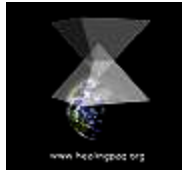
Amean: That would be great because all the material is being taped so you can complete the note there. I would really appreciate that.

Dinah: Okay, so Amean is right. Time-wise we need to move into the meditation part. What we’ll do is I will guide you through the meditation and Amean time-wise do you think we should give it about five minutes once we’re there?

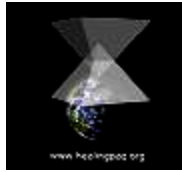
Amean: I think five minutes is going to be rushed. If we can do ten minutes! And that would be better and during the meditation I’m going to mute everyone to prevent background noise. That’s really the reason.

Guided Meditation (Dinah)

Amean: Are there any questions from anyone before we start the meditation? Now what we’re going to do is Dinah will guide us through a ten minute meditation. At the end of the meditation, we’ll have a question-answer then as well. And so if some of you folks have some kind of commitment at 11 o’clock Pacific Coast time and you’re time whatever time it is for you that you have to drop at the minimum, I want you to get that ten-minute meditation. After that if you choose to stay on line and you know, based on your time that would be great. If you have to drop off that would be okay also, but as always we will be on line and we’ll be the last people to leave so if there are any additional questions that you have we want to make sure that everybody leaves this session happy and feels that all their questions have been answered.



Dinah: Alright everyone get very comfortable. Okay so we are going to do a guided meditation; don't worry about the time, I'll watch that. This is a journey that we will go on together, and if you don't visualize well don't beat yourself up, just trust whatever information you get and let that be enough for today, okay? So get very comfortable, take a deep breathe, imagine yourself at the base of a mountain. Take a brief look around you; see the beauty that's around you. Now we are going to all moves up that mountain very quickly. When we get to the top we're going to have the support of angels as we move up the mountain and move up the mountain and the angels are there helping us to lift ourselves quickly to the top. We don't have to worry about being up high because when we get to the top of that mountain, there is a huge plateau—a huge flat place for us to enjoy and to be safe. So you don't have to worry about that. Move up to the top of that mountain easily, effortlessly, gracefully. Find yourselves now at the top of this mountain, look around at the beauty, you can see forever. In every direction that you look, there is divine creative beauty surrounding you. What we are going to do is we are going to create a bridge, we are going to... take the colors of the Chakras and just I'll tell you first how we are going to do it and then we'll do it. What we're going to do is we're going to envision these colors coming out of our heart center and sort of braiding together to create this bridge and we're going to send that out—those colors and that bridge out—and we're going to hook it on a distant star. This is then our Bridge of Light. So the top of this mountain and the bridge you're creating we will have that, you will have that to go to anytime you need, anytime you want to meditate, anytime you need information. So what I want you to do is stand there facing out into eternity and I want you to feel and believe and know that the colors of the Chakras—and we'll review those—the colors are red, orange, yellow, green, blue, indigo, violet. Those colors are coming beautifully out of your heart center, you see those colors coming out of your heart center, you're aware that as they are shooting out into eternity toward that distant star, you are creating this very beautiful bridge that is a Bridge of Light. You can see the colors are weaving together like a wonderful braided path creating this crystal gorgeous Bridge of Light. You are sending those colors again out into eternity and you are seeing that that bridge is hooking itself on a distant star. It is there, it is anchored, it is very safe, it is fine, and it's beautiful. At your end the colors of that bridge are moving from your heart center and anchoring themselves into the mountain. So on your end the bridge is anchored deep into the mountain. On the other end its being held by divine on a distant star, and it is a beautiful creation for you and you alone. We are now once again, going to call on the energy of the Diamond. We are going to say our preferred prayer three times. We are affirming that this is under the direction of Pavarandeh and we are now stepping out. Our intention is to move to the middle of our Bridge of Light, and as we get to the middle of the bridge, we will be accessing one of the masters. Someone who is just right for today is just right for your development. One of the masters is going to meet us in the middle of the Bridge of Light, so walk confidently to the middle of the bridge. You are being met there by one of the masters. Trust that this is happening regardless of what you might see or be aware of. If you're new to this you might not have a firm awareness; don't worry about that. Know that a master is with you in this bridge—on this bridge. Now the master is there for your teaching, your development, and your growth. This master is going to now take you to the Temple of Masters. The Temple of Masters is an energetic state. You can move there as easily as you can smile. It is simply elevating your state of consciousness. That master has now in the blink of an eye assisted you in elevating your vibration to the point where you can access the vibration of the Temple of the Masters. Get very comfortable, you are now in the Temple of the Masters. You now have some time to spend with the masters. Stay as eased—easily and comfortably as you can and I will let you know when it's time to come back.



Meditation

As you become ready, you can very slowly thank the masters that have worked with you. Thank them for their time. You can remember that you can go back and access their energies at any time whenever you are available and ready to do that. And as you feel ready you can slowly come back to the room that you're in.

Questions after Meditation

X: Hello? This is Judy.

Dinah: Hi.

X: Hi. I have two questions. First of all I had a friend that went to the "I am" church and she would always tell me that I should not eat garlic or onions. And those two things seem to be my very good healing aspects—garlic especially is very healing for me. But she said they were unsacred and I never—she could never give me any background on that. Can Saint Germaine explain that or...?

Dinah: Well what Ostad says is you know you have to realize that in any... in any area of spirituality things get filtered through people, people make inaccurate decisions, and things kind of get twisted down the line. So he's saying ultimately trust your own knowing, trust your own... your own truth, your own energetic ability to respond to energy properly. If onions and garlic feel good to you, if they feel healthy and healing to you, then by all means go for it. He's saying you know, those kind of weird man-made rules, don't waste your energy on them.

X: That's what I thought but I didn't... you know, there might be some reason or something that I hadn't... there are a lot of things I don't know so I thought...

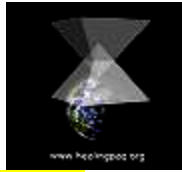
Dinah: He's saying you know everything you need to know internally; your own compass is as accurate as anybody else's. So **trust your own inner compass to know the truth that is the truth for you.**

X: Oh. I have another question. May I take the time?

Dinah: Sure.

X: I live in Milwaukee by the way. I understand you live in Sheboygan. But my question is could you ask one of the guides or masters, I have kind of gotten out of sorts with my life, and I... don't quite know how to put my life back together.

Dinah: Well, I think what Ostad is saying is it's not uncommon for people to take detours, to... for whatever reason they may get confused and head down the wrong pathway or a pathway that's not right for them. He's saying as he said to other people before you, apply that same knowledge to yourself in that **invite your divine self in every morning, every night, your own personal "I am" presence.** Invite that part of you in every morning and every night and **affirm that you are moving the direction that is right for you to live your life in the manner that you... that would be best for you. And that will help**



you to start trusting your own inner compass. He says that what's happened in your life you've listened to way too many people and trusted way too many people thinking that they knew better than you. And he's saying **for anybody, for all of us, nobody knows better about what's right for us than us.** So he's saying start trusting yourself and you will be led to the right path.

X: Can I... Can I ask the masters to help me with this or... I don't know. I'm a... doesn't know and the things in my life didn't turn out and I'm very confused about it... I didn't have really a family upbringing. I lived in foster homes and things and had a lot of different influences in my childhood.

Dinah: Okay Judy I'm sorry I'm not understanding your question. What is your question? Your voice kind of has cut in and out this whole time.

X: I... I'm a senior citizen now and I have kind of... I've gotten separated from other people's lives and I don't really have a family background from my childhood.

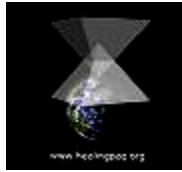
Dinah: Okay, alright. Okay now I... what he's saying is Judy you have to start wherever you are in life and wherever you are you know, it doesn't matter if you're five or five-hundred, you start where you are today and you ask that... you know, no one's guaranteed a certain number of years. A five year old may only be here 'til there 15. A fifty-year old might be here 'til they're eighty. Nobody knows how many years they have ahead of them. What you do instead, rather than worry about time that is behind you, **ask your divine self to lead you properly, lead you to the best possible path for the years ahead of you.** He's saying don't focus so much on what should have been different in the past. Look at the opportunities that will lie ahead. He says again it's the matter of changing your filter, matter of changing your perception, changing how you react to the world. Okay?

X: Yea, I just lost my only sibling. My brother was twenty years younger than I am. He was only 46, and... hard time...

Dinah: Okay. Again what Ostad is saying is trust where you are right now, invite your "I am" presence in, invite your... your higher self, your divine self in and affirm that you are now headed in the right direction. Make that firm statement that "I am" leading the life that I was meant to live and the universe will conspire to support that clarity, okay.

X: Thank you very much and is there a way of getting a hold of you in Sheboygan? I go there sometimes. You live in Sheboygan right?

Dinah: I do. I... well I guess Judy what I would do is I would encourage you to start with this process because nobody can do it for you. This is something that you need to do step by step for yourself. And if you have questions along the way you can email them to the mailbox and they'll forward them to me and I'll do my best. But for any of us it's very important that you not see someone else as your guide—that you not see another person as the person who knows best because I am not any different than you. I, you know, I might have studied different things in my life but I would not know what is right for you. What you need to do is invite divine in and trust your own internal compass. Because if you trust other people more than you trust your own internal wisdom, you are bound to become more confused. So I would



encourage you to do this for yourself and trust your inner guidance, and again if you have questions along the way email them to the box and I'll do my best to send you some replies.

X: Thank you very much and God bless you for all your help. I've learned a lot today.

Dinah: Oh my pleasure. Good luck!

X: Thank you.

Dinah: Does anybody have any other experiences that they want to share?

Dinah: Okay while we're kind of winding down, Ostad is wanting me to clarify while everyone was kind of meditating he asked me to clarify that when he was using the tennis example what he wanted me to be clear about is when.. you know, when you're in this tennis game and somebody has a negative serve that comes your way and you let that go and you come back with a positive, what he wanted me to say and to clarify is that by doing that people will start to recognize that they only way that they can keep an interaction with you going is to serve positive things toward you because the other things end up going and you just let them go, and there is not that exchange of energy, and for all of us when we interact with other people what we are wanting is energy exchanged. So as you only serve back positive, they will start knowing on a subconscious level that if they want to have energetic interaction with you, the energy needs to be more positive and you respond to that, and when you don't respond to negative then there isn't the exchange and they... you know, that's sort of a non-verbal teaching technique. So, that's just to clarify. So does anybody have anything else or are we all going to go on with our day now?

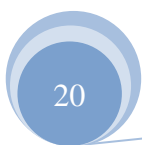
Amean: Saeid are you on the line?

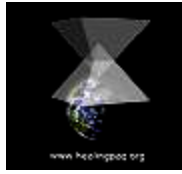
X: Yes I am.

Amean: Did you pick up anything? Would you please share if you'd like?

X: Well, I... was overtaken by Metatron so basically that's what I was, and what I noticed was while any person that they talked or if they had a question, anything that needed was given to them. Especially the most profound one that I can recall was Fahad. He was given a bowl of fluid that looked like milk, and that has very much significance in the studies that I've done—that if somebody drinks milk that's a profound healing for that individual. And I believe there was somebody else who was talking about that they don't like themselves. She was also given a similar thing. But throughout the whole thing Amean, for some reason I was... like I said I was overtaken by him and he was just overseeing the whole situation—or him/her/whatever you know. He/she was looking through the whole process here and that's all I can really share as that end of it. The other thing was everybody received a ring when we did the meditation. I did not notice the color of it, whatever it was, but everybody did get one so... that's all I can share right now.

Amean: That's wonderful. Great. I appreciate it.





X: Yea, information to say that I... she say that I'm very much in my head and I'm not in my heart. I don't know much true is it. Maybe I don't have an awareness of myself but when I say those affirmations, I say it from my heart, and... I really want to change that energy within myself. It's like I feel we're all part of the beautiful energy, this universe, and I... I'm bothered by this feeling that I feel all the time. I hate myself.

Dinah: Okay. What Ostad meant by that is that... it's one thing to say an affirmation, to say it intellectually you know, kind of like I say my name is Dinah. I don't contemplate it. I just...it's kind of—you know I just say it. Dinah. You know, if someone says what's your name? I say Dinah. And move on. So... he's saying is it's very important to have your head and your heart connected when you're doing these things because it's very easy to do these affirmations sort of... like out of habit or routine or you know... when it's habitual, it's not necessarily... people are not always very aware of it because it is habitual. So for example, you know, people... I was raised in the Catholic Church. I can say the "Our Father" in my head and never really pay attention to what I'm saying. You know I can say "Our Father who art in heaven, hallowed be they name, blah blah blah blah" and I can depending on how I'm connected, I can say it and it means nothing to me. Or I can say it and be very aware of how I'm saying it and be very aware of what each word and each phrase is meaning and then the prayer... then it's not like reading a menu. It's something that I am being very aware of what I'm doing. And so what Ostad is saying is he's encouraging you to be very aware and engage your heart as you say these affirmations so that you gain the most benefit from them. And I can't remember, did he... was he also encouraging you to invite the "I am" presence? Is that the thing you wanted to write down?

X: Yea.

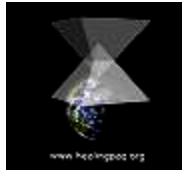
Dinah: Okay, Samara every morning and every evening, what he's saying is that you would say something like "I invite me I am presence into my being and I affirm that I am whole, I am healed and I am worthy and I am strong." And that's the kind of thing—and you can play with the wording, play with the wording to whatever it is that you're trying to create in your life. But by doing something similar to this, you are inviting your divine self to help you create what it is that you want within your inner being. Okay?

X: Dinah, can I invite an angel to work with me? Are there any of those angels can work with me?

Dinah: Yea, absolutely.

X: Can you ask any of them if they're willing to work with me?

Amean: Sharareh, you always, always ask help from the divine. Once you ask help from the divine, the divine—based on the divine intelligence—will decide who is the best candidate who will help you. It's a subtle difference but it's an important difference because we all have a direct connection with God, with divine, and we need to recognize that we don't need any middle energetic being in order to establish that connection. So the way you do it is you ask God, you ask divine, for help, and the divine/God will decide who is the best who can help you along the way. So what I recommend to you is go that route because if you start saying "well should I invite this angel or that angel or this person or that person, or this ascended master or that ascended master" then you are not strengthening your



connection with the divine. To think that you need this middle being as that connection which is not a true statement. So if you go the route I'm telling you, then it's much more effective.

X: Thank you.

Amean: The other point that I bring, is some teaching that Ostad has always been very, you know, supportive of it, is the notion of practicality and practicing it. The best way I can put it for you is like this I want to learn to drive a car. It doesn't matter how many books I read about it. I have to sit behind the wheel and drive the car. Meditation is like driving that car, so increasing your daily practice what happens is you are no longer reading about meditation, you practice meditation. And as you practice, then the proper channel of information opens for you. Because what happens is when people read books a lot and they don't practice as much, they improve their intellectual understanding, but they don't get sensation which goes back to the heart. about that practice, and it's like I tell you about the taste of sweet lime and you read many books about it rather than just cutting a piece of sweet lime and taste it for yourself. So that practice of meditation is really tasting, that sweet lime, rather than reading about the sweet lime. So that's where I encourage you that if you... you know on daily basis practice the material that you've learned so far, and don't set your expectations for anything, slowly the purification process occurs. It's a slow process but it's a positive step.

X: Thank you Amean.

X: Amean, hi. This is Mugai.

Amean: Hi Mugai.

X: Saeid talked about everybody getting a ring. And maybe I missed... and I didn't get one specific either but I wasn't sure what he's referring to.

Amean: Saeid are you still on line?

X: Okay I can ask that next week probably.

Amean: Usually... and Dinah may be able to elaborate on that. Generally when people receive some energetic present, it helps them to better focus or to better you know, protect them and so on and so forth. So these energetic presence like the crown or the ring, they provide that opportunity that energetically as they advance, they gain better understanding of their divine—of their connection with the divine. Dinah would you like to elaborate on that?

Dinah: I think you said it perfectly. Yep. I agree.

Amean: Great.

X: The second thing I wanted to say was when I was on the bridge, Dinah said a master will meet you, then what I saw was I was on a raft with a master over a river but that was it. I didn't see anything else after that.



Dinah: Okay. Well, that's a wonderful start so, you know, what you might want to look at is maybe the symbolism of that, you know, what that means to you, that maybe... often times water symbolizes emotion, so maybe this master is there to help you with some emotional work that you're going to be doing—that kind of thing. So I would just encourage you in meditation to go to the bridge again with the intention of meeting the master, getting to know the master and seeing what it is—what teaching they're offering you.

X: Okay, thank you very much.

Dinah: Sure.

Amean: Mugai, Master Quan was with you.

X: Okay.

Amean: He took you to the River of... Golden Elixir. River of Golden Elixir is metaphor for immortality. The immortality I'm talking about is not a physical immortality; it's an energetic immortality. And... the fact that he took you there again is just like the ring. It's a present that was given to you. That you have the ability to flow with this River of Immortality or the Essence of Life. Generally, you know, we have talked about that in previous lectures that when people receive a certain vision, it's like an award or they're getting ready... the you know, divine is preparing them for their next step in their spiritual growth.

X: That's wonderful.

Amean: And consider that as a vision that was given to you that you've been you know, rewarded, that you have the ability to flow with this river or on this river of immortality. And, what comes with that as time goes by is additional information which is kind of—I can't say handcrafted, but is energetically crafted for your progress along the way. And so that you know, vision you had is a very strong vision, and you know, as time goes by you will better understand, and better be able to use those information's for your advancement.

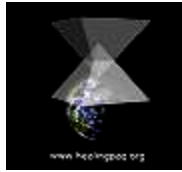
X: Thank you.

Amean: You're welcome. Any other questions from anyone who's still on the line?

X: Amean and Dinah, this is Parvin again.

Amean Hi Parvin.

X: Okay, when I was walking on that bridge, which was just like a rainbow going through my heart to the sky and it was hard enough that I could walk on it and when I reached the middle of the bridge, Ostad was there and I hugged him and then he just took my hand—my right hand—on his left hand and we walked to the temple. And we walked through a door which... we walked through a door and we entered that temple. That temple was huge; it was on top of the bridge, but it was just huge. It just



expanded and then there were rooms, people with different... people in it... I couldn't see clear faces but there were many people there, like in each room, the first room that we entered—and he was holding my hand throughout the experience, there was a person standing by the side of the bed and he was doing healing to someone who was there, and we just—he just—showed me the healing department like it was department like department by department. And he showed me that one and the next one and the next one, and there was a room that there were many masters sitting and doing meditation, we just sat there for a moment. They were repeating “ohm” and we did “ohm” for couple of minutes—I don't know for how long. And then we got up, we said thank you to them and then we left. And then there were many other rooms and then... but there was one dark room. We just passed by it. We just looked. It was dark and Ostad didn't say anything, and I didn't ask any questions. But then after that there was a room with many happy smiling faces on the wall and there was a lady sitting there very centered, very quiet, and... very happy, really relaxed. It was a happy room I guess—I don't know. And the next one, the next one was... I saw a horse and it was just like a stable, and then I saw... I think it was Mother Mary with Jesus right sitting there, and just like that. And there was a big big fireplace in the middle of this temple. It was nice and the... environment was really nice. And I was shaken the moment—still my body was cold and I was shaking—but the moment the master held my hand in the middle of the bridge, I became warm. And then I was warm, and then when Dinah asked us to say thank you to all the masters in the temple and to get out of that place, I noticed the door we entered, there's a waterfall right. We entered through a waterfall without getting any wet or anything—just... and then I had to thank Ostad and hug him and I cried. I was in tears, and then I just walked out that room alone and then I came back and I came to the room. But it was an amazing experience. It was... it was huge, it was big. I just explained some parts of it to you. It was long, long time.

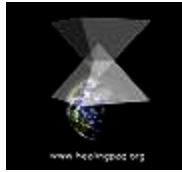
Dinah: What you might want to do is start a journal and write these kinds of things down. Amean actually taught me about doing that because I used to have these meditations and I would think “Oh this is so lovely, it's so profound. I'll remember it forever,” and then you have five more and you can't remember the first one anymore, you know, so... what I would suggest is that you get a notebook and just start writing these things down because if you meditate with any regularity, you'll have more of these and they'll build on each other and you'll get more information and it will be useful for you to be able to look back.

X: Yes. Yea, I will surely do that because I know I'm going to forget it. I may forget some parts of it.

Dinah: Right.

X: There was even a path there like.. .like a hiking path and we walked there and while we were walking on that path, it was very like... and that time Amean was there too. I was walking with Amean and Ostad, all three of us were walking, and when we were walking our feet were not touching the ground but we were very close to the ground and like.. we were not feeling the struggle of walking but we were walking. We had some weight in our hand; I don't know what was that. But all three of us had some weight and we were walking but very light as if we didn't have any weight in our body.

Dinah: Boy, sounds wonderful.



X: It was an amazing experience. And after that meditation, before that when you were telling me about what Ostad was answering me, I was just shaking like I don't know what. And I was so freezing cold but after that and right now, I'm hot.

Amean: Yea, those are all real wonderful experiences and as Dinah was saying earlier since you are clairsentient, your body is kind of an absorber of all the experiences that you get. And every... sensation that you had was like the same thing Mugai was saying, it was like a present was given to you that you have the ability to use these various elements like water, like fire or like... or other sensations like happiness to your advantage. And by using these type of elements, then not only it will help you as an opportunity to evolve yourself, but you can actually emit or emanate the essence that those elements provide to your environment as well.

X: Yes, thank you. And the thing that I learned a lot today just like Mugai and just like all other people today, but the most important thing that I learned is that feeling that this—feeling that my body was getting and I was just thinking “it's normal” and I didn't know what that meant but now I observe it and I see there's a meaning to it. Like becoming very cold when I shouldn't be and becoming very hot when I don't really should be.

Dinah: Well, and I... I would not necessarily attach judgment to—you know, like cold means this, hot means that. I would just be aware of the general sensation; be aware that there's a message in it and that it might change from situation to situation. But, if you ask for help with the proper... deciphering of that, you know, so that when you're in a situation and you feel hot, you can say okay, divine what is this telling me? And you'll start to recognize it because it might change from situation to situation. But at least it will be a guide to you.

X: Yes, thank you very much and it was a wonderful session and now I know why Amean loves this session. I'm in love too, but I thank you—both of you—and I'm very happy that I had the chance to attend this session.

Dinah: Thank you for coming. It was nice meeting you.

X: Thank you very much. Have a wonderful day.

Dinah: You too.

Amean: Is there anyone else on line? It's just you and I now. As always, these sessions are like... they're always beautiful.

Dinah: Oh, thanks. I appreciate you inviting me in. I you know, it's always the guides; it's not me, so... thanks to them too. So you have a lovely day with your family.

Amean: Also, the key point to this is like, you know, as Ostad was saying, is like consider yourself going forward. And that's really important because like we can have a lot of good, positive contributions on going forward-basis. And if we dwell on our past, it's good as long as it's positive. But it's going to be



not as good and it's going to be disruptive and slow down our progress if we... you know, look at it from a negative perspective.

X: So, I guess we have to... she did explain that before too. The fellow who had the leukemia, the healings come up and then you have to work with them and release them. And I am going through that same thing. I don't have any rare diseases, but I do go through that process of panic attacks and things from childhood and I'm working through them and this helps a great deal.

Amean: Great. I'm glad to hear that.

Amean: Have a good day.

X: Bye, bye.

Amean: Bye.