

Table of Contents

Ascended Masters and Archangels (Amean's Introduction)	1
Channeling	3
Introduction (Dinah)	3
Preparation (Dinah).....	5
Healing and Health Spectrum (Ostad)	6
Calm the Mind to Divine Spark Within You (Rumi)	8
Question and Answer.....	10
Love and Devotion (Fatima).....	10
Guided Meditation (Dinah).....	12
Discussion after Meditation	13

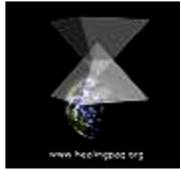
Ascended Masters and Archangels (Amean's Introduction)

Okay, we talked about the, you know, in the past, about ascended masters and archangels and mentioned them. These wonderful beings are like our big brother and sister who help us, help us as we require help and then we become aware of the fact that they are able to help us, and we ask for their help naturally. At the same time by no means shall we consider them to be a replacement to our direct connection to divine. That's so important to acknowledge because we all have that direct connection to divine and we must work on that as being the primary objective. But if there are times where we require some advice or consultation or some assistance, then the wonderful... there are many wonderful beings from different mystic as well as philosophy and religion background are ready to help us. So they're just wonderful beings that are here to assist us upon requesting them. The other key important issue is being more and more aware of energetic world and the vibration and the wave helping us to see a bigger perspective of what's around us. So it's like when you wake up in the morning and we open our eyes and expect to see our closet and our bed and our door and our other beloved individual within the environment that we live in or if we live by ourselves, the furniture and objects around us, when we wake up in the morning, we should also expect to see these energetic beings and also be aware of the fact that they're around us—same as the furniture, the beloved you know, individuals whom we happen to live with, and so on and so forth. That awareness itself really helps us at least to thirty or forty percent, to slowly with time become more familiar with the energetic vibration in our surrounding, and by becoming familiar with it and expecting that, then we start not only recognizing but also using that connection throughout the day. So if there are times that we may get challenged in certain subjects, absolutely what we can do is just say “Well divine, you know, I'm doing this work or I'm going to this meeting or I'm working on this problem or this you know, task and I'm stuck here. I think I can use some help, so please send me one of those... one of the beings who are—who is familiar in this environment so they can help me a little bit.” And by sending that request, as long as we don't expect the outcome—we just let it flow intuitively, the assistant will come. So it's essential on one hand not to set expectation...I want my expectation that I get it this way—like I have to hear it or I have to see it or I have to you know, sense it. We just go with the flow and let the natural progress, that process of that vibration help us throughout whatever that, you know, we have set the request for. And then at the end of the day, when we go get ready to sleep, as we say goodbye to you know, the beloved ones who are in our environment and if you happen to live alone, just close our eyes, we can always you know, say goodbye to the divine and to all





these wonderful beings and at the same time ask the divine to give us the proper information throughout the night where not only we rejuvenate, replenish our physical and mental and energetic vibration throughout the night. Also we can gain the most benefit for healing self and healing others for the next day to come, and you know, as we talk about meditation which is really for us is a state—it's that state of inner peace, inner happiness and inner love, and we set our wish, we set our awareness toward that direction, then what we can do in order to extend that ability so we don't just like meditate half-hour a day or an hour a day, and throughout the day we just totally forget about it. What we can always do is kind of extend that meditation which is again that state of inner peace, happiness, and love as often as possible, as much as possible throughout the day. One good way to do it is we've already talked about the diamond—the communication portal so when we go to bed at night and sleep we can just be aware of the fact that oh I have my crown on and I'm going to camp and sleep in the diamond tonight. So the immediate... because the vibration is really all we need to die here—that awareness is like saying okay before I fall asleep I'm going to call my mom or my dad or sister, brother or an acquaintance and say good night to them. Of course when we think about that then we have to go through the mechanical process of dialing the phone number although the thought is already emitted, but when we talk about these vibrational sites we don't need to go through that mechanical process of dialing the phone number because we are indeed the bio-cell and from the fact that we are bio-cell, the minute that that thought crosses our mind, we already dialed that number. So we will be present there. So if you're interested to extend your meditation very naturally through integrating it into your daily life without putting any additional time or effort just because we don't have it throughout the day, consider the fact that you and your bed or you and you know, your room—however you want to visualize it, you can just consider every night that you're asleep in the diamond. So now instead of doing meditation a half-hour a day or one hour a day, if you sleep like eight hours a day, then all of a sudden it's half-hour to an hour meditation time plus eight hours at night—so it's like nine hours for example. So if I want to be present there for nine hours it takes me nine days, where if I integrate it into my daily life into different areas that I become aware of it more often as time goes by, I can easily extend that and really get that quality from that situation at least nine to twenty-four hours a day easily. It's just that awareness of the integration, awareness of the presence of us into that environment, flowing with that environment, being one with that environment and at the same time having a mutual benefit from it. The other key point that is important to recognize about ascended masters and you know archangels, they're beings who don't have mass... essentially if you go back to those three categories ego & survival, advancement & intelligence, love & compassion, the two categories of love & compassion and intelligence & advancement, repeats itself even for beings who don't have mass which means they don't have a physical body which really when we have the physical body require that energetic vibration of ego and survival. If you don't have mass, we don't require that as much so it's mostly—their vibration is mostly on love & compassion and advancement & intelligence. And because of the lack of ego & survival and the fact that its presence is not required because they don't have mass, they work like a team. They, regardless of the beings from any previous background in terms of religion, culture or anything else, or even being archangels or angelic realm versus humanity realm versus other type of being realms. They all work, cooperate together for a purpose of flowing divine love and compassion, divine love—I'm sorry divine happiness, and divine peace throughout the universe and promoting what the divine plan is to many other beings who happen to have mass or not. So really their job is cooperate, collaborate, and so that we can... there's a lot learned. There's a lot that we can learn from them and really they are not in the business of competing among each other and they really work with each other like a great team... because if you look at any team structure, everybody doesn't say "oh I want to play this position" or "I want to play that position." They all have their own position, they all trust each other, they all have confidence with each other and they all work together in a peaceful, serene, happy, loving environment for mutual benefit of the divine. So in that regard it's really wonderful to see such a beautiful cooperation-collaboration as teamwork regardless of



distance, and we can really learn from that and benefit from it. Having said that, one of our wonderful partners, Dinah, who is very you know, she's an excellent communicator and she has gained ability of communicating with these wonderful beings quite often on our behalf you know, will be giving the rest of this lecture, and so throughout the rest of lecture, she'll be doing the talking and also based on our luck, when we do our meditation which Dinah will guide and walk us through all that process throughout the—you know in the next two hours, we will be having a discussion with whichever master the divine choose to join us today for that discussion. So we don't call on them in respect to "I want to talk to X" or "I want to talk to Y." We say "Okay divine, we are here. We are here to listen. What's best you have to share with us? Please let us know." And we let the divine intelligence make that decision—what's best for all of us collectively together because we do have that collective energy which is flowing among us and through us right now. Whether we are aware of it or not and how much we are aware of it, is a different situation, but like anything else—like a wave in a teleconference session, there is a collective energetic vibration that is flowing among us as well which is really all of our thought collectively joining in a harmonized fashion together collectively and it's going to vibrate in a particular characteristic, in a particular you know, frequency if you may call it. So having said that Dinah will tell us when we'll be meditating and she will tell us when she's communicating with them and who she's and who we are communicating with them. Just be aware that as she's the front person who is communicating with them, we may also hear information from the divine as we are going through the session say when we hear it twenty-four hours a day, seven days a week. So if it happens that you had an experience, if it happens that you hear something, the best recommendation I have for you is have no doubt; trust your heart, trust information. And if you choose to share it with the rest, great! Because it's not just "oh, they're talking to Dinah and we're listening." They're really talking to all of us collectively. It just happens that one of us, you know, is hearing it at a faster rate. And you know, I hope Dinah a little bit elaborates on that as well. This way if there is something that comes to your mind that's "oh, I think I heard this" if you offer, share it, then what happens by offering it, by sharing it, you are acknowledging the fact that "hey, I'm also hearing it" then you kind of open yourself to those types of communication and vibrations more effectively. So with that said, I'd like to introduce Dinah to you all, and Dinah from here on I am quiet. So come on board.

Dinah: Okay. Amean, just to clarify, my plan I just want to make sure is correct. That we'll get maybe going for about an hour and then between talking to the masters and perhaps questions, then at twelve-thirty my time or ten-thirty your time, we'll start winding that down and go into meditation together? And go for about fifteen minutes and have the last fifteen minutes discussion.

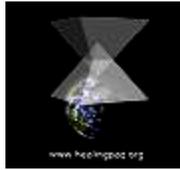
Amean: Yes.

Channeling

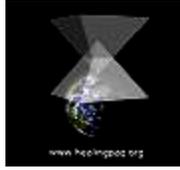
Introduction (Dinah)

Okay, well hi everybody. Typically what I do is just explain a little bit sort of briefly about what communicating or channeling is. And then go right into it. I have been channeling for.... gosh I don't know, ten, twelve, fifteen years—I'm not even sure anymore but it's been awhile. Probably close to fifteen. And the way that it started for me—actually it started when I was a little kid. I had... periodically I had dreams that would actually come true exactly as I had dreamed it. Kids are very open... you know, that's not uncommon. As an adult I actually went to see a channel who told me I would be doing this at some point, and that intrigued





me so I worked very hard at it. I really worked on opening up to that communication ability. I was very fortunate in that over the years I've had several teachers. A lot of what I do is sort of a mixture. I have worked with very briefly I worked with a Native American medicine woman, I've also worked with a spiritualist minister, I've learned a lot from Amean, I've... you know, so what I do is sort of eclectic—it's not based on any one type of tradition. So in learning to channel and becoming a channel, I... what I realized was exactly what Amean had said. I had to release all expectation because I... I had an expectation for example that I would hear the information the way that you're hearing my voice now—that it would be something outside myself. I had the expectation that perhaps I would see the persons with my physical eyes, you know I had many expectations so that when I would actually sit down to meditate, my expectations sort of clouded the process. It wasn't until I released my expectations and thought "Okay, whatever. Whatever is going to be is going to be, and maybe it'll never be at all—I don't know" and that's when I finally was able to start hearing clearly. As a channel I can tell you that when I hear the information I don't hear it with my ears; I hear it in my head. When I get the information sometimes I get actual words, often times I get concepts... so I'll get a block of information that I understand and that, then I... once I get it I have to break it down into words. So sometimes there's a lag time because I get what they're talking about but then I have to try and put it into English and maybe give examples. And sometime they're very kind and they provide those examples and sometimes they make me work a little harder. So it's always different; at any given time it's usually a combination of all of those things. When the masters talk, there is usually building on what we already know. Sometime they're providing brand new information, but usually they're taking something that we know and providing more depth, and more depth and more depth, so that we can get a more... a deeper understanding of whatever it is they want to talk about. So, some of what they may discuss might be new to you; some of it may be like "well, yeah, of course I know that" but if that's the case, then I encourage you to listen with your heart because even though on one level you might already know it, they might say it in such a way to help you know it at a deeper level, and that's what happens to me all the time because as I... as I talk with them and I, really I talk with Ostad daily, when I talk with them you know, sometimes they'll say something, and in my human-ness I think "yea, yea I know that" but then I think "okay, Dinah wait" and then I'll listen more carefully and I'll think "oh yea, you're right." You know, I get it in another way. It's sort of like seeing, you know, how many sunsets have we seen throughout our lifetime, and yet if you really look, it's beautiful and different and unique every single time, and that's kind of what this is information is. You might understand the concept but the actual twist that they give you is usually beautiful and unique in and of itself. So I would encourage you just to listen with your heart. The other thing that I let people know, and I said to Amean, that as you go through this process it is not uncommon for people to start opening up and to start hearing things themselves or feeling things intuitively. I would say trust that. Having said that though, I would say trust it with... some measure of quality control, okay. And what I mean by that is I personally really feel strongly about when you are tuning into spirit, that you make sure that you are tuning in appropriately, that you are setting the stage, and that you are sort of doing again that quality control, and putting up boundaries, having the intention of communicating with only the highest of beings and only the highest information. And the reason is that—and I say this every single time because I really want people to know and remember this—just because someone's dead doesn't mean they're smart. And, you know, it doesn't take a lot to tune into energy and there can be lower energies that want to communicate too. That doesn't mean that what they have to say is what you necessarily want to follow. As an example, this week I was waiting to hear about some information and I was actually on my Exercycle. So I was pedaling along and you know, just kind of letting my mind fly, and I... a guide came in—well, not a guide that I, not an ascended master—a being came in and made a statement. I was not in meditation, I had not set up any quality control, and so I kind of took it with a grain of salt. I thought "eh, we'll see." As it turns out the information that I heard was wrong and I thought "well, that's interesting." I later on asked Ostad about that and said "tell me about that—what was



that” and he said “energy is everywhere” and you know, he said exactly that... it doesn’t take much to tune in and he said you... you know I, it’s not like I had put any stock in it anyway because I was not in meditation. He said you know you just sort of heard a message flying by—don’t worry about it. And it, you know the way I kind of liken it, you know when you, when we—you know people that were into CB radios/hand radios/whatever those things were that you know, you could turn your radio on. You could hear a hundred conversations; you could get involved in any of them. That’s, you know, that is potentially what you can do when you start opening to channeling. The issue is that you want to make sure that you are tuning into the higher or highest of energies. So when you do this, I encourage you to go into a meditative place, to step into the diamond, to use your Crown of Light, to do those kinds of things. We’ll do that now as we go—as I go in—I’ll take you through the process that I go through whenever I meditate and channel, and I would encourage you to do that kind of quality control because I just think it’s very important. So, having said all that, I don’t know if I’ve missed anything. But does anyone have any questions before I actually begin/invite the masters in and start talking?

Preparation (Dinah)

Okay, no questions, so I would invite you to get comfortable, just—wherever you are, get comfortable in your place, in your chair, whatever. I’ll walk you through the process I go through. We’ll invite the masters in, talk to them, see what they have to say, and then following that, then I’ll actually take you to a meditative place where you can see what you can access. So, breathing deeply. Deep breathe in, deep breathe out. We will first set up our Circle of Light acknowledging first the direction of the East, we call in the ascended masters, the guides and the guardians, the beings of the East, we call in the winged creatures, we call in the element of air, we acknowledge that the East is about rising above, the wisdom of the East teaches us to rise above—to see things from a distance, we ask the wisdom of the East to join us now, so be it.

Moving to the South. We call on the beings of the south, we call on the element of fire, we call on the wisdom of the South, the wisdom of light, fire that represents light, and the light that can guide our path — show us which way is the better way to take with every step. We welcome the creatures of the South, and we welcome the wisdom and the direction that the South brings to us, so be it.

Moving to the West. We welcome the guardians, guards, the ascended masters of the West; we welcome the element of water. We ask that the wisdom of the West join us as we go through our session today. Wisdom of water teaches us that we don’t need to swim upstream; we ask that this wisdom teach us how to go with the flow and trust our journey. Welcome, so be it.

Moving to the North. We welcome the wisdom of the North, we welcome the element of Earth, we welcome mountain energy, we welcome—as always—White Buffalo Calf Woman who resides in the North. We welcome the other ascended beings and masters. We welcome the teachings of beings grounded—remaining grounded and at peace. We welcome the beings and the guidance of the North so be it.

We call in the direction of the above, the wisdom of the above, Father Sky, Grandmother Moon. We ask that you help us again to rise to the highest vibration possible. We welcome the element of the below, Mother Earth. We welcome your grounding energies. And we welcome the element of within—our own inner guidance, our own inner wise being. We acknowledge these seven directions. We now call on the seven



archangels Michael, Gabriel, Raphael, Uriel, Chamuel, Jophiel, and Zadkiel. We ask that each one of you take one of these seven directions or seven doors, and hold the energies as we go through our session today. We call on archangel Metatron to oversee as usual as we go through our session. Besmeh Allah Rahman Rahim, Besmeh Allah Rahman Rahim, Besmeh Allah Rahman Rahim (in the name of merciful and compassionate God)

Under the guidance of Pavarandeh, we now step into the diamond, the energy of the diamond and we acknowledge our Crown of Light. We acknowledge that it is our intention to access the highest of energies here. It is my intention to be a clear and perfect channel of truth, holy wisdom, love and life for all, so be it.

So, here we have it. Who's with us? We have many masters with us as we start our communication today. Ostad is with us. Ostad makes his presence available very easily and continuously. We have Master Quan who's also part of this project. We have Rumi, we have Shams, we have Quan Yin, and we have Rabiya, Fatima, and Mary. We have Many Layers, the guide that I have worked with for many years. We have many many beings here ready to communicate with us.

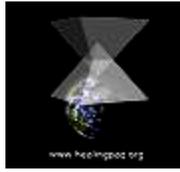
Healing and Health Spectrum (Ostad)

Okay, I'm going to Ostad first and asking Ostad what direction he wants to go in. Often times, because we have... we have access to many masters but we have sort of special guidance frequently from Ostad, Master Quan and Rumi. Often times they're the beings that speak the most. But that doesn't mean that others might not jump in. So first Ostad we're going to talk with you, and we ask you to ahead.

Okay, Ostad is saying welcome, and in his usual loving way, Ostad is—I see Ostad bowing to all of you. Anyone who was with us today, anyone who's going to be joining by the recording... he's doing this sort of energetic acknowledgement of the time you have put in and the commitment you have shown and he's showing his gratitude. And he's saying he thanks you, that he—no, I'm being corrected. Not he thanks you, he's saying we thank you. He's saying we are grateful, we are gratified, we feel blessed to have so many... beings in human form who are willing to open their minds and hearts to the information that has been provided and that will be provided in subsequent sessions. He's saying our goal is the same. He's saying we come together not by accident, but by design—by divine design. He's saying we are brought together by a common interest in health and well-being. And he's saying that's exactly where he wants to begin today. He wants to talk about sort of what appears to be the bottom line. So he's saying what brought most or many to this class is the subject of health and healing. And that is a noble and worth-while pursuit or way to spend you is time. He's saying when you look at health and healing whether it's for self or others, it is a grand and noble concept. And the reason is again whatever you do that is in line with health and healing, you not only benefit self, you benefit everyone because that energy goes out there and it... it blossoms and it grows. But he's saying let's take this further; let's look at this more in depth. You might think that the issue is health. What you have—or initially what you thought was the issue was that of pursuing health or healing techniques for self and others. The core of that, the more important component of that is the vibration that goes with that. The energetic equivalent. He's saying health is a concept. What we need to really focus on is the energetic or vibrational equivalent and what that means. When we look at health, we look at a state on a continuum. So if you look at a line and on one side of the line you have health, on the other side of the line you have disease or not feeling well or whatever. He's saying whether that's mental, physical, emotional, whatever. You have this line and health is something that vibrates we think in the middle. But really the middle is only where it starts. The middle is



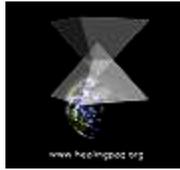
where we begin to feel health; the goal is to keep going up that continuum—to keep moving up. And moving toward the... what is better than health, what is better than just that state of middle ground. He's saying what we want to do is we want to move... by improving the vibration we really move more toward divine because divine is at that other end of the continuum. He's saying when, you know initially—okay he's correcting me. If I said this wrong a minute ago, I apologize. When we are doing this, we... I, Dinah, initially might have said—I don't remember because I'm trying to break this concept down—health is on one side, disease is on the other side. That is incorrect. What he's saying is **disease might be on one end of the continuum, divine is on the other end of the continuum; health starts in the middle.** And again what he wants to really focus on is where you might've come into this process, which is the pursuit of health, we need to realize is really the... just the middle of the continuum. And what they want to do is encourage you to move up that continuum toward divine. And how do we do that? He's saying it is all a matter of vibration. It is all a matter of awareness of vibration. So the way that you do that, and he's... he's, I see him sort of clapping when he... is acknowledging what Amean started unknowingly discussing this morning is exactly where he intends to go, exactly where Ostad intends to go with this discussion is being aware of your vibration and being able to tune into those higher levels of consciousness all the time. So he's saying we first start out, you know, everyone has to start somewhere. You are where you are. So as a human being, what we need to do first is start with basic meditation perhaps. Basically know that we need to spend some time each day quieting our minds, being aware of where the mind is going. He's saying the mind left unchecked sort of... runs everywhere—just runs, runs, runs, runs, runs. Doesn't stop; doesn't do anything productive. It's like a mouse on a wheel. He's saying what we really want to do is start first by being aware that the mouse is on the wheel and then deciding what we want to do with it. Deciding where we want to focus that energy. Do we really want our energy spent in this business that our mind is used to moving with or do we really want to focus our minds, our thoughts, our energy? Because he's saying you must remember that **energy follows intention.** Or they always say—another thing is a common expression is “what you focus on grows.” So if the mind is a busy, he's saying busy bee. And if we think of bees, we can see that you know, bees move very quickly from this to that flower to that flower to that flower. They're in constant motion you know stopping here, moving here, stopping here, moving here—it's continuous. He's saying that kind of business we need to leave for the bees and we need to really have the intention of focusing our energy, focusing our vibration with the intent of “yes, I'm improving health” but then going beyond that—having more access to divine and having more connection with divine, and having more... he's saying making divine the well-spring of divine energy more aware—having ourselves more aware of that. He's saying you have to remember divine is never unaware of us. Divine always knows where we are. Divine always knows exactly where every living organism is because divine is unlimited and that's, he's saying, a difficult concept for human beings to comprehend because in our... in our daily lives, we see beginning and end to everything. We see physical beginnings and endings, we see you know where the table stops and chair starts, we see... you know, and there are all of these... illusions of separate, of separation or separateness. But he's saying that is the illusion. **The reality is that there is this constant connection, the reality is that divine is infinite and the reality is that divine is always aware of us so all we have to do is tune in and be aware of divine.** And that he's saying immediately starts boosting you up the continuum. And the more that you can have that knowingness with you, the more that you can have that knowingness a part of who you are, the farther up you can go on the continuum and stay there. Because he's saying what is a common occurrence and what might be common or what you might be aware of as you start these processes, and he's saying don't waste time on frustration. He's saying what many say is “Okay, I meditate—great. I go to work. I'm still the same person. I don't feel that I've changed that much. So I really wonder what the benefit of this is.” He's saying that is faulty thinking and that is an excuse to stop. What you really want to do is say “Okay, I've started these processes. I'm moving in this direction, I'm trusting that divine is with me—even though perhaps I'm not



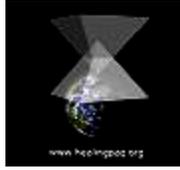
aware of it at this point. I'm trusting that divine is with me and I'm trusting that I will start to see the progress in this journey at some point. Divine is going to let me in on this. I just know it." It's sort of... what he's saying is you know, if you think of going on a car trip and maybe during the car trip you're reading a book; someone else is driving and you're reading a book. Just because you've taken your attention off of the scenery doesn't mean that you've stopped. The car's still moving, you're still getting from here to there wherever you're going. Just because you're awareness has shifted doesn't mean that progress is not being made. So he's saying the same is true with these kinds of... he's saying energetic enhancements that you are doing now in your life—these pursuits that you are working with. He's saying don't presume or have an expectation of "in a month I should be this far; in a year I should be a saint" or whatever. That's not how it works. It is the trust that you need to develop as part of your practices, that you are making progress even when you can't see it and that you will be shown the progress subtly. He's saying you know, you can't expect to see an angel by the roadside—not that you might not. But, don't expect to see an angel at the roadside saying you've just moved fifty feet up the continuum. That's not going to happen. What is more likely to happen is that you will notice perhaps during the day that your mind is not quite as busy or that when a problem arises, you don't get quite as angry, or that... he's saying when you are trying to solve a problem the approach that you use or the strategy that you come up with is a much more gentle approach. Your reactions become gentler. That's how you know progress, that's how you see progress, that's how you... that are how you can gauge where you are. So he's saying continue with your practices. He's saying the class is coming to an end but that doesn't mean that what you do should come to an end. He's encouraging you. It's sort of like the masters and spirit are the cheerleaders; they're saying "Come on, you know, we see... we see the potential here. We know the potential even when you don't. So we are encouraging you to... to continue." He's saying you know the breathing practices that you have learned can help the physical body move toward health and toward a state of balance and equilibrium. The prayer that you say each day, and he's saying and we encourage you to do that—the seven-hundred-eighty-six thing. He's saying we encourage you to do that because that helps with the connection to divine. So he's saying those two staples are... are important basic practices that continue to get you to the point where then you can continue to move and continue to develop. And then where you can also continue to develop your meditation from. He's saying he agrees that as you do these things, invite or remind yourself to move into the diamond as often as possible. When you go to sleep invite the energy of the diamond... to say that you are stepping into the diamond and to invite the energy of the diamond to surround you as you sleep, because much can be done in the sleep state. And he's saying by doing that, again he's saying we don't change who we are. We are who we are but we enhance who we are and we can enhance who we can become. We can become our better selves, our true selves. We all have that divine spark within us. Doing these kinds of things is what fans that divine spark into a flame that can burn within you. And that is the goal—**to have that divine spark turn into a flame that you can feel and know your connection to divine all the time**, that you know that it is available to you all the time, that you can go to divine at any minute of any day and connect through your own inner spark, inner flame with divine wisdom.

Calm the Mind to Divine Spark within You (Rumi)

And now this is I know where Rumi wants to jump in because Rumi... Rumi wants to echo that, he wants to.. to confirm that and more. What he is saying is when you have this foundation—okay that is the word. When you have this foundation of doing your daily practices, of doing the best to calm the mind, and to really focus the mind on positive, to really—rather than have the mind buzz around like a bee he's saying, but instead to really focus the mind on what is positive, and using your prayer to bring the mind back. You know, when you feel



your mind going off in directions that are.... Not worthy he's saying. He's saying we have to look at worthiness and... what is worthy in divine eyes. And so when you use that divine flame that is within you as your measuring stick, then you... you can look at your thoughts as what is worthy of my divine flame and what is not. So as an example, when someone cuts you off in traffic and you've had a very difficult day, your mind has the choice to drive the next four blocks swearing and screaming and talking about what a jerk that person might be or whatever, but instead you can retrain your mind to say "Is that worthy of my divine spark? Is that an appropriate use of the divinity that is within me? Is that how I want to expend divine energy?" Because what Rumi says is that we are—and forgive me if I phrase this clumsily because I am... I'm not a student of Rumi's. What he's saying is that we are... we move with divine breath. We... everything that we do, every move that we make, every breath that we take is from the divine, and so that's why he's saying if you can accept that, if you can accept that divine is not something that lives outside of you but is something that lives inside of you, you can then realize that... that there are things that are not appropriate to dwell on because that are not an appropriate use of divine, divine energy. And what he's saying is that basically anything that is negative, self-abusing, or... maybe negative about others, he's saying really number one that does not do justice to the divinity within. It does not enhance divinity that is within, and he's saying it really is a waste of divine breathes. And so he's saying instead if you can reframe your process of focus and say "okay my goal for the next five minutes is to focus only on things that enhance the divine within me." Oh, that's not so hard. So we can focus on beauty, we can focus on love, we can focus on the sunset, we can focus on appreciating the beautiful cardinal that's sitting on the deck; we can focus on appreciation. And then we can again use that filter to make decisions for the next five minutes and the next five minutes and the next five minutes after that. We don't have to say "okay for the rest of my life I'm only going to do this" because that's overwhelming. Start training yourself to do this in small increments, and then you'll realize that automatically when you are at work and someone starts gossiping about a co-worker you might first tune in and say "oh, eh" and then you'll have that little "hmm, is this worthy of the divinity within me... nope" and then move on from there. And then you will choose, and you will choose to say "Boy, gosh I'm sorry. I'd love to continue talking with you but I really have to get this done." And then you're not you know, making that other person feel bad; you're just making an inner choice about how to spend your time and how to focus your energy. You will find Rumi saying that as you do this, **as you choose how to focus the divinity that is within you, divine become more accessible to you, and that is the key.** He's saying that is the goal. We want that interchange between you and divine—that's what the masters are rooting for. We want you to realize, he's saying, that there is this easy exchange between you and divine. You don't need... you don't need other people to do that for you. It is there for you; it's just you becoming aware of it—that's the key, that's the challenge, and he's saying that is the most... doable I guess for lack of a better word. That is the most doable thing there is because... because again **divine is always aware of us. It is us needing to become aware of divine in every moment and in every breath.** And as we do that now we go back to what Ostad was saying with the continuum. As we do that, as we can become aware of that in every moment, we just shot up that continuum... you know by leaps and bounds because we... as we can maintain that awareness we can move much closer to divine, and to... he's saying divine love, divine compassion, divine peace, divine contentment, divine trust—knowing that all is well all the time even when perhaps circumstances and events around you appear to be less than what you would like, it is a trust and a knowing that as long as you have that connection to divine, as long as that divine breath moves easily, you have that interchange with divine, you can know that appearances really aren't that important. All is well and **trust is all that matters.** Okay, I just want to see if Rumi's got any other clarifications that he wants to make. Okay, Rumi and Ostad, I feel like they have... they have at least presented their point, presented their lecture, and now we can open it up for questions for the next few minutes. If anybody has any questions that



they want to direct to the masters I'm happy to do that for you, and then from that point, then we'll go into meditation. So, does anybody have any questions?

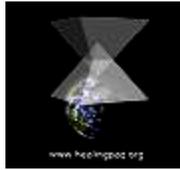
Question and Answer

Amean: If your questions happen to be a personal question, it's okay. You can ask. And if there's something on your mind that you'd like to get clarification, that is okay also. Also as Dinah was talking if you happened to pick up some information that you'd like to share as well with us you know, it's all okay. So just be open to the communication, and elaborate upon it. By doing that you acknowledge the fact that you're hearing—you are communicating. And that itself starts strengthening your awareness and your connection with the divine. And I don't know if Saeid is on the line, and whether you picked up some additional information Saeid as Dinah was talking.

Saeid: I am on the line. The only thing that I picked up is it appears that Fatima wants to say something from the get-go, and I was waiting for you... I was waiting for that but it didn't come through.

Love and Devotion (Fatima)

Okay, let's go to Fatima. Fatima, what have you to say to us? Okay... I'm not as used to speaking with Fatima so I just want to make sure that I am getting her clearly. It seems like—let me just make sure I'm clear here. What she wants to say and clarify is that... it seems like what she's talking about... I always ask for kind of a theme like okay, what's the bottom line first so then I know where you're going with this, and then please elaborate so that... so that I know—so that they don't just don't start talking and I have no idea where they're headed. So when I said what is the bottom line that you want to talk about and she said love and devotion? And I said okay, what about love and devotion? And she said... she said love and devotion as it relates to the feminine side of things. And I said okay, and go on from there. She's saying... that... you know, every person has the male and female within them—that yin and yang, that balance of male and female energies. And she's saying that... that it is important to... to bring that piece in, to—what's the word? To sort of, for lack of a better word, to beef up that... the feminine component so you can reach a state of balance. And what she's talking about, and that is not a message that's only for women, that's not what she's saying. This is a message that is for men and women alike; it's her wanting to give a suggestion on how to find this balance. And what she's saying is that... that the male component or the masculine part of the yin and the yang, that component tends to be more of the mental—the active mental energy, and she's saying that that is sometimes what is paid more attention to. She's saying understandably so because that mental energy is often what we need to harness more, the mind—that's what we need to harness. So she's saying understandably, that's where a lot of this attention is focused. But she's saying it's important also to pay attention to the female piece of that puzzle or that feeling side of the equation; there's the mental side and the feeling side. And she's saying it's equally important to make sure that that side... that attention goes to that side. You know, that **we are aware of how we are feeling—not just what we are thinking**. So for example she's saying if we—and this is interesting, I haven't ever heard this before. If we go to divine... if on the mental realm, we say “okay, I am going to build my connection to divine” but on the feeling side we feel that either we are not worthy or that we don't have the ability or we feel that there's something innately wrong with us on some level, then that's an issue and that's a problem, and that can block the process. So she's saying mentally you want to pay attention to the thoughts or to the business of the mind, but—or the male side. But on the female side you want to pay attention to the



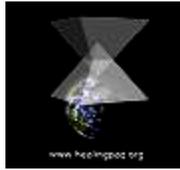
direction that your heart is going—the way that you feel about self and the way that you direct self love, self awareness, feelings about the self. She's saying often times... the feeling about self can create—you know, if it is negative, it can create a block that then you know, so you think “okay, well my brain is thinking about divine all the time how come I'm not any better than I was six months ago?” She's saying... then that is because there's a block in the heart, there's a block in the feeling side, there's a block in the awareness of self, the awareness of self-worthiness, self-love, self-appreciation. So she's saying **as you develop that male, mental, masculine side, also be aware of the female, feeling side of the equation and develop that as well.** And remind yourself as well that while yes you want to focus on things that are worthy of divine, you also want to affirm everyday that you are worthy of divine, that divine loves within you, that divine is aware of you and loves you and acknowledges you in every second of everyday, and that while you... while you are focusing then on really trying to harness the thoughts you want to also be aware, do some self-checking of where your heart is and continue to build that as well so that you have the mental component and the feeling component because that is also how you progress. She's saying the other thing is that pay attention to how you feel about other things so that you know, she said we all... the tendency especially with Western culture is that we live in our heads—you know we think the brain is the only thing that... the only component that matters. But she says that's not it. **The heart is where the love and compassion resides, and that is a key component and it's so important because if our heart is not in something, we cannot move forward.** So don't just put your brain into this; put your heart into this she's saying. And be aware so that for example, if you are engaged in something that makes your heart hurt, and what she means by that is... well, let's say that she says maybe you're in a job that... that... maybe mentally it stimulates you, but your heart is not in line with it, your heart is not it, your heart kind of feels like this is just not me, pay attention to that. And... do what you can to try and find a balance. Either look for the good in what you do so your heart can join the process and say “Okay, perhaps my heart has not been in this for awhile. I show up and my brain is tuned in but my heart is shut-down because I just don't want to be here. And say okay, I understand that I need my brain and my heart acting in conjunction with each other. Consequently I need to do whatever I can to get my heart in this and if that is finding what the good is, appreciating that good or... or maybe behaving differently, maybe it's coming at things from a different angle so that my heart can feel part of the process” that's going to be key because she's saying in order to move toward divine, you have to engage mind and heart, and so you have to try and do that throughout your day as well. Engage the mind and the heart so that... so that you can be moving into this process as a whole being—not just half of you. Fatima, do you have anything else that...? Okay, I feel like she's saying that's kind of what she wanted to say unless people have questions. Saeid on the other hand if you feel that you're good at this so if you feel there's something else that I'm not getting or more that needs to be said, speak up.

Saeid: The only thing that I just want a clarification on, did she indicate that the thought process is masculine and the feeling process is feminine?

Dinah: Yes.

Saeid: Okay, thank you.

Amean: May I bring a simple example to what she's talking about? Okay, let's consider your right leg to be your thought, and let's consider your left leg to be your feeling. Now open them wide—let's say more than 90 degrees, and try to walk. Now, bring them—both legs together—in a state of union which means they're next to each other and try to walk. See how easy it is when you have your legs next to



each other to walk; you're perfectly balanced, you're fast, you know the direction you're going. The wider you open your legs from each other which means the wider that separation between... mind or thought and the feeling becomes, the harder it is for you to walk. So if you have a hard time to understand what Dinah is saying, just look at it this way. Take that as a physical step—you can even do it right now, open your legs wide. The further the distance, the harder it is to walk. The closer the distance, the easier it is to walk. So essentially that is what Fatima is saying. Bring the mind, bring the feeling and no matter what you do on a daily basis to that state of union. Just same way as walking and acknowledge the fact that no matter what you do throughout the day, no matter what you feel throughout the day, if you're in a state of union, you have harmonized, you have synchronized the process of gaining access to that situation.

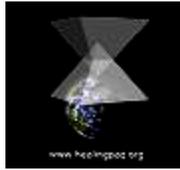
Dinah: And she's saying—using that example—what Fatima is saying also... she agrees, she's nodding her head “exactly, that's a wonderful example” but she's saying now... now imagine that you are standing on your right leg and your left leg is being held up—you're not even using it. How far are you going to go? You know if you just have to hop using only your left leg. She's saying that's what happens when only the mind is engaged but not the heart. She's saying if you have only your mind engaged but you have not brought your heart along, it's like only using one leg. If you want to make progress and she's saying for stamina, if you want stamina in the journey, you need both legs. Because while you might be able to hop for a little bit, you're not going to get that far before you're exhausted, you're mind isn't going to be able to take you very far before you get exhausted if it doesn't have the heart coming along with it.

Dinah: So. I'm watching the clock and I know that we want to have time to go on a little meditation so before we do that, does anybody have any questions or clarifications that they want?

Dinah: Okay. Then for those who want to what we'll do now is we'll just go on a brief guided meditation to allow you an opportunity to connect with the ascended masters. I will walk you through the guided meditation—that's a good sort of first step. And then, I'll give you about fifteen minutes to be in that state, and then I will... I'll bring you back and if you have any questions from there, we'll go ahead.

Guided Meditation (Dinah)

Okay. So again I would invite you to get very comfortable, to take some very deep breathes, and to just allow yourself to go into a place of relaxation. Taking a deep breath in through the nose and breathe out through the mouth. Now we are going to imagine that we are at the top of a gorgeous mountain. We are on a mountain top and we can see for miles. The place that we are at is a plateau—a big big big flat surface. There's no need to be worried about heights. We have this place that divine has created for us—that is up on this mountain removed from everyone and every thing. It is a place of healing and meditation, peace, contentment, a place where we can go any time we need to. As you return to this spot in your own meditation, I would encourage you to do that—to come back to this spot and to actually see it taking on things that are reflective of you. Perhaps there will be paintings on the rock, perhaps there'll be a place to lie down and meditate and receive healing energy, perhaps there'll be lovely pillows to lie back on... Whatever you feel would be a perfect addition to a place of meditation; I would encourage you to add this to this spot, and to come back here as often

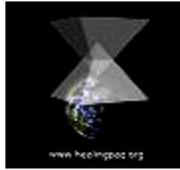


as you want to, to access it. So as we see this spot and we see that there is this beauty all around us, we are going to stand in a comfortable spot, and we are going to create a bridge. This is a bridge that we will use to access our guides. So, first of all, what you're going to do is you're going to stand looking off into forever and you're going to know we know that even farther away than we can see, there is a star that is waiting for us. We are going to send energy out and we're going to connect it to that distant star. We're calling this exercise, and this exercise is called the Bridge of Light. Remind me later to explain that to you, but the Bridge of Light is a wonderful exercise, and that is something that again I would encourage you to do frequently. Once you establish your Bridge of Light you don't have to do that over and over; we're going to do that today and it will always be here for you. So from your heart center I want you to envision yourself sending out light in the colors of the Chakras. Those colors would be red, orange, yellow, green, blue, indigo and violet. We're going to see those seven colors coming out of the heart center, and we're seeing those seven colors—seven beams of light—moving, and as they move away from us, you'll see that they are weaving and weaving and turning into this very elaborate braid that forms a bridge—a very wide, very safe platform bridge that stretches from where you are to that distant star. We're pushing that light out and we are anchoring it on that distant star. That light is still flowing, still creating. We see this bridge; again it is very wide, it's very safe, it has lovely sides that are built up so that we can move out onto it easily and safely and peacefully, and we see that it is the seven colors of the Chakras—the seven colors of the rainbow, we see that this Bridge of Light is turning into a really lovely creation, and it is now anchored safely on that distant star. Divine has kept it there for us now, divine has placed it there. It is anchored; it is safe. We don't need to worry about that again. We now take the energy that is radiating from our heart, and we direct this end of the bridge to go deep, deep, deep into the mountain so we push that light—that energetic light—deep down into the mountain, anchoring the bridge now on our side of the mountain, knowing that it has gone deep into the mountain and that it is anchored safe and sound. And again we can look at this and see how beautiful this Bridge of Light is. Now we are going to walk half-way out the bridge, and we are going to invite one of our guides or guardian angels, archangels, ascended masters, we are going to invite them to meet us at that half-way point. So as you move, I would encourage you now to start walking on your bridge, again knowing that you are safe moving out easily, effortlessly, quickly, and efficiently through that midpoint on the bridge and sitting down. And inviting again the guide that is just right for today, just right for you, to come from the other end of the bridge, and to sit down in front of you, and to be with you, and to share with you, and for you to be open to whatever that sharing is going to be. As you do this, as you wait in your mind or in your heart, I would invite you and encourage you to say your prayer three times. Step into the diamond and to acknowledge your Crown of Light, and then to start speaking with or sharing with or acknowledging the energetic presence that comes up to meet you.

Very slowly, when you feel ready, thank your guide or guardian angel or divine, for being with you—for sharing time and space with you. Let them know that you will come back to this place to share energy with them again, and slowly bring your attention back to the room.

As you're bringing your focus back to the room, I want to make sure I give credit to the person that created that exercise. That is from the book called *Bridge of Light* by Luna Huffins. It's a book kind of meant to help people connect to their guides and this is one of the exercises from that book in case you're interested. So, Amean if you want to... So, if you have any questions, insights that you want to share, now is the time.

Discussion after Meditation



Dinah: As you're deciding whether or not you want to talk about your experiences or share anything, I can tell you personally that there's a lot of merit in what they were talking about today as far as moving up the continuum. Just to share a brief personal experience with you, this... right before this started the weekend, I became aware of some information that did not sit well with me, and I can tell you that years ago that bit of information would have festered within me for weeks. I would have... I would've thought about it, I would've obsessed about it, I would've chewed on it constantly for weeks. I got the information Friday evening. I'm human so of course it did irritate me a bit on yesterday while I was thinking about it, and then I thought "Nope, this isn't who I want to be. I don't want to spend my energy doing this," and so I just very simply said a very simple prayer saying "Please help me to see this in a different light. I don't want to do this. I don't want to spend my energy this way," and this morning when I woke up, I woke up feeling completely at peace with it, and the sentence that kept sort of rolling around in my head was "Human actions amount to very little; thoughts are what matter." And that sort of really... meditating on that as I went about my morning really helped that peace more concretely within me because I knew that what that meant was you know, we can be upset about things, we can talk about it, we can... you know, we can do things at nauseum, but what really matters is how we think about it. And so simply by choosing and making the statement that "I want to see this differently. I want to think about this differently" really reframed it in my mind and I was able to immediately be at peace with it. So I would really encourage you to... to work towards these things the way Ostad and Rumi and Fatima were talking about it because I can tell you now that you know, I'm a couple years into these processes, and having... having this time in I really can see that there is this shift in how I choose to perceive energy. So it really is a worthy pursuit.

Dinah: So we're looking at one o'clock and I know that the class ends at one. Last call for questions or comments.

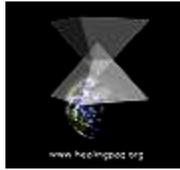
Saeid: Amean, this is Saeid here. I just want to thank you and thank Dinah. I had a wonderful experience. It was one of... I've done these practices as you know every time we've had these classes, but today was just a very profound message for me. And I really want to thank you—both of you—for providing this opportunity for me.

Amean: You're welcome. I appreciate it.

Dinah: I'm glad. Thank you for sharing that.

Amean: Are there any questions that any of the other participants in this class have from Dinah or the ascended masters or the divine? This is your opportunity to ask and, you know, if... gain in some knowledge about it.

Amean: It was wonderful to have you all in the class, and next week would be our last session. What we're doing in our last session is we basically put together everything we learned—the breath, the prayer, the presence and assistance from the ascended masters and archangels—and together we'll do a distance healing. And the medium, the media that we use to do the distance healing is going to be on Mother Earth. If you go to the healingpaq.org website and click on 'Article,' you will see there is a power point presentation, and in that power point presentation if you open it, the third page has the category of human or humanity, advancement & intelligence, love & compassion and ego & survival,



and also the extension of that category into the Mother Earth because you know, we talked about in the past that those categories are repeatable categories so it doesn't just exist for human or humanity as a collective... you know, energetic being but also it exists for our Mother Earth. Since we all live in the womb of Mother Earth, Mother Earth is... under the influence of the same three categories: intelligence and advancement, love and compassion, and ego and survival. And if you get throughout—if you get a chance throughout the week to take a glance at that page three and become more familiarized with it, what we do is we do a distance healing on one of those energetic relations between us as human beings and Mother Earth, and by doing that we really learn how to put the various elements of breath, prayer, our connection with the divine, and how to put it to use, and essentially that is the lecture that and meditation practice we do. And in order to do the meditation we are going to do it after the lecture because you know, we have to talk about what we are going to send healing energy to, and then to actually do the meditation at the end. So as I said if you get a chance, take a look at it so you become more acquainted/familiarized with that relationship, and then we'll do the practice next week. Please be aware you know, that for all the future session, you have a free membership to them. You can repeat any of these classes or any sessions of these classes as we offer it in the future, and as it was emphasized many times, the daily practice, the daily awareness of our connection with the divine and... bring in the thought, the mind and the feeling into union, are what's critical components for us to learn how to integrate our energetic vibration and our physical bodies as well as our emotion and thought no matter what we do throughout the day, and have fun with it. Be happy about doing it and love doing it. It doesn't matter if you go to work, if you do things at the time that might sound somewhat disjointed effort, but by bringing it together, and bringing our feeling into our daily work and bringing our daily work into our feeling, we can slowly as Dinah stated and the masters emphasized, walk up the ladder of happiness, love and peace throughout the day and throughout the night. Also throughout the week, if you like, just be aware of the fact that we all have the choice to just sleep in the diamond which really extends our meditation practice from just a few hours a day to many hours a day, and as time goes by you'll see the benefit of it. It's like just camping out. You can take your bed with you, you can take your spouse with you, you can take your entire house with you; it's all up to you. You can even take other members of the family with you—it's all, you know, up to you and how you think about it and how you want to dial that number of the energetic vibration by just thinking that you have the Crown of Light on, you're going to sleep in the diamond. Rest assured that you are there. The rest of it is just to trust your heart, to erase doubt/suspicion from your mind, and trust your heart that you are there and that you're going to sleep there—you're going to have a wonderful sleep there. And as you are sleeping throughout the night you'll have wonderful learning that will help you to get through the next day in more peace, with more love, and be happy about the outcome of the events occurred for you the next day. With that said love you all, and as always I'll be the last person to disconnect so in case there is any question that may come to your mind that you'd like to talk about. Have a wonderful week, and we all look forward to having you in session next Sunday same time. Bye bye.

Dinah: Take care everybody. I'll hang on for a minute too just in case.

Amean: Thank you.

