

## Table of Contents

Welcome (Amean) .....	1
Channeling .....	2
Introduction (Dinah) .....	2
Guided Meditation (Dinah).....	3
Energetic Tools (Metatron).....	4
Journey to Divine (Lao-Tzu) .....	5
Human Creative Intention (Shams) .....	8
Heal the Heart (Rumi).....	9
Questions and Answers.....	11
Trust the Path Chosen from the Heart (Rumi) .....	12
Align Your Energy with Divine Energy (Lao-Tzu).....	17

## Welcome (Amean)

The ascended masters and archangels have done a wonderful job in simplifying the divine intelligence in such a format that it's a lot easier and more meaningful for us to be able to relate to it with our heart—by just recognizing that inner circulation that we do has essentially multiple advantages. And one of the advantages is self-healing but also to have the advantage of acknowledging the gaining through giving and the benefits that our environment Mother Earth gets as well. And Mother Earth is just the next scale if I may call it or the next step in the process, and there are many many more layers that also benefit from it whether it happens to be at the level of solar system or milky way or galaxy or galaxies and so on and so forth. That emanation of such reflection, profound reflection, of tapping into the divine oneness and divine power plant (if I may call it in our today term), and energizing ourselves as well as becoming that beacon of light that has the ability to reflect such love so far out through the universe and the universes that everyone will benefit from it. It's like a single cell. If it is considered an entire universe, it probably wouldn't even be a size of a single cell; it's probably much smaller than that. But just for the discussion point, if we can put ourselves to be a single cell within the entire universe, then it's just rejoicing and establishing that union of oneness with the collective consciousness, divine god, whatever else that you may call it. They're all in the context of the form that's essentially manifest the same essence and that essence is just vibrating with love and experiencing joy in every moment of life. And whether we live on earth or only one earth, whether we happen to be a physical body or don't happen to be a physical body, it all becomes irrelevant once one gains access to that experience of the vibrating of divine love as often as possible throughout the day and we only have gained the knowledge so far up to our relationship in the energetic realm—between us and Mother Earth and that's how far, you know, divine has taught us and there are many many many more layers, and within all these layers as the time comes... as the right, you know, timing is there, I'm sure the information will be shared much beyond just humanity and earth throughout many other layers as well. And essentially what Dinah does and has the beauty of that layering is in the communication layer where she can help us and help the ascended masters and archangels to vibrate in such frequency resonance that we can all have a dialogue. And so with that said, the most favorite session of all the classes for me, I'd like to welcome Dinah and let her take it from her on and just hope that you folks enjoy this



session as much as I do. And as the divine oneness, ascended masters and archangels love to exchange energy and love with us through this session. Dinah?

## Channeling

### Introduction (Dinah)

Okay, hi everybody. As we do this, you know, I believe that most everyone has heard one of these before so my intro here will be very brief because I'm going in with the presumption that everyone pretty much understands what channeling is and remind you that if there's a lag time, sometimes what that is if they've given me a concept and I have to break it down into words, sometimes as I'm speaking I get corrected that I've chosen the wrong words and I have to rephrase so that's just kind of normal part of this process. It's really—for anyone who's bilingual—it's like being an interpreter and so you know I'm really just the middle person here and I would invite everyone to remember that we all have these gifts, and you know as I've said before, there's nothing special about me. I just had the intention of developing this many years ago and have stayed with it and have really put a lot of time and intention on developing it, but everybody has it to some degree whether it's clairaudience the ability to hear spirit, clairvoyance which is the ability to see spirit or clairsentience which is the ability to feel spiritual vibration. So having said that, if you have an interest to pursue it, to pursue it. Pursue your own connection to source energies and as you do that my only really... suggestion in doing that is that you always do the quality control piece. We've talked about that before as well, we've talked about it this morning in the first session, we'll do it again today. A reminder that as a dear friend of mine said many years ago, "just because someone's dead doesn't mean they're smart." So you want to make sure that when you're communicating with beings from the other side that you are communicating with the highest vibrations possible. And not just swimming into the party line and seeing who pops up—for anyone who remembers party line from many years ago where maybe twenty houses shared a phone line and you never knew who was listening in and you were never quite sure who was going to be talking if you picked up your phone. So you know I would encourage you to... whenever you decide to go into meditation to always start with your favorite prayer, always look at entering the diamond which is kind of a communication portal and also a magnifier of intention, always surrounding yourself with divine light, connecting—using your crown—connecting to the angelic presence and having a very firm intention that what you're wanting to do is connect with God. You know the masters and the archangels are intermediaries and they get sent by God to deliver messages. I would encourage you to remember that the focus is on connecting with God; not connecting... people get sort of romantic ideas about having guides and guardian angels and that can really kind of slow down your progress and your own personal process. The focus is always all about connecting to God, connecting to divine, and trusting that God is going to send the most appropriate messenger whether that's in the form of an ascended master, an archangel, you know—hawk, whatever; it doesn't really matter what form it comes in. Look at the message, get the intent of the vibration that comes to you; don't worry about the form.

So having said that Amean had a good idea which was that... as we do this because we generally in the past have saved guided meditation for the end, then like this morning found at that we didn't have enough time so we sort of rushed through it. So what we're going to do today is we're all going to enter that state of meditative process together, and then I'll just start channeling while we're all there, and you know stay open to whatever comes your way as well as you're in that meditative space, and then we can talk about it at the end.



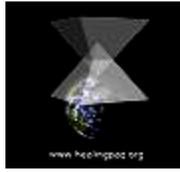


## Guided Meditation (Dinah)

Okay so as we do this I would invite you to get comfortable—whether you are sitting up or lying down just have your spine straight so that energy can flow while... Take a couple of deep breathes, inhale, exhale. As you exhale, really affirm to yourself that you're releasing any business in your mind—any tension, any concerns that might have followed you into meditation—letting all of that go. Envision that you are pulling green light up from Mother Earth from the soles of your feet and the base of your spine, pulling that green light up through your legs, filling your legs with that lovely green rejuvenating, cleansing, purifying light from Mother Earth. Lovely green light. Filling your legs, going up in your torso, filling your torso with that peace and rejuvenative light from Mother Earth, having that green light flow into your arms, filling your entire torso, moving up into your neck, up into your head, having that green light filling your head, and then shooting out through your head through your Crown Chakra. Seeing that green light shooting up about a foot or two high and spilling down around you like a fountain, cleansing all of the energy around your body—your aura, cleansing your physical and energetic bodies, really seeing that shower of green light... releasing anything, any energy, any concerns, any tensions... spilling down all around you, and easily and effortlessly letting that flow down back into Mother Earth where it is transmuted into loving, positive energy.

Now having filled ourselves with that lovely green light we say our favorite prayer three times. Under the direction of Pavaranah we are stepping into the diamond, easily and effortlessly moving into full presence associated with the diamond. We are acknowledging our Crowns of Light that connect us to the angelic presence. We are acknowledging our connection to divine. Now that we are in the diamond we see ourselves standing at the top of a mountain. We have the presence of the diamond that is around us, we have the crown that is connecting us to the angelic realm. We see ourselves easily, effortlessly, peacefully and joyfully standing at the top of a mountain ready to recreate our Bridge of Light. As we do this, we remember that our Bridge of Light is a place of connection, a place that we go to sort of reconnect with divine energies, we see ourselves standing on our mountain top and we see ourselves sending light from our heart center. And the light that we're sending is the colors that are associated with the Chakras... those being red, orange, yellow, green, blue, indigo, violet. We see those colors coming out of heart center and weaving this Bridge of Light that is beautiful, safe, big enough to support us quite easily and we send that light. We see it weaving itself and shooting out to a distant star, connecting itself to a distant star. We've created this lovely bridge that is very sturdy, very safe—it has big tall sides on it, lovely to walk across, and we take our side—our end—and we send that light deep into the mountain so that it's attached firmly completely to the side of our mountain. And we move with the presence of the diamond out to the center of the Bridge of Light. And as we move, we move with the intention of being able to connect with divine energies—to be able to connect with whomever, whatever God feels is appropriate for us right now with the message that is most fitting for right now in our lives. And we're moving out and seeing ourselves in the middle of the Bridge of Light and we will wait a moment to see who comes to us. We're going to give ourselves five minutes on the bridge, and then in five minutes I'll be back and we'll begin the channeling session. So enjoy whomever and whatever comes to speak with you.

*Meditation.*



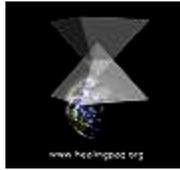
Gently and easily give thanks for your time on the Bridge of Light, for the entity or energy that came to be with you. The spirit of appreciation and gratitude is what helps to cultivate relationship with divine, and appreciation and gratitude are what will help you to continue at that so... whomever or whatever came to be with you, to spend time with you on your Bridge of Light thank it and you might want to consider taking a moment and letting it know when you will be back and open to communication again. And as we thank these beings of light, we will see ourselves moving from the Bridge of Light easily and effortlessly to the Tree of Life. Knowing that as we do this we are moving to a place surrounded by masters. We find ourselves at the Tree of Life and as we move into this phase we're going to call on the archangels and I apologize for not doing that before. I'm doing it sort of out of order—moving into the Bridge of Light I neglected to do that and I apologize for that. We'll do it now.

We're calling on Michael, Gabriel, Raphael, Uriel, Chamuel, Johpiel and Zadkiel—the seven archangels. We're calling on archangel Metatron to oversee our circle. We are of course surrounded because we have stepped into the diamond before we did anything so we are of course affirming ourselves and our class as a whole being surrounded by divine light, surrounded by God's energies, God's grace. We are also affirming that we are easily and effortlessly connected to the Tree of Life, Temple of Masters, Temple of Knowledge and Temple of the Angels. And we now invite masters to interact with us and speak with us. It is my intent to be a clear and perfect channel of truth, holy wisdom, love, light, grace and peace for all so be it.

So who is with us as we move into this phase? We have Ostad, Master Quan, Lao-Tzu, Sananda, Prophet Mohammed, Rabiya and Fatima again, both of the Marys—Mary Magdalene, the one and virtuous mother Mary, oh we have Mother Theresa with us. Welcome Mother Theresa. We have... so many. I heard Quan Yin... We welcome all the beings of light, we welcome all the archangels—the angelic presence. Before we move too far ahead, Metatron wants to answer Saied's question which he asked as we first started.

### Energetic Tools (Metatron)

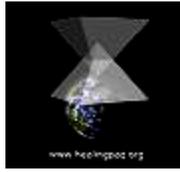
This question was that many people in meditation as they have sort of progressed through these classes and through their own process have been given in meditation... they've been given different stones, seen different colors of light and his question was is there a significance to this—like is it this color means the same for everyone or that it's very individualized. So that was the question. I hope I'm phrasing it properly or as close as possible. So is there an individualized thing or is there a group consistency in what people are receiving. And Metatron your answer is? He's saying that different individuals are given different stones, different gems, the same different lights, whatever 'cause it's based on what is appropriate for that person and what they need for their own energetic resonance at that point in their own process and in their own life. And that's why for example in group meditation we've had... the knowing that each person in meditation was for example given something energetically. And then when they see what it is, each one is a little different—either a different kind stone or a different color stone. Maybe they're aware of what the stone is like it's... moldivite or it's garnet or it's emerald or whatever, and sometimes they're just seeing a stone and they don't really know what it is but they're seeing a color of a stone. He's saying all of that is very individualized and all of it is again for the individual. So if the individual is aware of the type of stone they benefit, they could look the qualities up of that stone in like a crystal book so that they know for example that moldivite—if they're given a hunk of moldivite—moldivite is to enhance spiritual development as an example so then they can look it up and see “oh



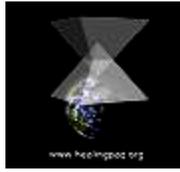
okay, this is why they're... this is what they're giving me as a tool." He's saying it's really nothing more than a tool; it's being given an energetic bit of assistance, and then knowing that that is with you and that's something that can be a supportive tool for you in your process. For individuals who maybe just see this color but they don't know. Is it moldivite? Is it emerald? Is it—you know—malachite? All of these different green things. If they're not sure then that's okay. They can look up what the color green usually signifies which is rebirth, renewal, rejuvenation, growth—that kind of thing, abundance—green is usually associated with abundance... so they're given whatever is important for their own individual process at their own individual point of development and the tool is there to be used and enjoyed and appreciated and you know if another tool is needed down the road, just trust that the next one will be forthcoming whenever it's appropriate and whenever it's needed. So the overall message and answer is that it is individualized. Thank you Metatron.

### Journey to Divine (Lao-Tzu)

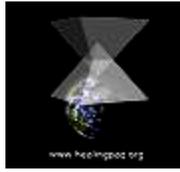
Okay, now we are going to... Lao-Tzu and Lao-Tzu is actually...he's sort of doing what traditionally Ostad has done which is thanking everyone for coming. He's echoing what Ostad says every time which is that they're gratified and grateful that people are making space for divine in their life and creating sacred space and he is encouraging that as Ostad usually does for whatever reason he's taking the intro this time. And, Lao-Tzu is saying that besides wanting to emphasize the importance of carving out time for the divine within every day, he's saying besides that we want to encourage you to remember that this is a process, that connection with divine is a journey. He's saying it's the journey; it's the only journey. It's what all of us are here to do. We are here to cultivate, create, remember our own connection to divine. He's saying it already is—it already is; it's just that we have the job of choosing it, remembering it, cultivating it. He's saying everything is connected without a doubt—every being, every molecule is connected to divine. That is just... that's the absolute truth, it is already there. But he's saying while the other beings whether it's a molecule, a tree, a dog, a rabbit, whatever it is... they're connection to source simply is, they know it, they feel it, they're not charged with cultivating it; it is. Human beings have a little different challenge. We have the challenge of choosing it and then growing it. Growing it, expanding it, however you want to phrase that, that is the key, that is the challenge and he's saying that is where the joy comes in. He's saying the growth of the connection we get to choose. We get to choose whether our connection to divine... he's saying again it already is; it's not that we get to choose whether or not we're connected, we already are connected—it's already there. What we get to choose is whether or not we acknowledge it and whether or not we choose to expand it. So we get to choose whether or not our connection is something that is like... for you know just some kind of visual aid—Is our connection like you know a piece of dental floss? Is it real thin like dental floss? Is it a little thicker like a shoelace? Is a little bigger like a stalk of a, you know, the stem of a flower? It is more like a tree? We get to determine how expanded our connection with divine is and he's saying we do that—you know they talk about this almost every time—we do that with our intention. We do that with our thought process and with our intention because as they've said many many times, energy follows intention. So the example he's giving, that he's showing me is we have to be clear about what we want to grow and why. Do we want to build connection with divine because we want to know divine, we want to serve divine, we want to understand divine—is that what we want? If so, we need to plant seeds for that. We need to water the seeds, we need to tend to them, we need to... we need to be very clear that that is what we're wanting. He's saying that clarity of intention is what encourages growth. That clarity of intention, that clarity of our path is what helps us to find our way home. He's saying without that clarity, without that clarity of knowing that we want to connect for the sake of knowing and understanding divine, if it's anything



other than that, we are... saying we're sort of confusing the garden. It's like... he's saying it's sort of like planting radish seeds and expecting a pear tree to grow. When we are not sure of our intention or when we are planting seeds of something other than divine intention but expecting divine intention to grow/divine to grow, we are having mixed intention which then again he's saying you're not creating the garden you really want. So he's saying as an example if I say that I want to connect with divine—if I say that I want to connect with divine and want to have an understanding of divine and I really want to be in line with divine guidance and divine energy, and yet my thoughts and my words and my actions are cranky and self-deprecating and basically unhappy, then that is when I'm planting radishes and expecting a pear tree because he's saying divine energies are loving, positive, happy, gentle energies. They are all about... divine energies are all about love and support and gracious loving giving. And in order to grow that we have to move our vibration in line with that. So he's saying you know we have to be aware and be mindful of our own internal talk, our own internal process and be aware that if we want that divine love vibration surrounding us and growing within us and shooting from us, then we need to get in line with that frequency and that is having that pear frequency having—you know we're planting pear seeds, and expecting that pear tree to grow. When we are feeling negative and beating ourselves up and living in a state of unhappiness or being ill at ease or you know on a continual basis, that is when we're planting the radishes and expecting pears, and so he's saying when you're aware of that, bless the awareness, bless the awareness and choose happiness. He's saying it is that simple. It doesn't seem like it because the intellect gets in there and gives a hundred reasons why we can't. The intellect gets in and says well I can't be happy because I'm not sure how I'm going to pay the electric bill and I'm low on gas and I'm worried about this and I'm worried about that and etc etc etc. He's saying the intellect will have a hundred reasons why we can't do these things. The heart only knows one truth and that is that love and happiness are absolute; they're there without a shadow of a doubt. So he's saying it's important and they've talked about this before and I feel like they're really wanting to put that forth today. That **it is important at that point to let the heart take the lead because the intellect is full of excuses and full of confusion and was never meant to be in charge.** The intellect was a support but it was never meant to lead the way. The heart has always been meant to be the leader, so he's saying with every breathe, with every step we take, with every bit of our intention, we need to tune back into the heart center, re-establish that connection with the heart center, remember that the heart knows the way, the heart knows the truth of existence which is that love and connection with divine are there. It's there, we have it, it already is, and trusting the heart to teach us to expand it. The heart is what tends the garden. The heart is what fertilizes and weeds and encourages growth, and so he's saying tune to the heart, trust the heart as the leader, trust the heart as the wise... the wise bearer of divine understanding, the wise leader in this process. **Trust that heart center and let that heart center lead you because the heart knows divine, recognizes divine at every turn** and the heart is not... if you look at what's complaining inside of you... it you find yourself complaining or feeling negative or at all dissatisfied, it's not the heart; it's the intellect. And so at that point it's really important to thank the intellect for doing its job which is to think. You know the intellect has been given a job to think and when it doesn't have enough to think about, it'll just start spinning about whatever—something to worry about, something to concern itself with. That's the job of the intellect. So you can thank it for doing its job, but you can then he's saying say to it “You know what, you don't need to be in charge right now. We're going to let the heart take over and you can rest a little bit.” And trust the heart to lead us to where we need to go. And by doing that the intellect can calm itself, and the heart can automatically then move to where it knows that it wants to go which is like the homing pigeon moving back to the connection and building and watering that connection and choosing happiness in every breathe because that is what it does naturally. So allow the heart center to do what it does naturally; to choose happiness, to choose divine and to



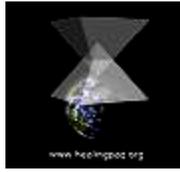
choose that expansion of connection so that we can move from having a connection that is starting like the size of dental floss and becoming like the Redwood Trees out in California—you know the width of that and greater. He's saying by choosing that, by making that conscious choice in every minute, by choosing happiness in every minute, we are stipulating and affirming and recognizing the wisdom of that connection and the joy that comes from that connection. And then we get—he's saying it builds on itself. That by choosing happiness—and he's saying again we said this earlier, we will repeat it. It is that simple; it is simply choosing happiness—choosing that happy thought, choosing something to be grateful about, to be... to celebrate whatever, choosing that positive feeling in every moment is really as simple as making a choice and by doing that you are welcoming divine energy in. So Lao-Tzu's message is that. Its saying watch what you plant in your garden, be mindful of what you plant in your garden. If you're wanting that connection, if you're wanting that pear tree, plant the seeds of the connection, plant the seeds of the pear tree and watch it grow. And if you're planting anything else, back up, think about what you're doing and then refocus because what you sow in every moment is what you're garden will yield now, two days from now, a week from now, a month from now. You will always be getting the fruit of what you have planted. So if right now—in your now—if you are seeing that you are getting fruit that is not to your liking then all that means is that you've been sowing seeds of things you are really not wanting. And if that's the case, that's okay. Bless the journey, bless the learning experience you had, bless the fact that now you know the difference between a radish seed and a pear seed—that you can see “oh gosh, hmm... look at all the radishes I've planted. I'm not that fond of those. I've realized that radishes are really not my thing; consequently I'm thanking divine, I'm thanking God for the gift of clarity. I'm now clear, I'm now really aware of the fact that all this time I've been planting radishes not being all that crazy about radishes and wondering why I have a life full of radishes. Now I know why—because of the seeds that I was sowing. So thank you God, thank you creator, thank you divine for helping me get clear about the fact that radishes are not my favorite thing, helping me see that I have choices about the seeds I'm going to sow in my garden from this point forward. I'm going to bless the radishes. They were food nonetheless. They helped me even if I wasn't all that nuts about them. I now am going to choose differently. I'm going to choose to plant different seeds. I'm going to watch them grow and I'm going to know that in a couple days, couple months, whatever, I'm going to have fruit that I really do enjoy, that I really love and I'm going to know and appreciate them so much more because of all the radishes that I've had along the way. I'm going to really appreciate the sweetness of the pear because I know about the radishes. And so he's saying **bless the journey, bless the clarity, bless wherever you are right now, pay attention where your thoughts are taking you, pay attention to the vibration that you're planting, choose what you want mindfully, meditatively make the choice of what you want to create in your life, choose the seeds with caution and care and love and plant them and tend to them.** And you will see that your garden will develop in a much more—oh what is the word? In a much more dynamic way because often what happens in our lifetime he's saying is that our gardens are very haphazard because we are not aware that we are planting and getting exactly what we plant. We have been planting without consciousness, we have been planting without determination, without decision, without clarity and so we get this sort of ram-shackle hodge-podge mixture of radishes and everything else that has been dropped along the way and we kind of wonder about the muddle that we find ourselves in, but then we realize that this garden is like school. It's been our teacher. This garden that we are living in—whether it's finally tuned and meticulously planted or whether it's haphazard and full of weeds, whatever it is, it's our teacher. And wherever we are now is a direct result of what we have... how we have been spending our time, how we have been developing our thoughts and what we have been planting. And that's why in the beginning again, he's repeating himself, saying that's why we said choose happiness. It's that simple. Choose the seeds that you



want—it's that simple. Sow the seeds, plant the seeds, move forward and enjoy the garden that you are creating from this moment on. He's saying bless the journey because the journey is all of it; the journey is... he's saying it's always, always about the process. The process being the journey back to creator, divine, god, whatever word you want to use—it's always about that so bless that because he's saying it is this really lovely path that we get to create. **Just keep reminding yourselves that you are creating it in every step, in every thought, in every word and in every moment.** Thank you Lao-Tzu.

### Human Creative Intention (Shams)

Okay, who is wanting to speak next? Rumi and Shams are with us. Which one of you is going to speak? We are—it appears as though Shams is going to speak. And Shams what have you to say to us? We are waiting. Shams is saying that—Shams is always very brief and to the point—and... he's saying that all of this talk about energy, all of this talk about creation, creativity, intention, all of those kinds of things, he's saying.... that... he's saying it's that and so much more. It's that—he's saying if you could see it from their side you would see.... He's saying what hinders us in the physical realm is that we have difficulty understanding cause and effect. We have difficulty seeing the connection, seeing the lining up of energies from the point of thought to the point of creation in physical form. We have difficulty seeing that because there's often a time delay but he's saying from their side, they see that connection very easily because they can see the energetic, they can see the frequency of creation and he's saying what beings on that side can see and what they can know that we have difficulty comprehending is the magnitude and the forcefulness of human creativity. That we are able to create with such—he's using the word specificity—that it is awe-inspiring to those on the other side. He's saying what is awe-inspiring to us is the fact that human beings can create such... with such force and yet be so ignorant of what we're creating. He says it is... it's mind-boggling to those on the other side because he's saying we see you as such gifted creators, we see you as such gifted and blessed beings of creativity to be in the physical form and to be able to create in the physical realm takes such talent that he's saying to be able to do that and yet be so unaware of your ability to do it is mind-boggling for us and he's saying what we would wish for you... what we would wish is for you to open your awareness to what you are creating with your thoughts and with your actions so you could start seeing that connection. Because he's saying if you think about it, if you think about the good things that have come into your life that you're happy about, even maybe the things that you're not so happy about, if you could retrace your steps and look at how your thoughts helped to line things up so that it brought these things into your life, you would realize that your intention is powerful because what happens is your intention pulls in the creative powers of the universe, the creative support of the universe and it flows from there. So for example, when you look at what you've decided to do with your life and you look at maybe where you were ten years ago and where you are now, look back at your thoughts, look back at your individual process and start trying to see the connections to where you were, what you put forth with your thoughts, and where you are now. And start understanding and analyzing and accepting and realizing those connections so that you realize that you do have a hand in what comes onto your path, you do have a hand in what you're putting out there—the vibration of what you're putting out there, and realize that intention is so important so that you can start being more mindful of it. Shams is saying if you for example, look at what you do every day: get up, eat, shower, dress, go to work, do all these things. He's saying that in itself, the fact that you get through the mundane activities of your day is not like a grand display but it is a display of your intention. You know, without much forethought, without much planning, you managed to get up, get your personal stuff done in the morning, get yourself through traffic to work, do what you need to do at your job or



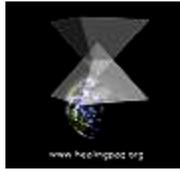
school or whatever, doing that, going to the store, getting what you need for dinner, getting back home in traffic, setting all this stuff up that you bought at the store, making dinner, taking care of paying bills, all of these mundane activities. He's saying it's not that you had to sit for a week and plan these things out; you don't. You with the power of your intention, you get up and you make these things happen. And he's saying you do it only semi-consciously—we're not saying you're conscious as far as you're half asleep. He's saying we're acknowledging that you're fully awake in this process but you are not fully aware of your intention. So he's saying that happens—these mundane things happen as a way of creativity and creation and for anyone who's just joining us, it's possible that you're joining us late because of the time change for daylight savings so we would welcome you, we would encourage you to just get comfortable and join our channeling session now and will be opening up for questions in a bit. So thank you and welcome and Shams is speaking now. So he's saying the things that you do such as the mundane activities in your life, all of that happens with very little forethought but the fact of the matter is it happens and it happens because of this intention that you maybe are aware of, maybe not, it doesn't really matter; it just happens. But he's saying if you can get through all of those activities with the minimum of intention and you look at what you've created in your life to date—the fact that you have a place to live, have a means of supporting yourself, have loving beings around you both physically and in spirit—your intention has created some lovely things around you. He's saying we would encourage you to take stock in that, to be aware of that, and to realize the power of your intentions, to realize that there is power in that and to really start paying attention as Lao-Tzu had said to really start paying attention so you can start creating and bringing to you that which you really do want, that which you really are excited about, that which is in line with divine intention. He's saying if you can create all of this with your own intention, think of what is possible with divine intention. When you can say to yourself and when you can say to divine **“I want to move my life, move my being so that I am in line with divine intention, that I'm in line with whatever it is that I came here to do, I want to move in keeping and in sync—in synchronicity with divine intention—and so I'm opening myself to that. I'm consciously and creatively and fully moving my intention so that I'm as much as possible in line with divine intention and divine intention please lead me to whatever it is that you are wanting me to do, whatever it is that I came here to do, whatever it is that I am here to do in service of divine and in service of humanity, whatever it is that I'm here to do, help me to see it, help me to move toward it, help me to be part of that creative energy.”** He's saying when you can do that, when you can move in line with that divine intention, you will be amazed at what opens before you because then you are truly in line with the creative potential of the universe. So he's saying our wish for you is that you will start to be more mindful of your own creative intentions, your own ability to create, we would encourage you to move then in line with divine intention, and we would encourage you to watch with loving anticipation what then unfolds in front of you. Because it is—he's saying it is our knowing that what can be created when it is in line with divine intention is awe-inspiring. So he's saying our message to you is **to encourage you to wake up, to encourage you to be aware of your own abilities, to encourage you to align your abilities with the divine and to then open the flood gates at that point, and to enjoy what follows and what flows from that opening** because he's saying it will be lovely. And he's saying we encourage you to open to that loveliness. Thank you Shams.

### Heal the Heart (Rumi)

Do we have another that wants to speak? I feel like Rumi is certainly in line with that philosophy, wanting to encourage that and Rumi is... you know, **Lao-Tzu talked about the heart needing to be in charge, Shams**



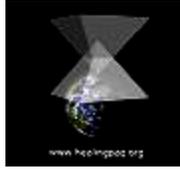
**emphasized the importance of the energetic and aligning your energy with divine energy, and Rumi is sort of wanting to bring these two together**—to sew these two messages together by saying that the way that we do that is to heal the heart. He’s saying for all of us in physical existence we have in our heart center something everyone experiences as part of physical development, physical awareness, physical life, our hearts are a little bit... travel-weary. Our hearts can become a little bit—as we go through this journey many of us for years only semi-conscious, we feel that as we’ve traveled down our own individual paths, our hearts have been somewhat battered by the journey, by the path, by the circumstances that we have gone through along the way. And he’s saying what is important is to not hold onto that. Allow the heart to heal fully. He’s saying physical beings certainly have a tendency to hold onto the scars of the heart as almost like badges of honor or courage or something like that, you know, that we said, you know, that we can say well you know I dealt with this or I survived that, or because of this experience or that experience, he’s saying if the heart is truly going to be in the driver’s seat, if the heart is truly going to be taking charge, we must allow it to become healthy. We must allow the heart to move into a state of health. It is the intellect that will keep reminding us of “but yes, I survived this” or “yes, but I was betrayed by that person,” “yes, but I was injured by this experience.” He’s saying again that the intellect will come with a million excuses to remind the heart why it is not safe to be whole; he’s saying you need to release that. **We need to allow the heart to be whole.** He’s saying as Lao-Tzu said it’s as simple as choosing happiness. He’s saying we are telling you now it’s simply choosing health for the heart. Choosing to allow the heart to move into its fullness, its healthiness, its state of loving presence. Letting go of all of the past pain, scarring, whatever, blessing in fact—taking time to bless those experiences—and seeing them as teachers and saying “yes, I survived that and look at how strong I am now,” “Yes, I lived through that break-up; yes, I lived through that loss; yes, I lived through that period of grief. Yes to all of it I did. And look at what a strong being I am now.” He’s saying the only way to have a healed, healthy heart is to bless all those things as loving experiences that came to us to teach us whatever it is that was perfect in that moment, to accept that, to acknowledge it, to see it as this loveliness that makes up who we are, to bless the people involved because he’s saying harboring resentment toward anyone involved in that whatever it was, whatever those experiences we hold onto as reasons to not be fully in a loving state, whatever that is, bless the experience, bless the people, bless the journey, release them to their own loving goodness, see them as whole and healed because our ability to bless them and see them as whole and healed and healthy within themselves is our affirmation of their own divine connection and will certainly help them to reconnect in whatever way is right for them and it will allow us—you know, when we can see in our hearts whomever it is as a perpetrator of whatever illness we have survived, when we can see the perpetrator or people that we have labeled perpetrators he’s saying, when we can see them as beautiful beings who have taught us well, when we can see that, we no longer have any reason to hold onto ill-will or ill-thoughts or you know things that do not serve us anymore. So he’s saying bless every bit of it, bless every piece of it, affirm that you’re heart is in a state of health and wholeness. Affirm that there really are no... there really are no reasons to hang onto pain or sadness or anything like that; again that’s the intellect getting in the way. So allow your heart to move into its fullness, move into the lovingness that is its natural state so that it can more fully connect with divine. And that is when you can really trust it to be the driver of the bus. So he’s saying yes Lao-Tzu is right in choosing happiness, yes Shams is right in emphasizing the ability of our own creativity when we move into the divine connection that is there and waiting for us, and what Rumi is saying in order to do that fully and completely and to resonate more... in a more in depth manner with divine frequency, allow your heart to move into a state of full health. He’s saying that happens again with our intention so as... he’s saying the way to do that is as experiences or memories or you know thoughts of people in the past that may have been parts of experiences that we label uncomfortable or you



know, that we would say are more in line with the radishes of our garden, if that is the case, bless them, love them, send them loving energy, send them thoughts of peace, see them as divinely connected, affirm that they are really moving into their own divine oneness, and release them and then the space that they have been taking in the heart—the piece of your heart that has been dedicated toward remembering and having that tape spinning or that thought twirling around in that part of your heart—once you have released them, that space in your heart now becomes available to be filled with divine love and guidance. So he's saying every time you can release those thoughts, those memories, those irritants, whatever you/however you want to label them, anything that is not in line with divine mind, whenever you can release them, you've just opened up more spot for divine—more room, more connection, more space for resonance. So he's saying this too is part of the journey; this too is part of the process of being fully human. So he's saying enjoy this process too; enjoy it all. See it as a blessed gift of moving toward oneness, moving toward connection and celebrate it. Every time you can send love to someone in your life that you may have labeled a radish, then celebrate that and feel the goodness that comes from that, and then feel the celebration that you can fill that space in your heart with—that divine energy—and see it all as the fun of the journey because he's saying this journey was meant to be fun. This journey was meant to be pleasant and loving and full of... what is the word you want? Full of joy, full of bliss, full of... I feel like he's using the word expectancy. I think that's right. That we—no, he's saying anticipation is a better word—the anticipation, the excitement of connecting with divine more and more and more every day. He's saying when you can have that as part of your journey, **when you can wake up in the morning looking forward to yet another way that you can connect with divine, he's saying that is the gift of being fully human, that is the gift of this physical existence that every day can be a day of blessed anticipation of looking forward to the next level of connection with divine.** And when you can do that he's saying then you know that you are really in line with divine mind, you are really in line with divine connection and you are really on the path that was set forth for you to be who you were meant to be in this life, to do the thing that you were meant to do in this life that only you can do, and that is your key to knowing that you have sort of reconnected with what you came here to do. So he's saying yes as Lao-tzu said **choose happiness**, yes as Shams said **be aware of your ability to create and as you combine the two, do it in a fully healed heart that is waiting for you to allow it to be healed and that's the key.** He's saying you get to choose whether or not you allow your heart to move into the fullness of health or whether you choose to keep it incased in a shell to protect it from whatever it is you think it needs protection from. He's saying the best protection in the universe is divine love and divine guidance, and so when you can fully open to it, when you can let the shell fall away, and when you can fully open to divine love and guidance, and when you can fully release any of the negative experiences or the experiences that you've labeled negative in your life, when you can do that, that's the good stuff. That's when you're fully on your path. And then bless that journey, and then bless every step of that journey on the way to your path because it's all good. It's all about love and learning about the connection to divine that is absolutely perfect for you. Thank you, Rumi.

## Questions and Answers

Dinah: I'm looking at the clock and seeing that it's a little bit after 6:30 central time, so what I would like to do so that we can be sure to answer any questions, is I'd like to take a break you know certainly the masters can go on and on and on for as long as we care to hear what they have to say but I want to make sure



that if there are questions we answer them. So I'd like to take a moment now for how ever long we need to open the floor up for questions and to go on from there.

Q: Dinah? Can you hear me?

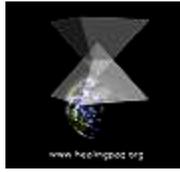
Dinah: I sure can.

Q: You know, I have one kind of specific question and I'm at a cross-roads and it's been evolving over time and the masters will be aware of that because I've been trying at every step to open myself in a way that I move toward what's right and aligned with the divine. And it's reaching a point where there's a crossroad and the decision that's been made seems quite right, but the intellect has a way of starting to question what seems so crystal clear, and what I wanted to ask or just put on the table. I'm not sure what I'm even asking. I guess what I'm trying to discern is if the path that appears to have been chosen is still the right path and I should put all my creative energies and follow it.

#### Trust the Path Chosen from the Heart (Rumi)

Okay. We'll move to the masters. What have you to say about this? First of all, who wants to answer? Okay I feel like Rumi wants to answer and Rumi what do you want to comment on this? He's saying **the path when chosen from the heart is the path to be trusted**. When the heart says this is it, trust that. He's saying the intellect will always have reason to worry; the intellect will always have reason to say "oh but what if this, what if that, oh my goodness, gracious" you know, on and on and on... because again that's what the intellect was designed to do. It's just that in our modern society we have let the intellect run rampant because so much energy and so much emphasis has been put on feeding the intellect rather than developing the heart. He says you know years ago in different societies and even currently in some societies the heart is honored for the wisdom that it has inherent within. But he's saying modern societies have sort of gotten it upside down and put so much emphasis on the intellect that the intellect is doing a job that it was never designed to do which is why it spins constantly and why it worries incessantly and why it will never shut up. So he's saying because of that, because the intellect.... he's saying it's as though you know the intellect was designed to do one thing and was put in a totally different position. He's saying for example if you have an intellect that's designed to drive a car and instead it's been put in a tower and told to be the air-traffic controller, it is in a job that is so far over it's abilities that it is in a constant state of fear. And so he's saying that's sort of the state that many find themselves in and that's why the intellect spins because it's in a position that is just way over its head. So he's saying when you enter a path that feels right from the heart center, tell the intellect to be quiet and trust what the heart is telling you and let the intellect know that it's job is to keep you safe, help you drive your car, pay the bills, dot the I's, cross the T's, that's it. The heart is in charge. Your job is to help take care of the details, but the heart is driving the bus. And he's saying by doing that you can remind yourself and you can feel more comfortable with the choice that you have made because he's saying the choice that you have made is from the heart. He's saying if you allow the intellect to take over, the intellect will continue to sabotage until you now doubt your choice to the point where you can't enjoy your choice. You understand that?

Q: Tell Rumi it's well said.



Dinah: Okay, so don't let the intellect sabotage this opportunity for you. Tell the intellect to simply dot the I's, cross the T's, pay the bills, drive the car and be quiet. And allow the heart then to take this thing that you have created, this path that has opened up for you and make the most of it, and enjoy it, and water it, and tend to it, and turn it into the garden that you intended for it to be.

Q: Thank you.

Dinah: He's bowing. He says thank you. Other questions?

Q: Dinah? Hi it's June.

Dinah: Hi June.

Q: About a week ago at night, it was like a statue—a yogi statue. And I know it was female and then they showed it to me once and the back was away from me, and the second time they showed it her head had turned. It was like... kind of like a charcoal with gold glitter and then after that...

Dinah: I'm sorry it was what? It was like a what?

Q: I felt it was like a female statue like a yogi and it was like a charcoal gray and it had gold glitter in it. And then the second time they showed me it and like her head had kind of turned towards me, and then after that I seen like a black scarf with gold glitter but I didn't know how to interpret it. I didn't know like why they were showing me that.

Dinah: Okay. And you saw that about a week ago you said?

Q: Yea.

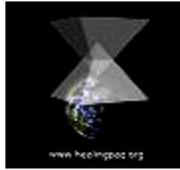
Dinah: Okay... let's see. I feel like what that was symbolizing was it was sort of a message to you from divine to start connecting with the wisdom inside of you. I don't feel that it was a specific entity. I'm not getting any information that it was a specific entity saying "look at me. Talk to me." It was more of a reminder to you that you have this wisdom within you and encouragement from divine to tune into and open up to the wisdom that is within and the wisdom that is flowing to you from divine.

Q: Okay. Thank you.

Q: Hello, Dinah?

Dinah: Hi.

Q: This is Suzanne. In the last few months I've been having a lot of weird symptoms with my hands—lack of circulation and different things—and I feel as if it's because I'm not being able to manifest the work



that I'm supposed to be doing with hands. But I feel really blocked so I wondered if they have any feedback about that.

Dinah: Okay. You're—so that I'm sure I'm understanding—you're feeling blocked energy in your hands. You're feeling sort of this numbness and tingling kind of thing and you're wondering if that is a signal of something else about being blocked to your own manifesting abilities. Is that correct?

Q: Yea. And if there's anything I need to know about what's going on with my hands.

Dinah: Okay we're going to Ostad for this one. Ostad what have you to say about this? Ostad is saying that it's kind of a... there are a couple of levels of this. First of all do you do much in the way of physical activity?

Q: Not that much, no.

Dinah: Okay. I feel like part of this is actually about encouraging you to increase your own physical activity. That there's some energy in your body that is blocked. Because you need to move your body more. You need to move and especially that neck and shoulders and really get that upper body moving and get the energy flowing. I feel like—I don't know much about this—but I feel like he's suggesting yoga

Q: Okay.

Dinah: As a gentle movement that could be really good for you. Another good avenue for now as a support to that, you know, if you could find a yoga class that would be great, if you could find massage would be another way of moving that energy. It's all about stuck energy at this point and you really want to get that moving for your own health. And as far as manifesting energy, Ostad? He's saying certainly it can... you know, the "stuck"ness that you feel internally you are prone to notice externally and because of that we would suggest to you to being aware of where you feel that stuck, feel that within the outer part of your life whether it's your job or your hobbies or whatever, relationships, wherever you feel "stuck"ness. Start creating the intention of having better flow and start seeing things—he's saying what's happening is that you're kind of in a pattern right now where you're lamenting what is and feeling confounded by what is. And he's saying by doing that, you simply perpetuate that. You know about like "oh, you know, this... I wish this were different. This is another day of this, another day of this" and by doing that you are creating more of that. So he's saying be aware of where you feel stuck, be aware of what you are wanting to change and then start inviting and seeing that change occurring organically and inviting it to be so. So, if it's for example a job situation that you're less than happy about, rather than lamenting a job that you're less than happy about, start being grateful for the job that you have. Start looking for reasons to celebrate where you are, start looking for the good stuff in the job itself, and inviting new energy to come in and see where that goes—whether it's either learning to love where you are or being then... freeing up yourself to move into something that is more in line with who you are. But all of this is to plant the right seeds he's saying as Lao-Tzu talked about earlier.

Q: Great. Thank you.



Dinah: Other questions?

Amean: Dinah, can we get a status on the progress of the global healing and progress that the masters see in this process that we are doing?

Dinah: Okay, Ostad. What have you to say about healing—the global healing project? Ostad is saying with certainly a lot of love and gratitude that the power of community intention is... he's saying it is a blessing—he's using the word a blessing. So as these classes come together, as groups of people come together with the combined intention of sending healing energy into Mother Earth, of course without doubt the earth feels it, accepts it, benefits from it, and healing does occur. He's saying absolutely the earth has benefited from energy that people have been lovingly sending to her as an organism... I feel like what he's saying is that you know we're looking at a spectrum. You know, when we look at a spectrum of health and illness where optimal health is on one side and death is on the other side as two extremes, and where we find Mother Earth in that spectrum, he's saying absolutely this combined, unified intention has helped to shift Mother Earth up the spectrum from severe illness toward wellness. He's saying you know are we at optimal health? No. Are we better than we were before? Absolutely. He's saying that the earth is healing from... he's saying—it's interesting. I haven't really heard this before—but he's saying what's happening is sort of this combined healing where because of this unified intention, the earth is healing both from the inside out and the outside in. I guess I've never heard him clarify that quite like that before but... so he's saying what that's doing is helping to create a more balanced, healing journey and healing process for Mother Earth because certainly the entire organism is in need of rebuilding and repairing and rejuvenating and because the energy as it's being emitted, because of the way it's being emitted, it's working from the inside out and the outside in, and creating a much more balanced movement toward health. So that's interesting. So he's saying yes, it's a good thing. Are we there yet? No, but we're moving in the right direction.

Amean: That's all good news. Thank you.

Dinah: Is there anything else that you wanted to know? Anything specific or is that it?

Amean: I'll give the opportunity to other participants if there's not another question, I'll come back.

Dinah: Okay, other questions? No need to be shy.

Q: Hi Dinah. This is Raha.

Dinah: Hi Raha.

Q: Hi. I wanted to first again bow, and bring forward the peace and blessings among all the masters that are present and all the teachings and the wisdom they have shared. It is my first time hearing you so I am quite... I feel at home. I just wanted to let you know about your comment this morning that your transmission resonates very pure in the heart, and so that you're truly a gift.



Dinah: Thank you.

Q: If you have time after... I don't want to take up time of the participants, there's a few things to share with you if you're not exhausted.

Dinah: Sure, that's fine.

Q: Thank you.

Dinah: Stay on the line, and I'll hang on as well.

Q: Thank you, but in the presence of the masters especially all that was spoken from Lao-Tzu and Master Shams and Rumi, I did not hear that you mentioning Jesus was present.

Dinah: I believe we did. When Jesus moved to the other side, typically on the other side he's known as Sananda. I'm pretty sure we said Sananda was here. I could be wrong.

Amean: No, you did mention Sananda.

Dinah: I don't know why, but I've been told and it seems to resonate with me that now he's on the other side he's known as Sananda and I don't know why.

Q: Okay, well I apologize it is a lack of my knowledge.

Dinah: Oh, no problem.

Q: I have been in your presence and I wasn't familiar with the term. Thank you for clarifying that. The point that was a pondering thought for me as I was listening to the masters in the garden that we tend to, and I was wondering if we may look at... if sometimes we're trying to have a pear garden and then in the middle we get that radish, if we have been surrendered and submitted to the divine will and have accepted that divine plan is the only thing that unfolds and manifests in our lives, if we've already put out that intention and know firmly that it is so, and yet one day we'll look at the garden and we see that we have not only see a radish bush that we could easily take out and throw away because it was not our wish or our will, but instead perhaps we have something like a big huge fig tree that has grown so big that it was not our intention however it's so huge that humanly—one by oneself—cannot uproot it. Given that Jesus says that you could do what I did and greater things, and knowing that to be true that if it was my will I would not have put that fig tree there, I would not have mixed the seeds and made that kind of mistake and being submitted to the divine will that it was, the will of the beloved, for that seed to get mixed up and for that fig tree to come up other than something I had willed, can you look at your garden in that sight and would the masters still care to comment on how we can look at our garden if it's not our will but look at it that it's the divine will and learn to just enjoy maybe the shade of it if it wasn't



what we wanted so be it, but maybe we can find something beautiful and beneficial to still enjoy in that garden from an unwanted seed.

### Align Your Energy with Divine Energy (Lao-Tzu)

Absolutely. What Lao-Tzu is saying is that when he was talking about the radishes versus the pear tree, he was talking specifically and only about our intention—that if we have the intention of wanting to connect with divine and wanting to be in loving presence, we can't live in crabbiness. We can't live in crankiness and "complaining"ness and whininess and expect then to be aware of divine energy around us because the two are not in resonance with each other. In order to tune into the vibration of love we have to be in that loving state and so that's what he's saying we have to be aware of the seeds we are sowing. If we want pear trees, if we want love, if we want to be aware of it and surrounded by it, we have to plant seeds of that, that's what he's talking about. He's saying that we're not promising that divine won't throw another kind of tree or another kind of something else in our garden for us to learn from; we're not saying that but we're saying that our job, the human job, is to be aware of what we are planting and to **be aware of our own energy emission and to align our energetic emission up with the divine energetic emission** so that we are... you know, if we live in a state of whininess and "complaining"ness we can't then feel like divine has abandoned us because what's happening then is we're not getting ourselves in line with divine mind. Once we are in line with divine mind, when there is an occasional radish or fig tree or rhubarb or whatever it is that comes along the way and is part of the garden, we then bless it as the fullness of the experience given to us as part of this physical existence and we can be happy no matter what's in the garden because it's all part of that divine path, that divine mind and that divine will. So he's saying the challenge when he's talking about sowing seeds, he's specifically saying get our will in line with divine will and then it's all good. But as long as we have a vibration that is opposite of divine, we're going to have a real hard time getting into that garden and seeing that garden as something beautiful because we're always going to be wishing for pears and planting radishes. So when we can get that in line and we can say okay I'm wishing for love, I'm wanting to be aware of love, I'm going to plant the seeds of love, I'm going to water the seeds of love and I'm going to live in a loving vibration and a loving state of mind, then anything that pops up in the garden is part of divine mind and part of divine will and then it's all something to be celebrated.

Q: Thank you. Thank you very much for the words and the wisdom.

Dinah: Thank you. Okay time-wise I'm wanting to be respectful of everyone's time. It's five after so for anybody who's wanting to tune out and move on with their evening, thanks very much for joining us and lending you energy to the energy of the group, and for anybody who wants to stay on and have any kind of closure, I'll be here. Amean, maybe you want to open up all the phone lines now that we're pretty much done?

Amean: Okay. If you folks have any questions, please feel free to ask. The best thing I can ask you guys is, you know, through the day when you come across your challenges, just be aware you have a choice of circulating energy within you and also benefiting Mother Earth as well as tapping into the divine energy and that is the other choice that you have along with the choice of you know feeling frustrated or anxious or stressed out about the situation at hand, and I have personally tried that many many times and what I can tell you 100% from my personal experience is the minute we start giving, there is tremendous amount of energy exchange that



occurs and through that gaining, the total sensation we may have toward the situation changes and we really start seeing the goodness in that situation and welcome the challenges so we can overcome them and heal them and think about the entire situation from a healthy perspective. I wish you all best week ahead and love you and look forward to seeing you again in future classes and just, you know, circulate the energy for yourself and everyone will benefit from it—you as well as the environment. Love you all. Bye bye.

Q: This is Darius. Hello? Hi. I just wanted to thank you. That was marvelous hearing all the ascended masters talking—that was really great. But my question was about the meditation—you know, the opening meditation.

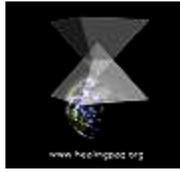
Dinah: Right.

Q: Because when we were on the bridge—and... You know whatever I met there it like really knocked me almost senseless. I'm almost still kind of reeling from it; it's sort of like... it brought with it a great sense of urgency and it was sort of like the type of feeling of “no more fooling around and God is God and you better recognize”—you know, really strong, really powerful... how should I say... awe-inspiring type of thing. I wonder if anybody could give me a clue exactly what that was.

Dinah: Sure, let's see, who wants to... Ostad. Ostad can you tell us who that was? You're saying that it was a very strong energy but that it was positive, correct?

Q: Oh yea, I believe it was positive.

Dinah: Okay. I feel like Ostad is saying that the energy that you felt was Metatron's energy—archangel Metatron? And that... and Metatron's energy is big. Metatron's energy is very... you know it's there, it's big, it's like a semi compared to you know a tiny little Fiat. We're talking about big massive energy that's coming. It's certainly whenever you feel Metatron it's a gift because Metatron is a very high, very ascended being. But certainly his energy takes some getting used to and I feel like what Ostad is saying is that you have the gift of clairsentience which is the gift of being very energy sensitive, being very much able to feel energy, and so when energy starts building for you or when you start feeling the presence of energy, you feel it in a much more amped way than many people would. And so what Ostad is saying is that what this is certainly the message was yes—you know like encouraging you to refine and build and continue to nurture your connection to divine but because of your clairsentient abilities it came in as a semi-trailer rather than something a little more mellow and so what this is about is just learning to... handle these energies as they come to you and if they seem really strong or really like they're going to knock you over, you know, to just let them know that and say “whoa, whoa, whoa—you know, can we... can somebody please help me to interact with this energy in a way that is less overwhelming?” It's really just a tool... Are you—and I don't know... you know if you look at when you learn any new skill initially it seems very overwhelming, but that's all this is; it's a new skill for you to be aware of and so as you go into meditation opening to energy gradually in mediation will help you and learning to... sort of be aware—be mindful of your own energy as you're doing this. I... it's sort of like... and I don't know why they're showing me this analogy. It seems so odd to me but I'll just say it. I don't know, are you a bowler? Do you bowl?



Q: Am I a what?

Dinah: Do you bowl? You know, like bowling in a bowling alley?

Q: No, I've never bowled in a bowling alley—well I have but it's not something I do all the time.

Dinah: Because what they're showing me is like when someone is learning to bowl, initially when they try and throw the ball, first of all it's heavy, it's awkward, the shoes are slippery, it's hard to keep your balance, you know there's all this stuff that's going on as you first get into it and it seems like oh, this is just too hard—it's slippery, it's awkward and it's odd and you know that's sort of the stage that you're at right now but they're saying as you continue to work with it, and as you continue to throw the ball and as you continue to learn to work with the slipperiness of the shoes and really kind of hone this skill, you will be able to keep your balance no matter what energy comes at you and no matter what shoes you're wearing and no matter how heavy the ball is, you'll learn to have this sort of refinement of energy exchange and that's what it's about. So what Ostad is saying is don't let it throw you off kilter, keep picking up the ball and keep practicing throwing it and you'll see that you will really be able to sharpen this skill.

Q: Okay.

Dinah: Does that make sense?

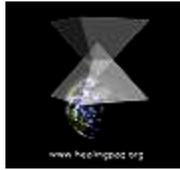
Q: Yea... I mean towards the end it actually got to be quite a pleasant experience but it was not like it was... it's hard to describe, you know.

Dinah: Yea, well I understand and that's kind of what energy is and when we're dealing with these really high vibrations like Metatron, it is big energy and the other thing is that that energy what Ostad is saying is the other thing that is so... I don't know what the word is—awakening about that energy is that it goes right to the heart. Completely bypasses the intellect and goes right to the heart and it's really quite awe-inspiring because it speaks right to the heart and if that's something that is more foreign to us, that too can sort of knock us off our center a little bit. But he's saying it's really a lovely thing and a lovely gift and he's sort of applauding you for being opening to it, for receiving it and being able to acknowledge it and he's encouraging you to keep going with it because he's saying that—having energy that speaks to your heart like that and being open to it is a lovely gift and one that will continue to benefit you if you keep working with it.

Q: Thank you. Yea, this is a little bit new to feel something quite like, you know, this for me. So I'll keep going with it and see what happens.

Dinah: Great. Thank you.

Q: Hi. Dinah? I just wanted to thank you so much and the masters for the beautiful gifts you've given today and that I dedicate to plant these seeds in my heart.



Dinah: Thank you very much. The masters are really loving, wonderful beings and you know I can't take credit for any of this; this is all them. It's really lovely stuff that they're sharing so thank you for being part of it.

Q: First of all I had an opportunity in the afternoon to listen to the first part of your channeling this morning and being the first time this kind of communication with the masters it was a blessing because I could hear them so much more clearly, and we really thank you for being such a beautiful, clear instrument.

Dinah: Thank you.

Q: I feel like I've been invited to a big party that I don't have to do it by myself; there's a whole party of them—wonderful. In the listening to the first part, there was a part that you were I believe communicating with Ostad and I believe he was talking about us reconnecting or something and you were trying to use a word to exactly get what he's saying and then you said "re-what?" and you were asking him what is he trying to say and then said a few other words. And as I was in that meditative state of the presence that came to me was reunite.

Dinah: Oh, okay. That's lovely. Thank you.

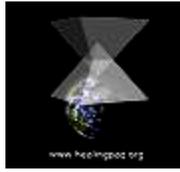
Q: You're welcome. And the other thing is in the enumeration of the masters and the beings that were present, you mentioned if I heard it correctly Rabyia? Okay. Is this the same Rabyia that was the single mystic of the Middle Eastern world that always remained single and never got married and she was a mystic and her poetry is quite well-known in Iran?

Dinah: I believe so. I don't know a lot about Rabyia. I know that yea that she was a mystic from long ago but I... she's actually come in for some other gatherings that we've had and she works specifically with another individual that has taken these classes and so I believe that it is the Rabyia from history but I personally don't know a lot about her. I just know that her energy and her vibration and I know that she's a very lovely, very wise being.

Q: Right. I know her for the immense love that she has for the beloved and she came to me in my journeys as a master as well for a short period of time and some other masters that are now ascended as well gave me this name Rabyia. So hearing her name there I was kind of... it was joy; it was a joy to hear her presence as well.

Dinah: Good. I'm glad. She's a really lovely, very wise being. Whenever she's present, I really appreciate her presence.

Q: There's just one last thing and that's about the meditation that you do. You take us to the top of the mountain and then the Bridge of Light, and again this being the first time that Amean has been so kind to invite me



Dinah: Sure and just to let you know the Bridge of Light is really nothing more than a meditative tool. It's just something to kind of help people get into that state of meditation. For some people just simply moving into diamond is enough, for other people having a little bit more of a guided process can be a little bit more helpful so if it appeals to you great do it, if not it's not necessary; it's only a tool. So take it or leave it, whatever feels more comfortable to you.

Q: Well what I'd like to do with it, would love to offer to do with it, is to offer you a picture. I know you're clairvoyant and you've seen these mountains and these locations in the space, in the universe quite often and probably better, but I just thought I'd offer you... there is a mountain—and in the morning you were channeling Prophet Mohammed. So what was interesting to me were the coincidences, and what I was wondering if you know or have seen the mountain called "Mountain of Light" where Prophet Mohammed meditated in for forty days before he got the first revelation?

Dinah: No, I have not seen that.

Q: I thought it was kind of interesting and I guess we all have our own role in the universe. It just so happens that I have some pictures—one sitting next to me in my desk and I was wondering as a token of reciprocation of all this beauty that you have shared maybe I can share that with you and perhaps with other people that have some sort of connection with Prophet Mohammed and the mountain and the light mediation. It just so happens that it is somewhere near Mecca and that I've been there about ten years ago and have pictures of this mountain and the cave where Prophet Mohammed actually stayed, and I thought if you would be interested because it was interesting in this meditation you brought up the top of the mountain and then there was this bridge—the Bridge of Light—so if you like I can forward this to you?

Dinah: Yea, that would be really lovely. I would really love that.