

## Table of Contents

Welcome (Amean) .....	1
Channeling .....	1
Preparation (Dinah).....	1
Every Thought is a Signal (Ostad).....	2
Mind Body Connection (Prophet Mohammed) .....	6
Questions and Answers.....	10
Righteous Judgment (Prophet Mohammed) .....	11
Discernment has Morphed into Unhealthy Emotions (Lao-Tzu) .....	12
hundredth monkey theory (Dinah).....	12
Balance and Movement is Encouraged (Baal_HaSulam).....	13
Adopt Complimentary Choices (Ostad).....	14
Patience, Trust and Focus (Master Quan).....	15
Courage and Discernment (Solomon and Sananda) .....	16
Life Affirming Choice (Solomon and Sananda).....	17
Accelerate Healing Others (Lao-Tzu and Master Quan) .....	19

### Welcome (Amean)

Hello everyone. Welcome to intermediate class—Healing PAQ intermediate class fifth session started September 2008 and this is our channeling expansion session with the ascended masters and archangels and so I'll just turn it to Dinah and let her do the session for us. Welcome Dinah and love to have you with us.

Dinah: Thank you for having me; it's fun. Amean am I correct that most people on the call will already have had class one so we don't probably have to go through all the basics about what channeling is right?

Yea, yeah you're correct. You don't have to do that. They've also been exposed to Mountain of Light as well as City of Light and we have done those meditations for the ones who have joined us in the previous, intermediate class sessions at least for the last two sessions we went to Mountain of Light as well as the City of Light so they have familiarity with all the various energetic side so you can just take it to any level you'd like to take it.

## Channeling

### Preparation (Dinah)

Okay. Well welcome everybody. It's great to be together again and I think what we'll do is go right into it. We won't bother with explanation; that's great. I won't have to bore you with that. And what we'll try to do is do the usual format you know we'll try to talk to the masters and then open it up for questions and then if we have time, we'll try to do a brief meditation together just to sort of end things on a quiet, peaceful, meditative note if we can. Last week we did the first class. We did not have time to do the meditation together because we answered questions so you know when we do the questions and answer thing we you know never know what's



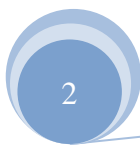
going to happen. I guess if we all just stay open and trust that the best thing will happen then we'll have that. So I invite everyone to get comfortable wherever you are—either sitting or lying down just so your spine is straight. It's good to not have your legs crossed so that the energy can flow freely so as we do this we get comfortable, close our eyes, take a couple of deep breathes, deep inhale. Deep exhale. Another deep inhale. As we breathe in we also know that on the exhale we can release any tension, pressure, any stress that is in our bodies that we don't need. So on the exhale see yourself breathing in beautiful white light, blowing it up through the nose and mouth, sending it all the way down through the body, then on the exhale anything that is not needed bubbles up and out the mouth, and it's released. If we feel any tension in any parts of our body—neck, shoulders, back—become aware of it and with each exhale we breathe it out knowing that we don't need to hold onto it. Every inhale is the Divine breathe moving into our bodies, into our beings. Every exhale is the release of anything not needed. As we continue to relax and continue to go deeper into our state of calm connection we call to our minds a time in our lives when we felt love, true peaceful love. Perhaps it was holding a child, enjoying a beloved pet, taking a walk in the rain or watching the sun set. Whatever it was we recall the feeling of being completely peaceful, completely loving and completely surrounded by grace. It is with that sense of peace, that sense of connection that we move toward our meditation in our connection with the masters. To ourselves we repeat our favorite prayer three times. And I'll do it for the group. Besmeh Allah Rahman Rahim, Besmeh Allah Rahman Rahim, Besmeh Allah Rahman Rahim (In the name of merciful and compassionate God).

Under the direction of Pavarandeh we step easily and effortlessly into the Diamond of full presence calling our complete being into this moment so that we are fully present with Divine. We call on the seven archangels Michael, Gabriel, Raphael, Uriel, Jophiel, Chamuel and Zadkiel. We ask that each one of the angels take one of the seven doors. We ask archangel Metatron to oversee our circle this evening. We call on the Temple of Knowledge, Temple of Masters, Temple of Angels and Temple of Light and the Tree of Life. We call on these elevated energies to surround our circle as well, uplift us with the energies that they provide. We call on the energies of the ascended masters. We affirm that we as a group and individually are surrounded by white light. We affirm that only the highest of energies is welcome within our circle and we affirm that our individual and combined intent is to connect as fully, deeply with Divine energy, with Divine guidance, with the love and light of God as possible. It is my intent to be a clear and perfect channel of truth, wisdom, love and light for all so be it.

Okay, once again, I see us all as a group sitting at the base of the Tree of Life. We're all sitting very comfortably and we're all facing the masters who are ready to greet us. I'm seeing who's here. Of course Ostad, Master Quan, Prophet Mohammed, Sananda, Lao-tzu, Brother Baal\_HaSulam, Rashentuf. We have both of the Marys, we have Quan Yin, and we have... once again Rabiya and Fatima, welcome. I heard someone say Sarah also. I believe Sarah is from the Bible; I don't... Rebecca. I don't know them but welcome. Okay. And I believe that there are more. We can trust that we're surrounded by elevated beings who are here to speak to us and to help us understand Divine energy at a deeper level.

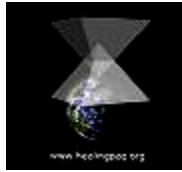
### Every Thought is a Signal (Ostad)

So as always we'll go to Ostad first and as always—this is a tradition now I believe—that Ostad starts by bowing to everyone who is here. He always puts his hand on his heart and he bows very deeply, and he says once again that he's thankful to everyone for joining us, he says for creating sacred space, for taking the time to remember God. He reminds everyone as I believe he does every session, saying that they on that side want us

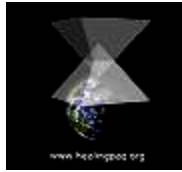




to know that whenever we open to Divine energy he says a host of heavenly beings will always respond to the call—always. He says without a doubt. He says unfortunately human beings don't always receive the response to the call but he says it is there none the less. And we want you to understand that, we want you to know that on a very deep level. He's saying... he's saying we know that we have said this before, we know that we have... we have made this point before but he says we are going to make it again. He says we want you to understand that when you... whenever you think—whatever you're thinking—puts out a signal; it's not different than a radio signal, no different than a cell phone signal. And he's saying just because you can't see it you know you can't see the cell phone signal and you trust that it works, you can't see the radio signal and yet you trust that it works. The same is true with your thought and he says especially with your prayers. But we want you to understand that... that everything is a signal, everything is an output, everything is a vibration so that you can be mindful of that. But he's saying thoughts are understood by the beings on that side. He's saying we understand that thoughts tend to run rampant and he says if you could see what we see on this side it's almost like—this is an interesting analogy—he's saying it's almost as though people's thoughts we can see it like as confetti. He's showing me this like... when you see the parades in New York and you see the confetti or the ticker tape or whatever that is that they drop it from wherever they drop it from, he's saying that's sort of what it is but he's saying in reverse. You know it's like human beings because of their thoughts are so busy it's like they're throwing up handfuls of confetti every couple of seconds because their thoughts race and if you could envision a thought having form it would look like these doubts of confetti sort of puffing up from the head, and he's saying Divine and the... masters and the archangels see that confetti, we understand what it is and we... we support the... the vibration of it, the intent of it. We try to assist you in matching that. So he's saying if you can imagine thoughts just having this confetti sort of vibration, he's saying prayer then on the other hand, because prayer has much more intent, prayer surpasses the confetti and it becomes this beam of light that we see on our side. And so he's saying... when once we see that beam, we know that there's intent, there's force, there's power... there is... there's another word that's better than intent but I'm not getting it. But anyway there's... there's strength behind that vibration. And he's saying those strong intentional vibrations move upwards very very quickly, are perceived by Divine and the ascended beings very quickly and are responded to equally quickly. He's saying we want you to understand that because he says the point of our whole... discussion tonight is about efficacy. What we mean by efficacy or effectiveness, the effectiveness of what you're doing individually and as a group, he's saying that is something that we want to touch upon, we want to acknowledge, we want to... we want to provide you with reassurance about because it is a question individually and when groups come together. Specifically people want to know number one **what can I learn, what can I do to elevate myself spiritually or to elevate myself on any number of levels**, and he's saying the thing is that human beings trust the things that they can do on... on other levels for example for people who want to better their education, they go to school, they see the immediate cause and effect of that. For people that want to learn a particular skill they start doing it. They start practicing it, they move forward with it and they see again cause and effect. He's saying what we see on this side is when people have that same yearning for spiritual enlightenment, betterment, uplift-ment, they pursue these kinds of things, they pursue or teach themselves meditation, contemplation, prayer... practices and yet frequently what happens is that while they're doing it or after it's done they think, "Well did that do any good? Is it worth it? Am I really making a difference? Am I any better than I was a year ago—am I any further ahead?" so he's saying **human beings while on one hand they trust the cause and effect of things that they pursue on the physical realm, they have this continuous questioning about the effectiveness or efficacy about what they're doing on the spiritual realm**. And he's saying we are here to tell you that what you do spiritually far surpasses anything that you can do physically, mentally or emotionally and what we mean by that is that he's saying when you... now he's backing up so that I get it correct. This is... this is my need for clarification here. He's saying when you

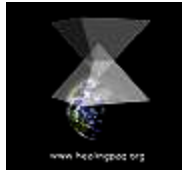


are practicing something physically focused again or intellectually focused, whatever. Maybe you want to get your body in shape so you start walking a couple blocks a days, then you start walking a couple miles a day, whatever, that cause and effect is very obvious. He's saying you are supported in that. It doesn't matter what you're doing. You have a host of heavenly supporters that are with you and he's saying it is no accident, it is no surprise that when you are doing things physically or intellectually or emotionally focused, that you see results because you have that intention, you put that intention forth, you are supported by Divine energy and you see it happening. He's saying now that is... that... if we look at a scale of... he's saying if we were to quantify the importance of these pursuits, he's saying yes they are important—it's important that you keep your physical being healthy, it's important that you exercise your mind, it's important that you stay emotionally balanced—yes those are all very important, but he's saying if you are supported in those things that are perhaps seen as important but not as... that the vibration of them is perhaps not as elevated as the vibration of spiritual pursuit and again he's saying it's not better or worse; it's different. So again physical, we don't—we don't.... he's backing me up and saying we don't want you to think that we're saying don't exercise because it's not worth your time and have everyone turn into couch potatoes, that's not what we're saying. He's saying those are important pursuits but the... the energy surrounding them is more dense, it is... is it about physical survival where he's saying **when you move into the spiritual realm, the energies associated with spiritual things, it is more elevated, it is less dense**, it is more... saying that the process is quickened by the lack of density associated with it. so he's saying again continue to exercise, continue to better your mind, continue to keep your emotions balanced, he's saying we don't want to negate any of those pursuits because they're very important but he's saying we want you to understand that these... the spiritual pursuits are... are obviously very close to the heart of the Divine. And if the Divine supports you in these things, of course the Divine is going to support you in the spiritual pursuits, and he's saying we... we are focusing on this tonight because we really want people to be able to have this level of trust. He's saying you know in the Bible there is a saying about—something about if God is aware of the sparrow, why would he be any less aware of you or something like that. And so he's saying the same is true here; **if God is aware of your physical, intellectual and emotional needs, why God would be any less aware, any less attentive, any less connected to your spiritual needs and pursuits**. He's saying of course there is... there is support, there is... there is response, there is an acknowledgement and again he's using the word support over and over and over of these pursuits, he's saying you don't need to for one minute doubt whether your spiritual pursuits are worth it, you don't need to doubt whether or not they're taking you anywhere, you don't need to doubt whether or not what you do is effective, so he's saying as you... you've just spent time and energy learning about individual healing and earth healing, he's saying we want to encourage people whether you are doing this for yourself, whether you are doing this for others, whether you're doing this for the planet, we want you to understand that **there's no reason or room for doubt in this process because it is supported and you are indeed connected to Divine as you engage in any of these spiritual pursuits** so he's saying whether you are aware of it or not, again going back to that radio signal or cell phone signal, he's saying we want to encourage you to build trust in the fact that you are sending out a signal and that signal is absolutely without exception, being honored, being acknowledged, being accepted and being supported, every single time. Now he's saying does that mean every single time you say a prayer or make a request you get what you want? No he's saying we're not saying that. He's saying that **every time you make a prayer, every time you make a request, every time you attempt to connect with Divine, that connection is acknowledged, supported and the essence of it he's saying the essence of it is noted**. And as the essence grows, as the essence elevates, as the essence responds—I'm sorry not responds, as the essence... becomes clearer, that is what is responded to. So he says for example when your prayer is for better health or a better job or a better relationship, or whatever that prayer is, whatever it is that is foremost in your mind right now, he's saying does God drop that thing, that job, that person, that... that perfect health situation, does God



drop it in your lap at that moment, no. What happens he's saying is that there is encouragement for you to get ever clearer on that prayer. He's saying as... as that signal—he's showing me for example—that signal that you're sending out. If you can envision like a very... a very narrow little sort of string of light, as it starts out, as you think “gosh I would love... I would love this new relationship” whatever it is. Well when you first start to acknowledge this desire, this prayer, whatever it is, he's saying that it starts out as sort a very narrow pin light that goes to Divine and Divine acknowledges it but Divine encourages us to get ever clearer on what it is that we're wanting and why it is that we're wanting it because he's saying as we... he's saying **prayer is yes about communicating with God. Prayer is also about gaining clarity within**, and the clearer you can be about what you're wanting, what you're requesting and the reason why you're requesting it, the... the better it is—or not, he's correcting me. the more likely you are to... to assist in the process of creating it so he's saying as you do this, as you... as you look at trying to create this different situations in your life, granted Divine is not going to necessarily drop a BMW in your lap, but Divine is wanting you to understand what you're wanting and why so that you can help create the situation that will... that will help you to get where you need to be. So for example if you're... if you're initial prayer is again perhaps wanting a relationship, then okay start thinking about why it is that you're wanting that, what that relationship will bring to you, what—how that will he's saying assist you in... in your own process of becoming a better human being, of becoming a more spiritual human being, of becoming a more connected human being, and then whether it's a relationship or not you will become that thing, that being, that essence that you were talking about. So what he's saying is sometimes human beings think that the need a particular thing to become the being that they were sent here to be and he's saying that's not always the case and sometimes that's why prayers seem to be unanswered. And he's saying it's not that there's not effectiveness in the prayer, it's not that there is lack of connection between you and Divine, it is that sometimes the thing you are requesting, the thing that you are praying for is less than what you're really wanting and Divine sees that and knows that and encourages you to get clearer. So it's sort of like... he's showing me—this is interesting—he's showing me like a baby and as... like trying to help and encourage a baby to walk. Initially the mom or the dad is maybe going to encourage the baby you know just to take a couple steps, and so you know the process is not overwhelming for the baby so the parent is maybe, you know, has their hands six inches in front of the baby and the baby takes two steps and then yea! It's the big celebration. And then the next time the parent maybe is a foot in front of the baby and the baby takes four steps, and it's a big celebration. He's saying in the baby's eyes the process is only about taking two steps; that are the entire baby is aware of. The baby is aware of two steps and I'll be able to touch mom's arm and that's exciting because I did it. But in the parent's eyes the parent sees the bigger picture and sees that really this isn't about teaching the baby two steps; this is about teaching the baby to walk for a lifetime. And he's saying that is the case then with Divine because God sees that we need to do more than two steps, we need to take more than two steps, and we might think that this thing that we want that is right in front of us—you know again for the baby it's mom's arm—but or as an adult perhaps that thing that's right in front of us is we think we need a new job or a different relationship or a BMW or whatever it is, we think that is the thing that we are moving toward, we think that is the thing that will bring us happiness. But Divine sees that it is much more than that, it is beyond that, it is more than taking two steps into mom's arms, it is more than taking two steps into a new job, it is about teaching you what it is that you're really wanting which is he's saying for anybody on the spiritual path it's wanting a deeper understanding of their essence, who they are, why they're here and what they really need to do to be able to get from here to there, from where they are right now to where they intended to get to when they were born. And so Divine might not drop a BMW into our laps because that's really not the thing that we're wanting; really what we might be wanting for our essence, for the good of feeding the being that we came here to be is not necessarily a BMW perhaps it's really... perhaps it's really more like he's saying a bus because maybe we weren't meant to be the one driving the hot sports car, maybe we're the one that was meant to drive



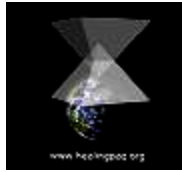


the bus that helps other people travel. He's saying in our limited perspective, again, we're like the baby moving towards mom's arms and mom knows that this is really about teaching us to walk so he's saying when a prayer goes unanswered or appears—he's backing me up. He's saying **when a prayer appears to have gone unanswered, that is never the case.** That is Divine saying "okay honey keep coming, keep walking, keep stepping towards me, keep walking" and always whether we see it or not, the hands of the Divine are right in front of us—right in front of us. Now he says does that mean we'll never fall? No. When a baby is learning to walk does that mean that the baby never falls—that mom never allows the baby to fall? Well he's saying, he's saying... that would be impossible. Of course babies, children, they're going to fall in their learning to walk, in their learning to move, in their learning forward motion, of course they're going to be some pitfalls, of course they're going to be some bumps in the road but that does not mean that Divine is not there supporting you in the process. It means that sometimes the bumps are lessons too. So he's saying trust that, **trust that the hands of God are right in front of you, trust that the hands of God are continuing to invite you to move forward and to continue to get more and more clarity about your journey because that's what it's all about.** He's saying for every being without a doubt, without question, without exception, every being that has... that has come into physical form has a purpose. He's saying now does that mean that every being that comes into physical form fulfills their purpose? No. He says not necessarily. He says some get side-tracked but he says even that is not—he's saying we are not qualifying that as good or bad; it is not that. Because he's saying even if a specific purpose, the intended purpose of the person's life, perhaps it was not met. Perhaps they got sidetracked, perhaps... they ended up going in the wrong direction that does not mean that what happened with their life was a waste, was bad, was anything negative because there's always learning. So he's saying we on this side would never judge what happens in someone's lifetime because he's saying all learning is good, all learning is positive, all learning elevates the whole. So he says we don't—on this side we don't say good, bad, beautiful, and ugly—we don't do that. We see everything as part of that process of moving toward Divine. But he's saying certainly and of course we celebrate those who continue to request clarity, continue to take the baby steps to learn to walk toward their purpose toward their... their individual connection and their individual intention that they came into this lifetime with, certainly we celebrate that on this side, certainly we encourage it to the best of our ability. But he's saying as long as people do something and continue to move, we will continue to support, we will continue to encourage, we will continue to... help them to elevate and clarify to the best of our ability and he's saying we... we on this side again support your pursuits and again he's saying if our overall message this evening is about overall efficacy or effectiveness than this is what we want you to understand that there is support for your clarity on this side, and that we encourage everyone to work with that as much as possible, to not doubt the effectiveness of their practices, of their connection, of their... their own individual movement because there is no reason to doubt. Just as you know that... you know you will see the effectiveness of your physical exercises or of your mental studying or your emotional balancing, you will see the **effectiveness of your spiritual endeavors and your spiritual intentions if you give it enough time and if you trust in the process and if you keep walking toward the hands of Divine whether you are aware of them or not.** That is the message that we... we really with all our hearts he says we want to put forth this evening. So, alright Ostad I feel like he's winding down, thank you Ostad.

### Mind Body Connection (Prophet Mohammed)

And I know that Prophet Mohammed wants to speak. Okay, Prophet Mohammed what did you want to talk about because I can tell that you want to add to this. Okay, Prophet Mohammed is saying... he wants to add to what Ostad said and he wants to suggest this. He's saying that in the pursuit of connection, clarity, whatever,



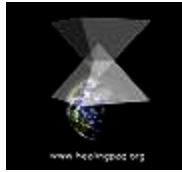


and in the... the stages that people go through to develop this, he's saying... he's wanting to sort of make an analogy to really help you... help all of us—he's correcting my language—to really help all of us understand what he's saying and he's saying that in this process of building connection and in this process of trusting that what you're doing is effective, he says we want to make the analogy of the you know the building of spiritual pursuits, we want you to see it in a similar way to what people go through when they intend to acquire a new skill—seriously acquire a new skill. Not—he's saying not someone who does something as a hobby—because he's saying we are not talking about spirituality as a hobby; he says we are talking about spirituality as a goal, as a profession, as a... as a main focus within each being. He's saying we liken this to someone who let's say is studying to be a concert pianist or someone who is intending to be a professional athlete—he's saying you know specifically if you look at the Olympians, you know people who are very serious. He's saying when you look at someone who is that serious about what they want to do what is the main thing that comes to mind? He's saying the main thing that comes to just about every mind when you look at that picture, when you look at that analogy is practice. He's saying the person who intends to be a concert pianist, does not play the piano on Monday and then okay I'll get back to it on Thursday and then I'll get back to it again maybe next week Wednesday; that is not what builds a professional musician. What builds a professional musician is regular practice. They get into a routine. He says they typically whether it's a concert pianist, whether it's an Olympic athlete, whether it's a professional athlete, whatever it is, they start by warming up and they go into specific practice and they make time for it every single day. And he's saying by doing that they build their skills, they build their agility, they build their... not just agility but ability, they build their flexibility, they reinforce their muscle structure, they reinforce their nervous system; by doing all of this they adjust their entire being to a different level—a level that it was not at before they started this regular practice. They elevate their beings so that they can meet the demands of the... all that they're trying to achieve. And he's saying during this process those that doubt, those that judge, those that continually question, “Am I good enough? Am I every going to get there? Is this really worth it? Should I even be doing this? What is the point?” People who go into this pursuit of professional musician, Olympian, sports, whatever it is, if they go in with that mindset, you can bet that they don't stay in it very long because to go in with that mindset pretty much negates their progress because the mind and the body are not working together. The mind is saying “oh what is the point, what is the use, why am I even bothering?” And the body is saying “come on, come on—do the scales, practice the scales, get your fingers moving, do it, do it, do it.” And the mind is saying “what's the point?” And because the body and the mind are not working together the person he's saying does not have the internal synchronicity required to get to the level of professional. They might be okay; they might be good, they might be adequate, whatever. But because they do not have that mind-body connection working together they will, he's saying they will... have a very low likelihood of moving forward because they're not working in harmony with themselves. He's saying so now take that example and moves it into the spiritual realm and the same thing is true. Prophet Mohammed is saying if you want to make progress, if you want to see the effectiveness of your spiritual pursuit, if you want to gain clarity and see your movement and your momentum growing, in order to do that you must have regular practice, you must move into setting time aside daily. Now he's saying this is for individuals who are really wanting you know, we are... he's saying we are making the distinction between a hobbyist and a professional and whatever anyone does he's saying number one don't judge it. He's saying this is for each individual to apply or not to them. He's saying it is not meant for a measuring stick for individuals to judge each other so he's saying we want to pull that out of the equation immediately; we do not want to encourage, we do not want to... we do not want to support anyone who as they look at themselves sees it as a competition with someone else because that is not what this is about. He's saying yes professional musicians, professional athletes that is a competition and they are working against each other; he's saying in this spiritual arena the only measuring stick that should ever be used is between you and you—never ever between you and anybody else. So if you are



setting aside fifteen minutes a day for spiritual practice he says that's wonderful; celebrate that. If you get to a point where you can get to a half-hour, then celebrate that. And if you get to a point where you're doing an hour or two or whatever it is that you're doing, celebrate that but never ever use this to look at someone else and say "well how many minutes a day do you do it?" He's saying that is never appropriate because this is not a competition, this is not... this is not anything in that realm. He's saying what we want to do he's saying just as Ostad said earlier that on our side he says **we do not judge**. You know if someone actually finished... they came to finish or not because learning is good however it's done. He's saying what we know on this side is that **judgment shuts things down**. Judgment in whatever form it takes whether it's judging the self, whether it's judging another, whether it's judging the situation as a whole, whatever it is, judgment shut you down, judgment will impeded your progress, judgment will hinder your movement so whatever it is that you might feel the urge to judge he says we would encourage you to have that be the first thing that you toss out the window. Judgment is never helpful. He's saying now we... we as we say this we want to clarify there's a difference between judgment and discernment. It is absolutely always appropriate to be discerning in what is right for you, what is appropriate for you as an individual. So for example if there's a workshop offered somewhere and you see it and you hear about it, and you think "hmm, is this for me" and you read it. Use a discerning heart to determine "well, yeah, this might be good for me" or "no, this does not feel appropriate for my path" and then let it go. You don't have to then compound that by saying "this is really bad, this is really awful, nobody should be doing this—this is not a good thing" because again then you have gone from discernment into judgment and judgment shuts you down. Simply say "not for me," let it go, and then move on. So he's saying as **we encourage this process of regular practice, regular connection** and as we say to you the more you can build on this the better, we want to have this encouragement to you but we want to have it in the form that it remains positive, it remains non-judgmental and it remains at the highest elevated energetic level possible because he's saying as we look at connection, as we look at our ability to connect with Divine, and as we as coaches on this side try to encourage you to deepen your connection, to widen your spectrum of light that you can receive and that you can also share, we do that by yes encouraging your regular practice but then also reminding you that **negativity in any form whether it is directed to yourself or to others, is harmful**. And so because of that we want to encourage you to busy your mind, busy your brain, busy your heart, busy your mind, your being, your complete essence to busy yourself with every positive aspect of connection that you can possibly conceive of and to **make your mind and heart so full of the positive side of connection and the positive elements of... of your own essence that negativity in any of its myriad forms has no room**—there's just no room in the end for it. That is what we are encouraging because he's saying judgment again whether it is—or he's correcting me—**judgment and/or doubt in any of its forms really slows things down**. It really, he's saying, it's the difference between... he's saying the light switch. He's showing me the light switch or a power switch—maybe power switch is better. Because he's saying if you can for a minute envision like a stereo so that you... he's showing me as you build your connection it's like the music is flowing through the speakers really well and you're enjoying the music of your own being, you're enjoying the music of the essence that is you, and then you... and you're moving through this and then you start thinking, "is this really right, is this... you know, how do I know, what am I doing" he's saying as those thoughts come into your head it's like you just went over to the power switch on the stereo and hit the power off. And it's like everything kind of stops with a thud and then you feel this heaviness within your being and you think "ugh, what is this about," he's saying at that point human beings do one of two things. They either say, "oh, I just feel this thud, I feel so heavy, I feel like what is all this spiritual stuff for—why do I feel like this if I've been spending so much time doing all this spiritual stuff?" he's saying when your head starts on that wheel, on that process, many people then become disillusioned and their disconnect continues and then they magnify that feeling, they grow that feeling—it's like "oh, okay the heaviness continues—I'm just, you know, I just feel crummy" and they





move on that path and... and the longer they stay on that questioning he says that path is started by questioning. Again effectiveness or efficacy—when we start going, “Oh is this really worth it? Is it doing me any good at all?” that shuts the music off and it... it sort of causes you to get to a fork in the road where you have to choose okay am I going to go down the heavy-thudding path or am I going to go back on to the elevated energetic path of connection? And he’s saying the minute you feel that heaviness, the minute you feel that thud where you think “ugh, I don’t feel like I felt the other day when I felt connected,” the minute you feel that then that is your cue that you bumped the power button on your stereo. The judgment within, the doubt within, the fear within, whatever name, whatever label you want to put on it, that energetic that you intentionally or not invited into your being, caused—it’s like you accidentally while you were dancing on your way to God, on your way to Divine, your elbow bumped the power button because you weren’t paying attention to your thoughts. The music shut down, everybody stopped dancing—or not everybody, you stopped dancing, you individually stopped dancing and now you’re kind of wondering well where the music is, what happened? He’s saying at that point we encourage you don’t let that be the reason for more doubt, more fear, more judgment. Let that be the reminder that “ooh, oops, bummer—didn’t mean to do that. I bumped the power button,” and then put the power button back on and get back on your dancing path toward Divine because he’s saying bumping the power button happens; it’s part of human existence, it’s part of having a brain that is capable of multi-tasking. He says you know the sparrow that was mentioned earlier, it’s not that they don’t have a brain—they do have a brain but they don’t have doubt. He says the animals, the beings... the beings that either are the winged one or the four-legged ones or whatever it is, they all have brains, they all have connection; what they don’t have is the capacity to doubt. They all know it. They don’t worry. He’s saying the only time an animal is fearful is when it is physically threatened. He says you know think about this, he’s saying—Prophet Mohammed is saying this is very very important. He’s saying you know animals even those that are out in the wild, you know, if they don’t have food for a couple days he’s saying they don’t get into fear, they don’t get into anxiety, they don’t have panic attacks; they have this sort of innate connection, they are aware of what’s going on around them, they are aware of the opportunities that may present themselves and they trust that food or water or whatever will be coming. And the only time they feel fear is when they are challenged physically. So their fear is all physically based; it is not this conundrum of mental confetti that plays around in their brain he’s saying and... that is a blessing to them from the Divine that they don’t go through that. Certainly they have other challenges, they have, they—and he’s saying we don’t need to list the challenges that the beasts of bird and winged ones have. Obviously their challenges are pretty clear but he’s saying they don’t have the challenge of doubt or judgment and he’s saying that is a specifically human issue that we try to support you through on this side, we try to give you books of faith, we try to give you practices, we try to encourage you in your pursuits so that you can understand that while you have the capacity to doubt, while you have the capacity to judge, he’s saying we on this side want you to understand that it is not necessary to apply that to your spiritual process. He’s saying what has happened within physical beings, physical human beings, is that the... capacity for discernment has sort of morphed into something that is not helpful. Originally he says human beings were given the... the capacity for discernment so that they could make wise choices. He’s saying over the years and over the decades and over the evolution of mankind, the capacity for discernment has sort of blossomed and multiplied and morphed into all these other things (judgment, fear, doubt, angst, panic) all these things he’s saying that never were really intended. They are an outgrowth of... he’s saying sort of like the... an outgrowth of human—collective choices by humanity. I guess that’s—is that correct Prophet Mohammed? Yes. They’re an outgrowth of humanity’s collective choices and he’s saying because of that yes, on one hand current humanity is stuck with this, but he’s saying there is a way—and he’s saying that’s why the beings of light are so focused on helping physical beings because we understand that it’s so much more complicated to live a physical life than it ever was in... in previous decades or whatever the quality or quantity of time you’re trying to speak of. He’s saying so from our



perspective **we want to encourage you to use discernment but to disregard and eliminate judgment, doubt, all those things that are sort of this outgrowth of discernment that really are not helpful to you.** And he's saying we want to encourage you to continue with your regular practices so that you can continue on with your dance toward Divine. And again when you feel a disconnect, just remind yourself "oops I bumped the power button," hit the power button back on, get back to your Divine dance and start moving forward. But he's saying if this connection is what you truly want, if you're searching for your connection to Divine and if your desire is to grow that deeper and deeper then know that what that involves is the kind of regular commitment that you see in the professional musicians or Olympic athletes, that kind of setting time aside every day with positive intent to grow your connection, to... to mature your being spiritually and to move forward into the hands of Divine that are always right in front of you. So Prophet Mohammed now is putting his hand on his heart and nodding, thanking everyone for taking a moment to listen to his suggestions and encouragement.

## Questions and Answers

Dinah: And I think—just glancing at the clock—time-wise what I'd like to do is open things up for questions and I'm seeing that they're nodding that's appropriate at this point. So that we can make sure that we cover everyone's questions appropriately. So everybody's muted, Amean if you want to un-mute everybody you can. So if anybody has any questions feel free. No need to be shy. That is what this time is set aside for. I know that everybody when we get into these situations, typically people feel like "oh I've asked a question before, I shouldn't take up the floor, I should leave it for someone else" and the people who've never asked questions feel like "oh, I don't know if this is important enough." What the masters say is that all questions are welcome and whether you've asked five before or never spoken, it doesn't matter. He—Ostad is saying we welcome your questions, we welcome your... your wish for clarity so he's saying the door is open, step in.

Q: Hello Dinah?

Dinah: Hi.

Q: Hi. It's Raha.

Dinah: HI Raha.

Q: Hi. I feel these moments are so precious. I'll go first again hopefully giving time to other to formulate their questions. I feel something about the pause—I feel like these seconds are precious. Let's get use out of them. First of all I wanted to express my gratefulness and my thankfulness to Ostad and Prophet Mohammed who are definitely one with the heart and hear every single conversation that goes on during the week and respond so beautifully so I'm very grateful for that connection and their presence. On the stuff that Ostad talked about and Prophet Mohammed expanded on, the beautiful clarification on distinction between discernment which was granted to human being as a power, and the judgment that is destructive or not so constructive in spiritual growth, would Prophet Mohammed or Ostad or whoever shed some light—some more light—where in that spectrum lies the righteousness that both Prophet Mohammed and Jesus and all other masters talk about which is for your purposes—to make sure that you're clear on the question for communication—hopefully is



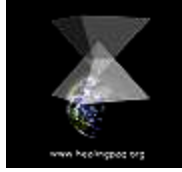
that... from that faith where one is more unified with the Divine, more in unity with the Divine, and the judgment is a Divine judgment, is a righteous judgment as opposed to human level type of judgment that has emotions that are not so constructive for the path. I hope I'm clear; if not, allow me to say a few more...

### Righteous Judgment (Prophet Mohammed)

Okay, alright. Well let's see what they have to say. Who's going to talk? Okay. I feel like Prophet Mohammed is going to respond to that. Prophet Mohammed, what have you to say? He's saying you have to keep in mind, he says yes of course, there—he says there is reference to righteous judgment in most of the sacred texts. And he's saying... we have to keep in mind that that righteous judgment he says is... he's saying it's something that—yes it exists but he's saying really it should only be applicable to the individual. He says for example, when an individual sees something that interferes with their connection, they have the ability and in fact are encouraged to use discernment or righteous judgment to say this is not healthy for me. Now that is always something that is you know when you are looking at something—so for example, he's saying when you are looking at something... let's say... like a horror movie or gossip in the office or whatever it is, when you become aware of a vibration that you feel “ooh, this does not feel good for me—this makes me feel uncomfortable, this feels like... I feel discomfort in my stomach, I feel wavering within my being, I feel like this is not good for me.” He's saying discernment or righteous judgment, and he's saying in those situations it can be used interchangeably—those words can be used interchangeably—then absolutely it is righteous judgment or discernment to say “this is not good for me” and get up and walk away. And remove yourself from the situation that is not healthy. He's saying however when you are seeing that very situation and you are aware that... that other people continue to engage in it, it becomes negative judgment when you decide that it is bad for them because he's saying it is... it is never healthy or appropriate to foist this upon somebody else, to say “this is not healthy for me therefore it's not healthy for you.” Now he's saying the reason is that people need to come to their own truth in their own time and because something is not healthy for you the fact that you get up and walk away it's a good thing. Now maybe that same negative situation that you judge righteously for yourself as unhealthy and you have removed yourself, perhaps for the other being it might be a catalyst for change for them. You don't know that; he's saying human beings do not have the ability to see that oh, well maybe them being involved in this gossip will be a catalyst because it will create a very complicated uncomfortable situation that will help them to realize that gossip is not healthy where if they were told “be quiet, stop talking, get back to your desk, blah, blah, blah” they would not have ever experienced this catalyst for change that was put in their path and they might then continue to engage in this unhealthy gossip for another five years as were had they... had you not interfered in that situation they would've gotten the benefit of that catalyst, that negative or maybe uncomfortable situation and then they would have seen “oh my goodness this is really unhealthy—I need to not do this anymore,” and then they would make that change for themselves. They would make that choice for themselves and then they would change their way of operating and they would have then elevated their being by those choices. So he's saying righteous judgment or discernment is only that when it is applied to the self; when it is applied to others it becomes that negative thing that shuts your power button off. And in fact he says you can shut the power button off for somebody else as well. Does that answer your question?

Q: Oh yes. I'm very very grateful. Thank you.

Dinah: Thank you for asking.



Q: Hey Dinah?

Dinah: Yes.

Q: This is Ed.

Dinah: Hi Ed.

Q: How are you?

Dinah: Great.

Q: You know one of the things—this was a very very good practical sharing and session, and it is clear that discernment has morphed into things that aren't helpful, and the choices of what was... the items that were identified—the doubt, the judging, the fear, the doubt—you know it's quite apparent that those seem to have some level of strength in this point in time. Is there a way or an approach as practical as everything else we've shared to un-morph those, to move back toward the healthy discernment and away from the unhealthiness that it's morphed into?

#### Discernment has morphed into Unhealthy Emotions (Lao-Tzu)

Okay. Who's going to answer that? Lao-tzu is coming to the front here; Lao-tzu what have you to say? He wants to answer this one. He says absolutely. There—he says everything.... Excuse me my voice is crackling. He says everything that is done on an individual level elevates the whole without a doubt. So he's saying we on this side are wanting to put forth this message, we are wanting to put forth this understanding because he says even if five people make the choice to say "okay, I'm going to do my best to use discernment for myself, to make wise choices for myself and I'm going to really be mindful of when my discernment takes an unhealthy turn and becomes judgment, anxiety, all these other things, self-doubt, self-judgment or judgment about others' doubt about others, whatever." He's saying when the individual can do this and when us, even a small group of individuals can do this with deliberate intent (he's saying deliberate intent is the key), when they do this they open the way for others to do it as well. And what he's... he's referencing the hundredth monkey theory. Do you know what that is?

Q: Yes.

#### Hundredth monkey theory (Dinah)

Okay. For those who do not know what the hundredth monkey theory is, very quickly I may not get this exact but close enough. There was a group of monkeys on one island that started washing their food—a very small group—and scientists had not seen this before apparently. And more monkeys started doing it and more and more and more. And on neighboring islands no other monkeys were doing this; it was not a common phenomenon. And little by little more monkeys started taking their food to the ocean, washing it off, eating it and... and what the researchers saw is that when the hundredth monkey did it—you know when that the theory





of critical mass—when one more monkey did it they realized that then monkeys on neighboring islands started doing it as well because it became a consciousness, it became like the energetic of it then became available to more than those who could just see it physically; it became available energetically Lao-tzu is saying. So what he's saying is that the more people that can do this individually and the more people that are open to and he says not just open, committed. Lao-tzu is saying committed. When people become committed to getting back the purity of discernment and leaving behind judgment and all of its unnecessary forms then we have a greater chance of reaching the place of critical mass and we make that knowing, we make that choice available to the whole. So he's saying that is an excellent question and we encourage people to become aware of that so they can not only do it for themselves because he's saying each individual just doing it for them is huge. He's saying it's a gift that you give to yourself but he's saying on a larger note it is a gift that you give to humanity because you make that vibration available to the whole.

Q: Thanks.

Dinah: Thank you.

Q: Dinah this is Saied.

Dinah: Hi.

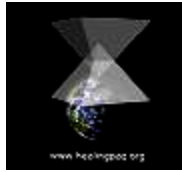
Q: I think Baal\_HaSulam wants to say something, but if I may just... what I'm getting here is that—especially when Prophet Mohammed said when the judgment is a way of shutting down or... you know moving away from the spirit side—it appears that discernment is the power of the spirit developed within the human being or living anchored within the Divine, living from the heart essentially. And the **judgment is living from the head and leaving the heart behind.**

Dinah: Absolutely. Prophet Mohammed is saying absolutely. He says that is that... he's saying once again he says as we have said many times before that is what the heart is for because yes the discernment, the knowing that this is good for me—this is not healthy for me, that is an automatic knowing that he says the heart was designed to facilitate. He's saying the problem is absolutely yes when the judgment comes in then we know the brain is stepping in where the brain doesn't belong. So he says yes you're absolutely right and he says thank you for that added clarity.

Q: Thank you.

#### Balance and Movement is Encouraged (Baal\_HaSulam)

Okay. And you said that Baal\_HaSulam wanted to speak. Baal\_HaSulam what have you to say? He says that he would just like to add to what has been said in that... that the intellect—he says it is our observation that the intellect has really again sort of gotten out of control and out of balance. And he's saying what we on this side really want to focus on, facilitate, support, recommend—all of those verbs is balance. He's saying we on this side see this absolute imbalance in humanity that **the head has taken the lead, the heart is almost completely ignored** and he says when that happens he says basically human beings wonder in circles and he says because of that we want to encourage human beings, humanity to get back to balance, to let the heart do the job that it



was meant to do which is discernment and connection and to have the brain do what he says has been discussed many times which is to keep people physically safe—tying their shoes, not walking into wall, those kinds of things. But he's saying whenever human beings get so tied up in their brain that they realize that their dominant vibration is judgment, when they realize that their dominant vibration is... is judgment—well he's saying judgment in all of its forms whether it is self-judgment because he's saying there are people that... that more than anything they turn their judgment internal and they beat themselves up and they see themselves as you know not worthy or constantly making mistakes or "I'm not good enough on this level" or "I'm not good enough on that level" or "I don't love enough, I don't do this enough, I don't do my regular practices—shame on me" and they're so busy beating themselves up that they really don't have time to beat anybody else up. So he's saying those individuals too need to hear the fact that just because and he's saying great that they're not judging others, they're not beating others up but he's saying if they're beating themselves up it's the same thing, it's the same vibration, it's the same wayward, lost vibration of judgment that was never meant to be as out of control as it is. So he's saying we encourage balance, we encourage you if you're aware that you're beating yourself up or your energetically judging others, we encourage you to release that on all levels, on all forms, and to get back to the vibration of love and connection, to move forward to Divine, to leave the judgment of self and others behind and to realize—he's saying and don't let that be a clause for one more reason to beat yourself up—just say "wow, I didn't know that before, I know that now so now I'm going to start choosing differently." Make these other choices and move forward and he says when you slip just like when a baby falls it doesn't mean that the baby is never going to learn to walk. It means that mom picks the baby up and they start toddling off again. So he's saying if you... if you forget, if you sort of go back to the habit that has been developed over time, don't beat yourself up for falling. Just say "oops, I guess I took a little tumble here," get back up, brush yourself off and then keep moving towards the hands of Divine because that's all that matters. The fall doesn't matter; the getting back up and moving toward Divine is what matters. So he's saying balance and movement is what we encourage from this side, thank you Baal\_HaSulam.

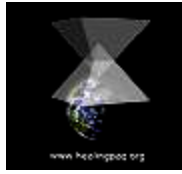
Q: Dinah, Hello.

Dinah: Hello.

Q: Hello, this is Santana talking and I just have a question. I've had much teaching coming to me at the moment from many different directions, and I sometimes have a problem knowing which practices, which mantras, which prayers to do. I do meditation with the light and try to do it regularly and make connection with the Divine, but I realize there's one light and in a sense one path although it's broken up into many different languages, practices, meditations and prayers and just a bit of wise guidance of how all can this be unified so we can be applications—you know stick to, chose one path or practice and stick to that rather than see... well I do see the beauty in different paths if you see what I'm saying if I'm making any sense.

#### Adopt Complimentary Choices (Ostad)

I think so. I think I understand the question. Let me see... who wants to speak? Ostad is coming forward. Now let me just... Ostad what have you to say about that? Ostad is saying that the reason that there are so many paths, so many choices, so many mantras, so many prayers is because there are so many beings on their way to Divine, and the path that's right for this one may not be quite energetically right for that one and the next



one and etc., so he's saying what happens with human beings is that they become aware and he's saying what is happening especially now in this technical age—in this technological age—is that the availability of this information is greater than it's ever been before. Before you know, before the computer evolution, people didn't have as much access so they weren't probably aware of maybe Hindu practices of Sufi practices or maybe they were someone who did Hindu practices and they didn't know about Christian practices and they didn't know about Judaic practices of Kabala practices so they you know the path, choices were much more limited, and he's saying now with the information age people can access millions of path. And that's great and it's lovely and it—he's saying it lets us know what is available to humanity and it makes human beings... it allows them to have choices about their path toward Divine. But he's saying just because there are a million paths out there does not mean that people have to walk on all of them or that they even have to be aware of all of them. He's saying use your heart, start with one consistent thing, do it daily and do it... commit to that one thing and then as you are aware that "okay, I've done this, I love it and I embrace it" he's saying don't then disregard it and jump to the next thing. Keep that thing that has elevated your path and if you want to add another thing use the heart to discern what would be another compliment—not competitive, not... not contrasting—but what would be another complimentary thing to the thing that I am already. And start adding complimentary pieces but he's saying the thing about a practice is that he says for people who want to be a concert pianist, they—when they are doing their practicing, they... they continue... they start with the basics for their warm-up and then they add to that and they add more complimentary more... things that will help them grow in their pursuit of this work but they don't... they don't jump from the piano to the violin to the harmonica; they stay with these basics and they keep adding to it on the piano so they can get good at piano. So he's saying in your process start with one, do it for a significant period of time and then let your heart discern what might be another thing to add. He says do it slowly, do it gradually and do it with the mindset of complimentary rather than variety.

Q: Thank you.

Dinah: Thank you.

Q: Hello Dinah?

Dinah: Yes.

Q: Abadi.

Dinah: Hi Abadi.

Q: I'm very thankful for all the conversation and for the words. I have a question that's been with me for—since very early on in this conversation—that was about patience. About where patience might fit in there whether it's maybe important?

### Patience, Trust and Focus (Master Quan)

Okay, who wants to answer this? Okay, interesting. Master Quan is stepping to the forefront here to answer this. Master Quan what have you to say about patience? He says pa—he says that's a good question and he



says human beings... understandably patience is a challenge for most. But he's saying what we would encourage you to do is to make a mental connection, make a spiritual connection and make a heart connection between patience and trust. Because he says they are twin flames of the same candle because when we have trust we have... we have unlimited patience and when we find ourselves impatient, that means we have neglected trust. So he says when you feel yourself—he's saying and it's... he says it's like... I can't think of the word—it's like a train moving on the tracks you know the... and I don't even know if this is true or not—this is just the picture that they're showing me but you know the wheels, anything I guess with wheel that they're moving along in a complimentary manner, that's the way patience and trust move. But he's saying when one gets weak like if a tire gets a hole in it and starts leaking, or when one is out of alignment one tire or one side of the vehicles is out of alignment then the other side feels the stress. So when you are feeling impatient about like “gosh I should be further than this” or “I should be, you know... why am I not this or why is this not occurring?” ask yourself to... or encourage yourself to then focus on your level of trust and to remember the beasts in the wild that... that have this natural element of trust and patience that go hand and hand for them that they—he says certainly if they have not been able to find food for a couple of days they have hunger and they will pursue the food that they you know that they're hunting or that they're gathering whether it's a lion hunting game or whether it's a squirrel gathering nuts, they will be very focused on their goal and the hungrier they get the more focused they will be. But they don't really become impatient and they don't become distrustful; they become more focused. And so he would... he's saying see this sort of as a three-point system so that you can work with that in harmony so that if you see that perhaps your patience is waning then... that **patience can be built up by tightening your focus and breathing life into your trust**. And if for example you feel that your focus is waning, then you can say okay “time to breathe life and intention into my patience and my trust” and then your focus will automatically be corrected. So he's saying the three together will work harmoniously as your awareness and your intention focuses on them.

Q: Thank you Master Quan.

Dinah: Thank you Master Quan.

Q: Thank you Dinah.

Dinah: Thanks for the question Abadi. Okay any questions? Okay. Certainly if people have questions, we're... the floor is open.

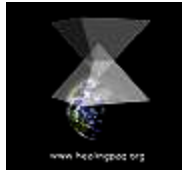
Q: Hi Dinah, this is Jenny.

Dinah: Hi Jenny.

Q: I... my question would be... I know that we're talking about discernment and really following and following your heart. I know that in many decisions where I know that the heart is telling me to go follow and make good decisions, sometimes I feel that there is an element of courage, and my question to the masters would be what would be the best... the best way to gain or to develop that courage?

Courage and Discernment (Solomon and Sananda)





Okay. Alright who wants to answer this question for Jenny? Okay I feel like actually two beings are coming forward to answer this question, Solomon and Sananda. Sananda is also—Sananda is actually Jesus. When we went to the other side he became known as Sananda so Sananda and Solomon what have you to say about developing courage when it comes to choices of the heart? Okay. I'm not—because they have come together—I believe that their message is sort of simultaneous. I'm not aware of like one speaking over the other; I think they're putting this message together—they're putting it forth together. And they're saying that... they're saying just as we talked about a moment ago about trust and patience working together, he's saying there is another component. He's saying yes absolutely courage is required in choices of the heart, and he's saying courage comes when you learn to trust your own discernment so he's saying when we talk about **trust and patience acting as twin flames of the same candles**, we would say to you that **courage and discernment are twin flames of the same candle**. And they're saying that what we mean by this is that you need to make these... make choices of discernment gradually so that you can build your confidence. So for example when you... when you are aware of a situation that does not feel healthy for you and you walk away from it and you feel the relief and you do that kind of thing, you start practicing that more, then that builds your discernment because you—the more you do it the more you trust it. And he's saying or they are saying that as you build your discernment, your courage to trust that works together with it. So he's saying initially choices of the heart... he's saying so when you make these choices start with smaller choices, start with choices that are not necessarily life-changing—they're more life-affirming. That you can and he's saying—that they are saying, I keep saying he—they... that is a big difference. He's saying as you **make choices from the heart that are life-affirming, you see the benefit, you see the growth within your being on every level**. You see that your stress level decreases, you see that your enjoyment for life increase, you see that your overall vibration is elevated to the point where you are enjoying life more because you are making these life affirming choices. And so they are saying that as you start making life-affirming choices then your belief and your trust and your discernment grows and then your courage to make the changes sort of grows with it in tandem because now you know, as you continue to make life-affirming choices then all of a sudden the choices line up so that they're all kind of supporting life-affirming state of mind, and then the choices that seem so huge and out of reach previously become more like “oh, well of course—how could I choose anything else?” Because then it doesn't seem like such a leap of faith, it doesn't seem like such a courage-provoking choice; it seems like the only choice that could be. And... and then it's really not a matter of courage so much. It seems like courage now but they're saying it requires courage now because what you're looking at is making choices that are life-changing. But he's saying—and he's saying certainly some people do that. He's saying certainly some people decide to sort of jump off the cliff believing that there will be an ocean at the bottom and that they will swim freely and he's saying God-bless them, that is right for where they are in their life and in their path and good for them. But he's saying for other beings it is less... less tumultuous, it is less anxiety-provoking to just start making life-affirming choices and to do these gradual steps toward Divine so that then all of a sudden as they said a minute ago then the choices that once appeared so big now seem like just another step in the process because you have gotten in a habit of making life-affirming choices. Does that help?

Q: Oh that helps tremendously. Dinah just one more thing, can you... can you ask them to give me one example of a life-affirming choice?

Life Affirming Choice (Solomon and Sananda)



Dinah: Okay. Sananda and Solomon, can you give us an example of life-affirming choices? Absolutely he says or they say—I keep using he, I got to use the correct pronoun here—they say that for example, the smaller baby steps, the smaller life-affirming choices, you would start or you could choose to start with the... choosing between the should and the other choice. So for example I've been invited to go to this... this gathering—this party—and I should go because it's kind of expected of me, and you know so and so will be disappointed if I don't and blah blah blah, or I could make the choice to stay home and meditate or go for a walk in the woods or go sit on the beach you know like... I have choices to either go to this thing that is a 'should' or go sit on the beach or enjoy a sunset and what am I going to do? He's saying—they're saying that the life-affirming choice is obvious in that situation. You know the life-affirming choice would be “boy, I've worked really hard all week and I would really love to just go sit on the beach and enjoy the... But anyway so what they're saying is in that instance, the life-affirming choice would be to support your being, go refresh and replenish yourself on the beach and just be polite and say “thank you but I can't” for the party that you really don't want to go to anyway. So he's saying—they're saying—by making those small choices and choosing continually to refresh and replenish your being, that... those continual choices do have good self-care and to... to make these life-affirming choices then becomes a more natural thing and then the bigger choices later on don't seem as big because you've gotten in the habit of making life-affirming choices.

Q: Excellent.

Dinah: Does that help?

Q: Yes. I'm most grateful. Thank you very much.

Q: Dinah, if you're not doing a meditation, there's a follow-up question to what we talked about earlier that I could pose.

Dinah: Okay.

Q: Prophet Mohammed was kindly speaking that it is definitely the righteous judgment or discernment if there is an unhealthy situation that's going on and you discern that it's not exactly fitting with your vibrations and you remove yourself if I understood it correctly. And the follow-up question is that well, they're definitely areas that we can discern for ourselves and move ourselves toward the Divine with our choices and that's fine with that. But since this is not really about us and there are other people that are suffering or other affected by some of those type of environments, what can we do about them—what about an autistic child that may be in an unhealthy environment an cannot make a decision to walk out by himself or an elder parent that again cannot discern and have discernment to know the way to the spirit and to the Divine and to the life-giving and life-affirming help but by themselves are being held back by oppression or unkindness or whatever have you. What is it that we can do about them—how can we look at that situation for decades and affirm our long-suffering and patience and that God is at work and just... you know there's definitely a challenge to the mind to look at that situation on a long plan and still remain unaffected.

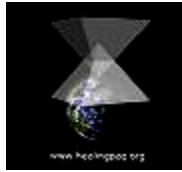
Dinah: Okay.



Q: And this may be a question to Lao-tzu. I'm not—I'm not sure 'cause... I feel like he needs... he wants to communicate to me because I've read so many records and I'm not sure of the records on earth are accurate or not, but I guess in his last encounter with Confucius, he was speaking of developing that dragon in you and also being careful of doing the ego work. And when Confucius was done with that meeting, he goes to his disciples and says, "Today I have seen the dragon in the earth and sky." So I guess my question is to him how can we develop that dragon in the heavens and the earth in us to remain unaffected by these difficult circumstances?

### Accelerate Healing Others (Lao-Tzu and Master Quan)

Okay. Alright let's go to the masters. Who... actually again we have a pair coming to speak. We have Lao-tzu and Master Quan coming together, and when they come together I still here one voice; I just know that both beings are... are sort of putting their energies forth to answer the question so what they're saying is that... They're saying certainly we understand the discomfort that physical beings see when they see... when they perceive another human being perhaps in a negative or unjust or unhealthy or whatever the label is, in a situation that they themselves would not want to be in. And he's saying that's natural human compassion that is at work in that situation, and he's saying that is certainly the heart that is through love seeing this and he's saying... the heart—not he, they. Forgive me when I use these wrong pronouns. But what they're saying is that the heart perceives this difference; the heart perceives that perhaps there is discomfort in this person's situation. But he's saying think about it in another way. Think about it in terms of... because it is very similarly energetically even though it may not seem so. He's saying what you are seeing—so the difference in the situation is this. When you see a human being—for example, an elderly person in a situation where perhaps they're being stifled or abused or it just appears that the environment is not a great environment. And you think well I could change that, I could get them out of there, I could do this or why doesn't someone do that or this situation is changeable. He's saying it appears changeable, yes; however, it is really not—or they are saying it appears changeable—that they are saying that it is really not that different from when we view someone who perhaps has cancer or perhaps has a different, very serious illness or very serious challenge. It's the same vibration it's just that we perhaps although we feel compassion for someone who is maybe dealing with cancer, we don't feel that that situation is as changeable so we don't have this feeling that we need to intervene in the same way that we would when we see someone in a situation that we perceive as unhealthy. But what they're saying is that even though they do not appear to be similar, vibrationally they really are. And what is similar about that is that person's individual path that they need to walk and that is precisely right for their own development, their own advancement, edification, whatever—they're own energetic elevation—and so it is part of their individual journey that will help them become the being that they are meant to become. And he's saying the best way to help them whether it is a person in an abusive situation or whether it is a person who has a very serious illness, in both scenarios they're saying **the best thing that we can do when we view that is to see them as already healed**. They've said that before as far as illness goes that the healer sees the person as healed so that there is energy encouraging their healing, and the same is true when we see someone who perhaps maybe doesn't have the same physical ailment or challenge, but is nonetheless facing an uncomfortable challenge. We see them—we can do the most good by seeing them as healed to the point where their situation is more optimized. And by doing that we are encouraging that vibration to elevate and by then adding our prayers to that because remember they're saying that it was said in the beginning of the discourse that prayers are always heard because they have such strong intent behind them that they're always heard, always supported, always acknowledged. When we pray for another—for another being's healing—whether it's from cancer or



from abuse or from poverty or from hunger or from a situation where perhaps they're in a war zone or wildfires, whatever it is, and whether that is... whether that involves a fellow human being, whether that involves the animals that are out there and are sort of at you know, at the mercy of some of these other conditions as well, whether it's the winged creatures, whatever it is—it doesn't matter. What they're saying is by seeing their situation as improved and elevated and by adding your prayers to that they're saying you can really help to affect change more than you can conceive of at this stage. But he's saying—they're saying—that's where the trust comes in to know that... that movement is there whether you're aware of it or not. Does that help?

Q: Oh yes, yes. Thank you. Thanks to both of you and all the others and thank you Dinah. I'm hoping that some of my other questions are a little bit shorter answers for the sake of your voice, but thank you. It affirms all the steps and all the meditations I've been doing, and I'm basically holding them in the light and affirming the presence of the Divine in and around them even though they would like to walk you know, but I guess this is very comforting to the heart that... that I have—that we have—the support of so many in this path, in the work that we're doing on earth. So thank you, thank you, and thank you.

Dinah: Thank you for the question. Okay, well...

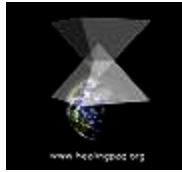
Amean: Dinah I'd like to ask the last question if I may.

Dinah: Sure.

Amean: We have all these wonderful people who have joined us in this initiation intermediate class and been doing wonderful work out there constantly coming back in the last two years and supporting, the self-healing, others healing and also supporting all this work that's been done so far. And put you know, a very good momentum and doing a lot of remarkable work out there as well for either themselves or others. What I'd like to do is get a feedback from the Divine about the work that all these wonderful people who have been doing for themselves as well as Divine and for living earth, and how the Divine and the ascended masters report the progress back to us from their observations in respect to this momentum.

Dinah: Okay. Who wants to address that? Okay, Ostad is coming to the front to answer that. Ostad what have you to say about the progress of the... entire all the folks that have been involved in these classes and practices? Okay what Ostad is saying is he's saying that is... he's saying absolutely there's progress, absolutely there's momentum. He's saying when we talk about efficacy and when we started by he says pin-pointing that that is the whole point of this evening's discussion, is that absolutely he says applies to the progress that is being made by the individuals that are doing their own individual practices and then also the earth healing and self-healing and other-healing that they have learned through these classes. There's absolutely movement and momentum associated with that. And he says the way that... he says the best way that we can describe this is to... to encourage everyone to look around and to see that you know, certainly he says the reason that we brought up the whole point of efficacy is that we understand that to the naked eye, you know people will work for example on healing and... and they really can't perceive whether or not there is much difference being made by that activity. But he's saying certainly as we look from our side we see that the vibration of the whole is lifted. And he's saying is it... is it perceivable from the human eye? Probably not but from the spiritual eye—you know the spiritual vision or the spiritual perspective, we can perceive an elevation in awareness and he's saying we can perceive





an elevation in... sort of overall behavior or awareness, something like that. But he's saying what the human can perceive is this. He's saying look at—you know, start thinking about the shift in conscientiousness that you see now that because we're in the information age people... people have so much data coming at them that it's impossible to... to realize when there's growth because just the weight of information that comes is just so massive. But he's saying think about the things that you hear on the news now versus the things you heard on the news two or three years ago. For example, the green movement you know people are becoming more and more aware of the organic—importance of organic things and the lack of chemical pesticides and the you know, reusing shopping bags and being aware of some of the other even political things about encouraging fair trade and encouraging business development in underdeveloped countries, and he's saying when you're doubting whether or not earth-healing is making a difference, start opening up your mind's eyes to these bits of information that are everywhere that human beings can sort of become numb to because there's just too much information out there. But he's saying when you look at what... at the general populace viewpoint now versus five years ago, you know you can certainly perceive the improvement in awareness of the environment, in awareness in... in fair-trade practices, in the awareness of... of encouraging fair treatment of women or refugees or whatever—that awareness is growing. Now he's saying certainly could it improve? Absolutely, could it become even more optimized, could it become even more focused? Absolutely—he says there will always be room for improvement. But he's saying the improvement that is showing itself, it is there, it's real, it's available so he's saying there is movement, there is growth, whenever you're... whenever you are doubting for a minute you know when the doubt—when the discernment and turns to doubt, then turn your focus to the news, see that there is progress, see that there is you know, that even he's saying—now I have to see if this is him or this is me because this is my opinion not his. But he says that I can use my words because... you know he would not say it like this but he's giving me permission to say it like this. He says when even ditzy celebrities are voicing the importance of green awareness, then you know that there's obviously some movement because they're doing more than getting drunk; they're showing their awareness. So he's saying when awareness has gotten to that level, then you know that progress has really been made. Does that answer your question?

Amean: Yes thank you.

Dinah: Okay. Okay, so time-wise we're at the end of our time. I will certainly stay on the line as we end but... in case there's any clarification needed by anybody, but I want to be mindful of everyone's evening and needing to get ready for work tomorrow so we'll take a moment and thank the guides, the beings of light, the masters and of course God, the Divine. We appreciate the time that we've been able to share with the beings of light, with each other. We thank you for the information that you've share with us and we ask that as we continue to journey down our individual paths that we continue to have the light shining ahead of us and that we continue to be able to enjoy our connection with each other. We thank all the beings and we... we acknowledge blessings that you've given us and shared with us so be it. So I... I'm sort of ending things for now and wishing everyone a lovely Sunday evening but if anyone needs any clarification I'll stay on the line for a couple more minutes. Thank you all.

Q: Hey Dinah? This is Ed.

Dinah: Hi Ed.



Q: I just want to tell you that this was—at least for me—and this was a pretty profound. There was just so much and it was so practical so thank you so much and all the masters and everyone that shared.

Dinah: Well thank you so much for joining. I really appreciate it.