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(Recording Clock: 24:09)

Present Masters: Prophet Mohammed, Ostad Parvarandeh, Master Quan, Rabiya, Fatima, both of the Marys: Mary Magdalene, Mother Mary, Sananda (Jesus Christ), Moses, Solomon, Many Lives, Rumi, Baal Ha-Sulam, and many more.

Channeling

Energy Follows Intention (Ostad Parvarandeh)

(Well, as has been the tradition in each of these classes Ostad always starts by bowing and thanking everybody for taking the time, taking the time to be present, taking the time to carve out a place for Divine within your life.)

Know that when you take the time to carve out space in your day for Divine, that space will always be full. It is our guarantee that any time you make that space, anytime you create that opening for Divine, all you have to do is create the opening and Divine will immediately fill it. There is no maybe there. That is an absolute guarantee. That is an absolute promise from Divine because Divine energy is everywhere. It simply is. It's a given. Every molecule of energy is full of Divine, is full of God, every breath of air that you take, every bit of light that you see, every sound that you hear, anything that you can sense with your five or six senses, everything is nothing more than a container for Divine energy. So, all you have to do is create the space, create the desire, create the opening in your heart, in your day, in your time, in your schedule, wherever the opening is, it sort of has to be all of that, but wherever you create an opening, whenever you create an opening, Divine is immediately there waiting to fill it, waiting to fill that space.

So, we are grateful. We are celebrating the fact that a group of people has intentionally created space for Divine in their day, in their week and we want you to know that we are grateful because lovingly and selfishly, when one person opens to Divine, everyone benefits. He talked about this many times before and he is referring to it again, in that everything is connected. If you think about it, it only makes sense. If Divine is everywhere and Divine is the connecting energetic between all things then, whatever we put out is shared with everyone and



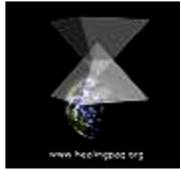
everything. So, whenever that sacred space is created, every molecule benefits, every being benefits, every bit of energy in this realm is benefited by opening to Divine and creating sacred space.

So, as emissaries of light, as emissaries of Divine love, not only we are happy for you when you open to that energy but, we are happy for us too because we benefit as well. We know then that Divine energy is as more places are open for that Divine space to be filled, for that Divine energy to fill itself in, then we know that it's like watching another plant grow, watching another flower bloom, watching another blade of grass pop up. What it translates into for us is having the joy of watching growth. And we revel in that. We celebrate that. We encourage growth. That's what it's all about. It's all about growing back to Divine, reconnecting with Divine, recommitting, reopening, remembering Divine. So, that's what this is all about. He is encouraging everyone to continue to open up spaces for Divine. As you do that, you will see changes, you will see growth, and you will see shifts within yourself. So, whatever amount you have opened now, celebrate that amount. Whether it's once a week taking time to remember Divine through these classes or whether it's once a day, whether it's once an hour, whatever it is, whatever you are doing, celebrate what you have created. Have the intention of continuing what you have created. So, whatever pattern you set up throughout this class continue that pattern as a minimum. And then, have a goal of growth, of expansion, of opening to divine more gradually, but certainly, more consistently, so that you can create bigger and bigger spaces within yourself for Divine to fill. The reason that we are encouraging that is that connection is there. You heard Amean before refer to it as "free subscription". Absolutely, everybody has that connection. Everybody has that ability to have that one-on-one direct connect with Divine. That connection can be as small or as great as you determine. We are the ones that decide how much time we are going to set aside, how much intention we are going to set aside because, as I said many times before, **energy follows intention**. So, the minute you put out an intention, the minute you say this is what I want or this is what I intend to do, the universe responds to that intention. Universe says: OK this is our call. This is our call to help. So, as you do that, you have to keep in mind the magnitude of what you are doing.

For us, people, human beings, our physical form, can cause us to be somewhat fickle. We, on the other side, understand that and we deal with it. But, we want you to understand what it looks like from our side. So, from your side of the fence what it is, is I want to learn to meditate. So you put that intention out and then Divine lines up the energies and the helpers to help you with that. So, if in your head you are saying, I think "I'm going to learn to meditate. I think I'm going to maybe meditate before I go to work. That's my goal. Before I go to work each day, I'm going to learn to mediate." So, what often happens for many people is they find themselves waking up at very early hours. And they are like gush what is going on? Why am I awake at 3:00 o'clock in the morning? This stinks. I don't like this. So they go back to sleep. But, what that is, is Divine helpers saying: "OK. You wanted to learn to meditate. Get up. We are here. Let's go." But, we don't recognize that or sometimes we do recognize that and we say: "Are you kidding me? 3:00 o'clock in the morning? I'm not getting up now."

And so, we sort of start the intention and we stop the intention and we start it and we stop it, we start it and stop it and that is what impedes growth, having that inconsistent intention because we don't have that inconsistency on our side. On our side, we hear an intention and it is our duty that we are assigned from Divine to assist in that manner. Divine will say: "Jo wants to learn to meditate. So, you go help." So, it is our duty to then help because it is ordered by Divine, in response to your intention. So, you need to **understand how potent, how powerful, and how important your intentions are**. And then, how important it is to stick with those intentions because we are here, whether you show up or not. We are here. So, **have the intention and know that without a doubt you are supported. You are guided. Certainly, you are loved through the process and we are here for you.**

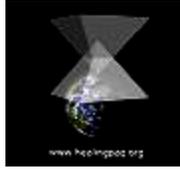




You also have to understand that as we talk about this intention and as we talk about consistency of intention we don't want to give you this information for you to use it as something more to beat yourself up about. We understand that the other thing that comes hand in hand with physical existence and physical form is self-doubt or not having many people struggle with self-esteem, self-concept that kind of thing.

If you are awakened at 3:00 O'clock in the morning and you don't get up to meditate, don't use that as one more reason to feel terrible about yourself. We tell you this information as a way of letting you know that you are supported, letting you know the power of your intention but, we don't want to give you one more thing to feel bad about.

Having said that, then work with your intentions and work with the consistency of your intention. If you don't do it one day, let that go and have the intention to do it the next day or to be more fully present or to actually get up and do it, or whatever, whatever the case is. If it doesn't work one day don't use that as an excuse to be frustrated. Let it go and move on and trust that Divine will be with you the next day and the next day, and the next day after that. Because while you have the intention to meditate more or connect more or open to Divine more, whatever the intention is, you have to understand that you are working in conjunction with Divine intention. And Divine intention is always positive, it always loves, it's always giving and positive. You know that motto, "At first when you don't succeed, try and try again." Divine intention is the strongest intention in the universe. And Divine intention is love. Divine intention is support. Divine intention is that to lovingly envelopes and fills every molecule in the universe. So, trust that as you exercise your intention of opening to Divine, what you are doing is also coming in line then with Divine intention which is to invite you in. That's always been Divine's intention, Divine intention is to say: "I AM here, I AM waiting," and to be there for you. So, know that really he's likening it to a radio dial. If your intention is to turn the radio dial, keep turning it within until you get to that Divine frequency and that Divine intention. Know that Divine continues to blast the signal. That radio station is never off the air. That radio station is always blasting, always welcoming, always singing, always praising, and always there in a positive manner. And all you have to do is keep turning your dial until you connect with it. Until your intention and Divine's intention are right in line with each other you get that signal coming through and you know OK this is it. That's what meditation is that is what intention is. Intention is getting your dial in line with that exact radio frequency and saying: "OK, now I'm getting a station." That is intention. And then, once your intention is in line with Divine intention, then opening the space is equivalent to turning the volume up and sitting down and listening to the radio. And **some people do that through meditation. Sometimes their meditation is sitting still and going into the void and really opening to that Divine intention. For some people, their way of connecting to Divine is through juggling or walking in the woods or watching the sunset or being there in the sunrise or taking a walk in the rain. There is no right or wrong way to connect to Divine. Every body's radio dial is set a little bit differently based on their own personal make up.** So, how you do it, is not the issue. We do not expect every person to sit on the floor on a mat for forty five minutes every single morning if that is not how they connect to Divine. Each person has to learn how they connect to Divine. Meditation can be one of those ways. Meditation can be a good piece of that puzzle. It is important to also honor other pieces of that puzzle and to know that you can have that Divine radio station on all the time. And that the key piece of this is to be aware, be open, and be ready to access that Divine radio station as often as possible throughout the day throughout the week and to tune in and listen because that's how Divine fills that space within. Is by blasting that radio station twenty four hours a day and waiting for you to get your dial where you can hear it.



As you are working through this process, as you are opening up to this process, remember how important and how potent and how powerful your intentions are. Remember that when you set the intentions, the energies from Divine are lining up to support you. Divine is already sending beings of light from the other side whether they would be ascended masters, archangels, whatever, they are there, they are waiting for you, they lovingly want to welcome you, and they are standing at the ready until you then move into that intention.

So, there is the mental having the intention and then the actual physical following through of it. Know that we are here supporting your follow through and encouraging it and hoping that even if one day it doesn't work, that you'll show up the next day and the next day and the next day

We really *are* here as supporters and cheer leaders and loving big brothers and big sisters to help you on your path to strengthen and remember your connection to Divine.

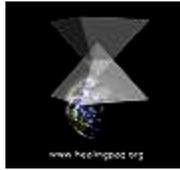
Joy (Baal Ha-Sulam)

Baal Ha-Sulam wants to add a piece to this. He is talking about joy. And he's talked about this before in other sessions where he's agreeing with Ostad that it really *is* about fine tuning that radio station and reconnecting with Divine and then working on having that radio station on and with you at all times and really what it is, is that what happens Divine does not stop blasting that message, that frequency, that radio station. What happens is when we go about our day and when we go about our busy life that radio station can get fuzzy, not because Divine is not broadcasting, but because we are not paying attention. And we are not having the intention of having that clear connection all the time.

So, often times during the day what's required is for us to stop, take a breath, regroup, and reconnect our radio dial to the frequency of Divine and then carrying that with us as we move about our day. As we do that, he is encouraging you to do it in the spirit of joy. Do it in the spirit of celebration. Don't do it in the spirit of "Oh my gosh! I did it again! I got busy on the computer. I completely forgot to think about Divine for the last five hours. I'm such a jerk!" That's not how you approach Divine. You have to remember that Divine created you. Divine loves you. Divine holds you in the palm of His hand. God, creator, whatever, when you go about your day and you are busy on the computer and then you think to yourself "Ah! Ahhh! I did it again! I did it again! I'm not connected. I'm totally in my head. I'm not connected at all." Creator does not wait for those five hours, tapping His foot, with His hands on His hips saying: "Aha! Aha! You forgot me again!" That's not what God does. God is holding you in the palm of His hand and is lovingly emitting His radio station, lovingly emitting that energy of love and watching you and saying, "I AM here!" So, that when you snap out of it and say: "Oh! Uh-oh! I have completely forgotten my connection to divine. I have to stop and reconnect here." At that moment Divine is celebrating. Creator is celebrating. God is celebrating. At that moment God is saying: "Woohoo! You remembered! Good for you. My loving child remembered me. My loving child is opening to me and remembering me a little more today than yesterday. What a joy! How wonderful! Good for you."

Creator loves you. God loves you. Divine loves you. In order to connect with that, you have to love yourself. You have to **see yourself as creator sees you** which is a loving being that simply needs to remember, a loving being that has been invited to reconnect. Think about this and think hard. If you are trying to connect with God and beating yourself up and seeing yourself as unworthy, seeing yourself as awful or holding these negative attitudes that keep you feeling less than and awful about yourself, you have to remember like attracts like.





Magnets attract each other. Frequencies attract each other. Frequencies match. There's a resonance. So, if you are sitting on your meditation mat or watching the sunset trying to connect to Divine thinking, Oh I'm such a jerk. Oh I should have done this more today. I failed again. I'm terrible. I'm never going to get this. If that is the vibration that you are emitting, that is completely opposite of the vibration that is inviting you to join it. So, it is important to get your personal vibration in line with the vibration of love so that you can more easily move to the creator because **like attracts like. Energy draws energy that is like itself.**

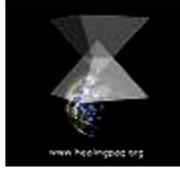
So, as you go through your day, as you go through your week, look for reasons to feel joyful, look for reasons to feel celebratory, look for reasons to appreciate, to feel gratitude, to feel blessed, to feel loved. Because as you can invite that positive beautiful energy into your heart, it melts away the shell around the heart that doesn't serve you anyway. And then, from that point, it lets your heart naturally seek the energies that is like itself. And it opens up to the energy that is being emitted by Divine. So, as you do this, that connection with Divine will become so much easier because you will be in the similar frequency.

Using Ostad's analogy, you can't search for FM 93 or Divine FM 95.2 or whatever station Divine is blasting at, when you are on AM 100.7. If you look at these as positive and negative, if Divine is blasting this pure positive love at 95.2 and you are looking for that with all your being, you are looking for 95.2 trying to come in line with Divine and you are sitting on your meditation mat or you are walking in the rain or you are sitting in front of the sunset saying: "Got to open to Divine. And Ah! I just can't get it. I can't get it and I don't know what's wrong with me. I must be really messed up. Other people must be so much further ahead than I am because I can't get there and shame on me. I've been a screw ball since forever and I'm just never going to get it." Well, what that is, is you are stuck on that AM negativity dial and you can flip that dial from one end of the radio to the other and move it up and down and up and down and you are not going to be able to hear the Divine channel blasting because you are on the wrong frequency.

So, whenever you start beating yourself up, remind yourself you've just flipped yourself to AM. You are on the wrong path. That is your key. That is your guiding system. So, whenever you start grumbling, "Oh Sorry." Flip the switch. "Got to go back." Flip it again and start appreciating because as you appreciate, as you emit appreciation, gratitude, love, joy, as you move into that higher spectrum, you flip your switch from AM, negativity, to FM, positivity, and then you are able to shift the dial and find that Divine resonance. And that's the key. **Watch yourself, watch your thoughts, watch your emotions, and watch your habits because these things will dictate your ability to connect.** These things will either help or hinder your ability to tune in to Divine guidance and to feel that connection. That's what determines the connection.

Divine, God, Creator, whatever term you want to use, is. Divine is, at all times, in all ways. Divine simply is. Divine continually emits that loving positive beautiful energy and is sending that invitation out "24 by 7." If you are not hearing it, if you are not feeling it, if you are not connecting with it, it doesn't mean you are an awful person. It doesn't mean that you have messed up. It's none of those things. It means you are on the wrong frequency. It means you are on AM. It means you are simply not paying attention to your own energy, your own frequency, your own vibration that you are emitting.

So, if that's the case, doesn't it now seem so much easier to say: "OK. If that's really all it is, if that's really what I have to do, then so be it. I'm going to watch my thoughts, I'm going to have the intention, knowing that I am supported, knowing that immediately when I decide to have the intention to be more positive, Divine is going to send helpers to support me in this process, to help me find the Divine channel much more easily, much



more frequently and to stay with it much more consistently.” Doesn’t that then seem like wow! OK. This isn’t all that difficult.

As you do that, as you say “God, Help me find you. Please help me find you on the radio dial. Help me. Help me to recognize the station that you are blasting and to tune in to it as often and as consistently as I can.” Then, what happens is that, that prayer is answered. That prayer is immediately answered. Helpers come to support you in that process. So, then as you are walking in the rain thinking, Ah! Dog gone it I did it again. Nob! Now you have a loving angel, a loving master, a loving being of light that is going to kind of knock on the head, give you a little knock and say: “Uh-oh! Negativity! Back up.” So, that those beings of light are going to help you to recognize, in whatever form is right for you whether it’s a little knock on the head or a little push somehow as a way to say: “No. No. Not the right thought.” As you get those reminders, thank Divine for that reminder. Don’t use it as another reason to whip yourself. Simply thank and bless the reminder. By doing that, that support and those reminders will continue and you will find the dial and the station much more easily and you will stay hooked and tuned in to it much more consistently.

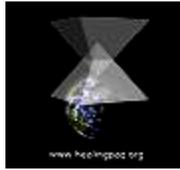
Journey of the Heart (Prophet Mohammed)

(Prophet Mohammed is speaking very gently, very lovingly. He too is bowing in thanks to everyone for taking the time to do, set aside a piece of their day for Divine.

This is the journey of the heart. Keep in mind that this is a journey of the heart. This is about opening the heart. We think that this life time is about the head. We think that this is about getting a better education, getting the better job, accumulating whatever it is, whether it’s knowledge, possession, or money.

We come into this life time sort of with an upside down expectation that is unfortunately fueled by the times that we live in, that this life time is about accumulating. We would encourage you to shift your focus about a “foot south”, from the head down into the heart. When you do that, you will immediately see the difference. When you shift that focus from the intellect into the heart, you will see what the heart cares about. We invite you to do that now. We invite you to move your attention into your heart center. We invite you to look with intention, asking the heart what it wants. If you do that, it is our guarantee that you will see that when you ask the heart what it wants, the heart is not concerned about any of those things.

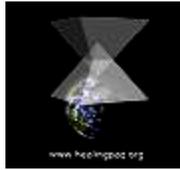
If you switch your focus to the heart and you completely leave the head behind, if possible, as much as possible, you will see that if you say to the heart, what do you want? What can I do for you? Where do you want to go? The Heart is not going to focus on a better job, more education, more money, bigger house, more this, better that, etc. etc. If you shift your focus into the heart center, the heart center has a blueprint of its own. The heart center has its own agenda. **The heart center is the homing device. Your heart center is like a homing pigeon.** Your heart center is always going to say, “I want to go home. I want to connect to home. I want to call home. I want to talk to home.” When you ask the heart what is home. The heart is going to say: “God.” It is our guarantee that if you do this, if you listen to the heart, the heart has its own map. The heart has its own blueprint. The heart has its own desire saying: “if you listen to me I can take you home. I can help you find God. I can help you remember God. I can help you reconnect to God. That’s my job but you don’t hear me. I keep pumping. I keep working. I keep patiently waiting, lovingly hoping that you will open up to me and when you do, we will work together to help remember and reconnect with God.”



Prophet Mohammed is echoing and building on what our other two masters have said which is about that reconnection to Divine, if you use that radio station example that was given earlier by Ostad and then build on by Baal Ha-Sulam, that using that analogy, the heart center is your dial. Your heart center immediately knows whether or not you are moving toward the station or away from the station. So, we would invite you to every day, tune in to your heart center. To every day tune in to that quiet and have your heart center tell you whether or not you have tuned in and are tuning in whether or not you are moving toward the radio station or away from the radio station. Again, when we say “the radio station” we mean the frequency that is being emitted by Divine, God, Creator, whatever word you want to use. So that you can more easily stay connected, stay tuned in and really build on that connection because it’s there waiting for you. We can tell you that if you listen to your heart when it comes to Divine, if you listen to your heart when it comes to connecting, when it comes to rebuilding, rejoining, remembering your connection to Divine, **the heart will always lead you on the easiest, quickest, most efficient path to Divine because the heart has the blueprint.** The heart has the homing device. It’s there. It’s right there. All you have to do is, that’s the other part of intention, is having that intention. Granted we need the intellect to come up with the intention. We need the intellect to say: “Hm! something feels lacking here. I’m going to try this now.” So, in that regard thank the intellect. Love the intellect. Appreciate the intellect for being able to recognize that and then move toward it. But, then **tell the intellect to let the heart be the driver of the bus.** The heart needs to be the one that says: “OK, a little more to the right, a little more to the right, you know, a little bit more positive, a little bit more love, a little bit more joy.” The heart is the part of you that can take over and really be that homing device to lead you to God, to lead you to Divine.

So, we encourage you as you go now through the days, and weeks, and months ahead to remember that Divine is waiting for you, to remember that that connection is always available to you. Rather than struggle with it intellectually which if you only approach the Divine frequency with your intellect, you are really sort of missing the fullness of the experience because in order to really come in line with that Divine frequency you need the fullness of your being not just your intellect. You need your intellect, your heart, your commitment.

So by doing this, when you do it, when you have the intention, then bring your heart center to the head of the bus. Let the heart center be the driver and allow yourself to move into that Divine frequency with the fullness of your being rather than just part of your being and you will see progress. By doing this, by getting the fullness of your being in line with that Divine frequency, you can really move into fullness, into a feeling of completeness. Because what happens, the flip side to this, is that if you approach Divine with a heart that is shut down, if you have just simply intellectually said to yourself, “OK, it’s time for me to return to Divine”, and you decide to move in that direction with your intellect. Something is better than nothing. Divine will celebrate. Even if a hair on your head is all that decides to move to Divine. Divine will celebrate. Divine will welcome. Divine will appreciate. If there is just one molecule of your being that is interested in that connection, Divine will celebrate that one molecule. However, the more you bring to the experience the better. But, if you come with just your intellect and a heart that is encased in a shell that is not allowing to function and to be what it’s been cut out to be, then what happens is, when you intellectualize Divine, you are still coming into this with something missing and you are sort of coming with just a piece of the puzzle rather than the whole puzzle of you. So, Divine will work. God will work with whatever we bring. So, if we just bring a molecule Divine will celebrate and work with that molecule. **If we do chose to only bring our intellect because we don’t know how to open our hearts, Divine will help us open our hearts.** Divine will help us with that process. It will be a process. But, Divine will help us with that. It would be better if you could start opening your heart and at least have the intention. So that you can cooperate in this process. So that you can say to God, or Creator, or Divine, “I want



my heart to help to drive this bus and I'm asking you to help me. I don't know how to do it. I'm sending out the intention to please help my heart get in line with this." Divine will help with that. Divine will assist you, tuning into your heart. Divine will help in cracking that shell around the heart. We encourage you though to participate in the process consciously because that will help you to progress more quickly. Either way, once you have the intention, whether it's a molecule or the fullness of who, you are, there will be progress, there will be growth, there will be change, there will be support throughout all of this. But, the more you can cooperate with the process, the more you will see, the more you will understand, the more you will feel progress within yourself.

Our hope for you is that as you move forward, that you will open your heart center and open yourself to the fullness of Divine and open the fullness of yourself to the fullness of Divine.

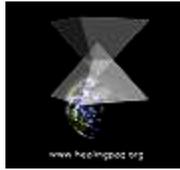
Questions and Answers:

Q: With salutations, peace, and blessings to Prophet Mohammed, all the Ascended Masters, and the participants. When we function from the heart, it should feel like being home rejoicing, full of joy and happiness. Why is it that at times it feels different? It feels something like grief. Could it be because of the experiences of the past when we haven't been home or have gone "astray" somewhere in the intellect or elsewhere, or is it the separation that brings those tears and this sensation that feels like grief rather than the joy, the full rejoice of being home with Divine and the grandfathers and the masters?

Prophet Mohammed (Grief)

Ok, let's ask Prophet Mohammed: You have to **remember that there is Yin and Yang to everything, up, down, back, forth. Everything has this balance, "expansion and contraction."** When we speak of fullness of energy we know that in that fullness with joy also comes some amount of, grief, to a degree that might be a little bit strong. In that, that it comes from a place of this expansion and contraction. This knowing that tuning in to God and opening but then, as there is opening we also have the knowing that there is more. So, as the heart opens then it also contracts, then it opens and it contracts.

That grief is sort of part of the process of celebrating the connection and then also have the knowing that there is more. And there is more to tune into. Grief, maybe, or sadness or whatever, whatever the tongue is. We are limited by our language. [Dinah: The term that they would use that I'm not finding. I'm not finding the exact proper phrase for what he is saying.] "That missing of home" that feeling of sadness is nothing first of all to fear, nothing to feel badly about. It's simply a knowing that there is so much love coming at us and there is so much love that we can tune into. and that sometimes when we feel sad, it is sort of our inner overwhelm, knowing that there is so much there and knowing that we as physical beings are somewhat limited in our ability to receive it, appreciate it, understand it, open to it, all of those things. So, that sadness really is kind of about understanding our own limitation and knowing that we are doing the best we can anyway. So, it's all about energy and not to get stuck in it. To just allow it and say: OK. So, this is just another side of that. It's just another facet of the fullness that can be recognized when we consider Divine. And letting it flow. Letting it go. **Appreciating the contraction and waiting for the next expansion because it's all connection.** It's all OK. And it's all part of being human and accepting and understanding our humanness.



Dinah: Does that help?

Q: Yes. It helps a lot! Amazing! Prophet Mohammed, you are truly one with the heart. Given the limitations of the tongue, I couldn't find the right word or the phrase for the state of the heart. Grief, is not the feeling I'm trying to convey. What was felt in the heart was exactly what you mentioned. "That missing of home." was precisely what was felt. Thank you.

Q: The word you said you are not finding the exact proper phrase, Is that word audible for you?

Dinah: I'm not getting a word. I'm sorry. I'm not able to get the word itself. I'm just getting that it really is part of our humanness, part of the process of being physical and to just be OK with it and trust it.

Q: {What was received here was "Ghabz" in Arabic, which means exactly what, was mentioned by Prophet Mohammed: "Contraction" of the heart.} And on tears, true that it may be a sign of spiritual baptism and joy in itself, yet it's not in the fullness of joy.

Amean: Our interpretation of tears associated with grief is not a correct interpretation. Tear is a release and that release can arise from happiness as well as grief. So, it's the body's way to reacting to release. So, it's very important to recognize that just because someone cries it doesn't mean that they are necessarily sad. That's why you see quite often people when they get a prize, a crown or something, they may laugh and cry at the same time because the emotional center that gets emulated, stimulated, in the brain, may reflect that stimulation through other means of showing the sensation, tears is one of them, precipitation is another one, excess saliva is another one. So, just be aware of that just because someone cries, it doesn't necessarily mean that they are in a state of grief. They could be in a state of joy and just tears coming down. The second thing is, let's stay with the English because, you know, the language we're talking about as Dinah was saying earlier, a vibration has many forms and it reflects itself in many forms. Language happens to be one of those forms. So, whether it happens to be this language or that language the vibration is essentially the same. Just be aware of that, that there are many forms that a vibration can express itself. Just like water can exist in many container and all of them still help us with our thirst. OK?

Q: (Judie) (I wanted to know) If you are grieving does your heart close up?

Does Grief Close Your Heart? (Prophet Mohammed)

Prophet Mohammed: Absolutely not. Grieving can also be something that opens the heart. Best not to put positive and negative with emotions because emotion is something that emanates from the heart and it's all part of the fullness of what the heart is. So, saying this is good and this is bad is not helpful. Grief can be a catalyst. Grief can be something that jumps starts the heart and opens the heart and allows the heart to fill more fully. It's all part of the fullness of being human and to trust emotions. We would encourage one not to dwell there. We would encourage people to understand that grief is a normal state. **If we allow the heart to move the way the heart needs to move, natural energy does not get stuck. Natural energy progresses.** So, the heart may feel grief about one thing and then may go outside and appreciate the fullness of the sunset. Then moves from grief to appreciation and then moves into the next thing and the next thing and that are normal. That is good. That is



positive. Grief is not something to be feared or avoided. We would encourage you not to live there. But, we would also say, it's nothing to be feared. So, no to answer your question grief does not shut the heart down.

Q: Thank you.

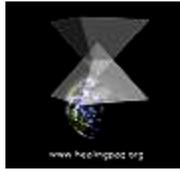
Dinah: Thank you.)

Bridge of light meditation

I encourage you again getting very comfortable, taking a couple of deep breath. Remembering that, we are still in the diamond. Just sort of re-center yourself. I would welcome for you to say your favorite prayer to yourself three times to sort of re-establish your connection through the diamond but knowing that we are still there, remembering that you are wearing your crown of light, remembering that we are surrounded by the archangels and the masters. I would encourage you know to see yourself at the top of the lovely mountain. At the top of this mountain we are going to create very easily, very effortlessly what we call our bridge of light. Bridge of light is made by sending the colors of the chakras out through the heart center. We are going to shoot them as far as we can, shooting them pass as far as we can see and anchoring them to a distance star. The colors that we are shooting are red, orange, yellow, green, blue, indigo, and violet. Seeing these colors shooting out of our heart center, and as they are going, weaving this magnificent bridge of light. They are weaving this lovely bridge. It is wide, it is sturdy, it has got lovely sides, and it is completely safe. It is now being anchored on a distance star. The light at our end is being sent and grounded deep in to the mountain, so it is safe on this end as well. We have created this bridge of light so that we can go to the middle of it and meet a master, an archangel and a guide. Ascended being who is perfectly right for us at this time this day with the perfect message. We might get to the middle of bridge and we may only feel a vibration or sense a color. Whatever it is it doesn't matter trust it. We are now moving to the center of our bridge easily and effortlessly and when we get there we are finding a lovely seat to sit on. As we walk to the middle of our bridge that we are having the intention to connect with the Divine energy in whatever manner divine sees appropriate for us at this time. So we are sitting on our bridge now. Sitting on our stool or chair whatever it is futon and we are going to just sit quietly and wait for Divine emissary, the Divine message, the Divine feeling, the Divine sense. That is perfect for us at this moment and we will be back. We'll give you some time just to connect.

Meditation Time

Very slowly take a moment to thank Divine energy for sending you the perfect feeling or vibration or message whatever it was. This is perfect communication at the perfect time, and in a perfect way. Think about when you might like to return to your bridge of light and set that intention knowing that you'll be supported by Divine and the masters whenever you decide to reconnect in the future. Let Divine know when you might be back for communication, connection and then do your best to follow that intention. Before you open your eyes take a moment and once again pull that green light up through the souls of your feet through your spinal column, up up up feeling your legs, feeling your torso, up through the spine through the neck, feeling the arms, up through the head shooting out the crown chakra. Again that green light spilling all around you cleansing your aura physical or energetic bodies, re-grounding and reconnecting you with your physical form your physical life your existence and whenever you are ready open your eyes. For anyone who is interested certainly we need to give credits that were credit is due. For anyone who wants to investigate that more it is taken from the book called



“Bridge of Light” by Launa Huffins, so that other meditation can be found in that book if you are interested. But it is appropriate to give her credit. She is the one who developed that guided meditation.

Question and Answer

For anyone who wants to ask question you may very well stand on line and ask your question

Q: Hi Dinah this is Saeid, There was a question asked earlier regarding the sensation of the grief and this is what I got. Would you please verify this after I'm done asking this? Baal Ha-Sulam was starting talking about the joy, being loving with yourself, love yourself, and being in a joyful state and Ostad talked about the trust and then when Prophet Mohammed starts speaking he says this is all about the heart and he used the analogy that when you put the radio, you fine tune the radio station. If you're not getting it probably you should have been on the FM and flipped to the AM. All you have to do is to flip the station. And what I got when questions came was that when we receive broadcasting thru the radio we really have no control over what is being broadcasted. We're just receiving. And we were reminded earlier that this is all loving broadcasting, this is joyful broadcasting. So, what I want to know if someone or myself feel grief, sadness, is it not the power of joy and peace that is releasing in a form of grief and what I'm feeling is the interpretation of my mind and intellect rather than just receiving.

Dinah: So, your question is, is the grief sort of being misinterpreted by you? Is that what you're asking?

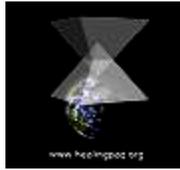
Q: Yes, because it's the by-product of the intellect.

Dinah: OK. Let's see who's going to answer this. Prophet Mohammed. What have you to say about this? Is grief a misinterpretation?

Is Grief a Misinterpretation? (Prophet Mohammed)

Well done. Yes. That is it, because. It is the intellect trying to understand a natural state of the heart. The natural state of the heart is love and basically pure positive energy. When the heart is in line with, when the heart is opening to receiving, this emission, it is constantly coming at us. The intellect can sometimes get in the way of that and misinterpret what the heart is trying to communicate because the heart communication is all about loving connection. Heart only knows one language. Heart only knows one very few words because its language is about loving connection.

The heart is basically a celebratory entity, always celebrating, always moving toward connection with God and Divine. The intellect can sometimes get in the way and confuse that connection, confuse or misinterpret what the heart is saying, what the heart is feeling. The intellect is part of what it is, that intellect is sort of vying for control and vying for no, no, no, no, I want to be in charge kind of thing. What happens is the heart is saying sort of celebrating and loving and connecting with God and the intellect is saying what about me? Wait a minute. There is this to think about and there is that to think about and there is this to be upset about and that to be upset about. Why are you celebrating? What have you got to be happy about? These dialogues, although we are not necessarily aware of them because they are kind of occurring, sort of subconsciously without our conscious mind actually knowing this is sort of what is going on. Yes. When we let the heart drive the bus, the heart is all about growth, love, connection, celebration. When we are feeling some of these other things it is sort



of that we have moved away from that a little bit and it is our clue, our signal to move back in line with the heart as the driver.

Dinah: Does that make sense?

Q: Yes. Thank you very much.

Dinah: Thank you for that clarification.

Q: This is Judie, I didn't actually see a person and I asked who the name was but, I did get information. It wasn't even what I was asking about but, told me that I should eat more fruit that when you don't have enough fruit, it's called scurvy or gum disease or lack of vitamin C. So, I thanked them and said I would like to connect with them again. But wouldn't tell me, didn't get who they were!

Dinah: Well, Judie sometimes the actual who isn't important. You obviously got a health message today and it's a positive message saying "to be healthier, consider this." So, I think it's not important to attach to who it was to simply accept the information and move forward.

Q: I did. I'm grateful.

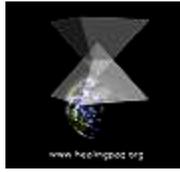
Dinah: Great. Thank you.

Q: Thank you very much. Just wanted to apologize to those who heard my words, (Q #1), for words are not sufficient to reveal the language of the heart. I did not mean to bring a non-positive tone into the experience. Nevertheless, the feeling and the state of the heart was rather different and moving. It truly is not grief, it maybe regret, and even that is not the correct word. But, the true essence of it is that, and I apologize to Amean for saying a few words in the actual language of my grandfather, Prophet Mohammed, for if it's not known to the English speaking people, I'm sure the soul knows the language of the heart. It's been said: "*Enna lellah and enna elayhe rajeoun.*" Meaning, the best way I can bring it to the words in English is, that "We were in Oneness and to Oneness we return. And that is the state that I'm talking about. When we know that we are and we have always been in the kingdom of heaven, in that Oneness and in that Unity, what bothers me is that come back tomorrow, the next time. I don't want to come back tomorrow, or the next time, I don't want to go away for 24 hours. That is the trouble. I want to be there all the time. Why should there be interruptions in the Oneness? That is the feeling that I was trying to ask my grandfather. I guess I'm trying to find out when I can get to Union that doesn't interrupt. The interruptions, I have a little bit of a different feeling. When I'm in the kingdom of heaven I feel the joy of a four year old in the garden and I am rejoicing with every atom of my being and I'm at One with the universe

Dinah: There is no need to apologize. All questions are good questions. We all struggle with the limitations of language. You didn't do anything wrong. You didn't say anything that you need to apologize for. We all struggle with this.

The Challenge of Physical Life (Prophet Mohammed)





The challenge of physical life is really to remember that you are always there. You are always in Oneness. You are always in the garden. You are always surrounded. It is always there. It is the confusion of the intellect to see ourselves going in and out of it. There is no in and out. We are always connected. Divine is always blasting that radio station. That frequency of love is always being emitted. It's always there. It's always accessible. It's just whether or not we are consciously aware of it. That's all. So, it's not going in and out of it. It's that your awareness of it shifts. So, that's what they were saying, it's really just about you changing your perception.

Dinah: I think you missed that part of the conversation. So, you might want to go back and listen. It's like simply remembering throughout the day adjust your radio dial. So that you can always stay tuned in to it. And as you go through your day, you can at times get distracted and forget. That just means your radio station shifted a little bit and you need to readjust your dial. That is the challenge of physical existence that is sort of why we are all here is to figure out how to be physical and connected all the time, because the reality is, we are connected all the time. Just like every physical job has an objective, an accountant's job is to crunch numbers, a construction person's job is to build houses, and a nurse's job is to take care of the sick, that's the focus, that's the intent of that job. The job of physical life is to remember that you are always connected and to be aware of that connection 24-7. It's possible. That's why we are here. You are here for a reason. That's the reason.

Dinah: Does that make sense?

Q: It does make perfect sense. The question is how can he help me come to that awareness of 7-24 and not feel separate?

Dinah: I would encourage you to listen to the first part of the emission because they explained it very well.

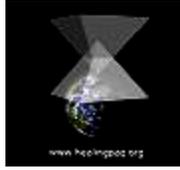
Q: OK. Thank you.

Dinah: In that part that it is really about aligning our energies with Divine emission that is always coming. So, I would encourage you to listen to that part. Download that and listen to it.) And then he's saying:

To have that intention.

Dinah: I think the first part of the session is really going to help answer the question for you because what they talked about is the fact that when you have the intention, masters, angels, guardians, whatever you want to call them are lined up to support intentions of physical beings. So, if your intention is to stay connected 24-7, then you put that intention out there and you ask for assistance with that and then you pay attention to your heart because the heart is the beckon, the heart is the homing pigeon that would tell you how to do it and how to get there. So, I would encourage you to listen to the first part because I think that will explain it for you.

Q: Thank you. I appreciate that. That is exactly the question and I have a feeling I need to be in a dialog with him to get all the questions answered without bothering you and the others. But, the intention has



been there for a long long long time. So, why is it then that it hasn't materialized and it's probably the frustration of again perhaps the intellect and lack of patience?

Dinah: They did talk about that also. They talked about the fact that Divine emission, Divine energy is a specific frequency, it's a pure positive frequency and they were saying if you are beating yourself up or being frustrated or being negative it's like being on the AM dial trying to find a FM station. Cannot be done. So, that is your clue when you are feeling irritated, frustrated, disconnected, anything negative, you flipped yourself to the AM. You need to get back to FM. You need to get back to positive, celebrating, appreciating, gratitude, love, any of those positive emotions that will put you back in line with that Divine frequency. So, really tune into that and listen to it a few times.

Q: I'm very sorry that I missed it.

Dinah: That's OK. Everything happens for a reason. Maybe it'll be better for you to hear it on the download so that you could listen to it over and over because I think it would be helpful for you.

Q: Thanks. I think that's what I'm going to do the whole day and not come out of it. Thank you very much and it's good to hear you again.

Dinah: Thank you very much.