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### Welcome (Amean)

Hello this is Amean. Welcome to the 8<sup>th</sup> session of spring 2008 Initiation Class. This is a very special class very close to my heart. One of the reasons is because we're going to do a live expansion or channeling and that's done by our dear partner Dinah who has been one of the, you know, main assets in a lot of the information that you have heard in the previous seven sessions of the class, and she's our communicator with the divine and that's her expertise. We all may have different expertise in different areas—like certain amount of ability for healing whether it's for you know, self or others. We all have that direct connection with the... we also have a direction connection with divine seven days a week, twenty-four hours a day and that is 100% there, that is totally given. And every thought, every emotion we have it automatically immediately is emitted to the divine and as a... you know collective consciousness, and divine is every feeling we have. In addition divine is constantly communicates with us seven days a week, twenty-four hours a day, and that's pretty much throughout intuitive mind. And in the last seven classes, we have... when we request for healing or when we do the circulation breath and as well as circulation of thought, we always ask for assistance from four archangels, we always ask for assistance from the ascended masters. Just for you folks to know and Dinah will sort of elaborate on that, we always have to request what we need from the divine directly. We can consider the ascended masters, the archangels as being our big brothers/big sisters who help us. By no means are we saying they are a replacement for our direct request from the divine or God; there is just a notion of assistantship—helping hand. And that's where the role of ascended masters and archangels come into picture, and we're all vibrations whether we happen to be in a physical body or not be in a physical body and whether we are from a human realm or angelic realm or other realms... the, you know, the universe and the divine. We just operate in different frequencies. Just like you can imagine there are different channels on TV or there are different stations on the radio, and they each operate in different frequencies; essentially the same concept of vibration and wave and frequency applies to us being human living on earth living in a physical body and certain beings like ascended masters—being human but no longer live in their physical body. They're all there as beings of light performing certain activities, certain tasks on behalf of divine for the benefit of all beings throughout the universes. The archangels are also from angelic realm, and the other point is that when we ask for healing energy from divine and also ask for some... you know, support from various temples like Temple of Masters, Temple of Angels, Tree of Life and Temple of Knowledge. Just vibrational frequencies and they each vibrate



in their own frequency and provide assistance in the process for us. So this session and Dinah's focus is going to be mostly on the area of the four vibrational sites. I'm sorry five: the Communication Portal, Temple of Angels, Temple of Masters, Tree of Life and also Temple of Knowledge, as well as when we ask for assistance from our big brothers/big sisters, the ascended masters and archangels. The rest of the class will be given by Dinah. Welcome Dinah.

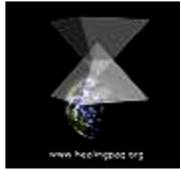
## Channeling

### Explanation/Preparation (Dinah)

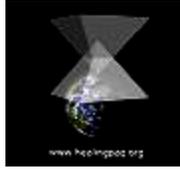
Thank you very much. Hi everybody. It's good to be with you again. Many of you have joined us for this session before, so my apologies for the brief repetition that I'm going to do for those who have not been around any kind of channeling I just want to briefly explain what it is and how it works. I've been doing this for about ten or fifteen years. What happens is I connect with divine and allow divine to send whatever messenger is appropriate giving us the information that we need or what is most fitting right now, and... in doing that sometimes I get—I don't hear with my ears. I hear sort of in my head, and so because of that what happens is that sometimes there's a delay because they will sometimes give me a block of information that's a concept. It's not language. So I'll get this concept that I then have to break down into words. So it's a mixture of words and concepts and I... my job is to just try and keep up with them. I'm basically the interpreter; that's all I am. So... that's what—that's sort of my function in all of this. And for anybody listening I would encourage you to remember that there's nothing special about me; there's nothing special that I'm doing. We all have this ability; we all have the ability to connect with spirit in some way. Many of you have heard this before. There's clairaudience which is what I do—I hear spirit, clairvoyance which is the ability to see spirit, and clairsentience which is the ability to feel spirit. So we all have at least one of those; many of us have several of them—a couple or all three. But, you know, once you sort of make a commitment to this process and developing your own inner gifts, things start falling into place. So I would encourage you to remember that we're all equal on this journey, and again there's nothing special about what I'm doing. You'll be able to do it in your own unique way if that's your intention. We've always said you know, throughout these classes I believe Amean has said many times and I have heard and you know through the masters and even through reading that **energy follows intention**. Once you make an intention and you say "I want to do this" or "I intend to that," then divine energy starts lining up to support that intention. So your intention is to move further on your own spiritual journey then rest assured that divine energy is lining up to help you with that. So as we move into this session, typically what we do is kind of let the masters talk for whatever—thirty-five, forty-five minutes—something like that, then we go into some question and answers kinds of things, and then from there we do a brief meditation so that everyone can make a connection on their own, can open up their own individual hearts and energies to divine and to their own connection and to be able to see what they can get for themselves, and so that's sort of the game plan and hopefully you know, we'll be able to stick somewhat closely to that, and get you out to enjoy this beautiful day as close to on time as possible.

Amean: Dinah just for your information in the last two/three sessions, the folks have done that part of the meditation of the... you know, going on the mountain of light. So everyone on the line—majority I should say on the line—are familiar with that part.





Great. Wonderful. Good then you're all old pros and you'll have fun with it. Okay. So I would invite you to get into a meditative place with me. What I do—I'll do what I do when I channel. I will just kind of go through my own personal quality assurance kind of thing, and talk you through it too so I would invite you to get comfortable. The part about quality assurance I should also mention, it is my personal belief and actually the belief of many individuals who channel, that **quality control is imperative**. If your intention is to move into communicating with spirit, I would encourage you to do quality control every time. And what that means is to **set your intention to create a sacred space, set your intention to communicate with divine, and set your intention to communicate with only ascended beings** because you want the information that you get to be of the highest quality. It's important to remember that there are lots of energies out there; there are lots of energies that are at different levels of ascension and you know, you... it's my opinion that it's important to connect with elevated energies rather than energies that might just be hanging around. So not to make light of this, a friend of mine years ago when I was first getting into channeling, reminded me very succinctly that just because someone is dead doesn't mean they are smart. So, you know, having said that I think it's really important to remember that if you're going to connect, have the intention to connect with elevated energies, and again my intention is to connect with divine and then allow divine to send whoever is right at the moment, so... okay, so getting comfortable, I would encourage you to take a couple deep breathes, a big inhale, deep exhale, one more deep inhale, and another exhale. Starting at the soles of your feet I would encourage you to fill green light up—imagine green light coming up to the soles of your feet. This is green light from Mother Earth. Green, rejuvenating, energizing light that will work it's way through our bodies releasing stress blockages, tightness, concern, anything we don't need we'll give to this green light and allow it to be transmuted into pure positive energy. So I would encourage you to pull the green light up, up up through your legs, up past your knees, through your hips—feeling that green light, filling your legs, releasing any tension you might be feeling there. Feeling that rejuvenating light moving up from your hips all the way up, filling your stomach, up further still... Moving all the way up, feeling the heart center up to the shoulders and spilling down into your arms all the way to your fingertips. Feeling that green light releasing and rejuvenating and re-energizing your body as it moves... Moving up through the neck into the head, filling your head and then shooting out the top of your head the Crown Chakra going up about a foot in the air, and then cascading down around you like a fountain. That green light is moving up from Mother Earth now really easily and effortlessly through your body out your Crown Chakra taking any concern, any stress, anything that is not needed—it is coming out the Crown Chakra and cascading down flowing back into Mother Earth and being transmuted into pure positive energy. As that green light cascades around you know that it is also clearing your energetic bodies—that we see any stress or congestion it might be there. We are now grounded and relaxed ready to move forward. To ourselves we repeat our favorite prayer three times. Under the direction of Pavaranah we step easily, lightly and gracefully into the diamond of pure presence. We acknowledge of Crown of Light that connects us to the angelic realm, we acknowledge our Cloak of Light that connects us with divine energies. We call on the seven archangels Michael, Gabriel, Raphael, Uriel, Chamuel, Jophiel and Zadkiel. We ask each one of you to hold one of the seven directions starting with the East, South, West, North, above, below and within. We ask Archangel Michael especially to watch over these seven directions, and we ask archangel Metatron to watch over our circle as a whole. We acknowledge the energies, the Tree of Life, Temple of Knowledge, Temple of Masters, and Temple of the Angels. We ask that those elevated energies be with us as we move into our meditation and our communication. Take a moment. Remember a time when we felt love—pure, positive love—flowing from our hearts. We remember it, with it perhaps it was hugging a loved one, enjoying a pet, living and taking in the beauty of a sunset. Whatever it is we remember that time when we were fully enveloped in love. We call upon that now so that we can open our hearts fully to the presence of divine. It is my intent to be a clear and perfect

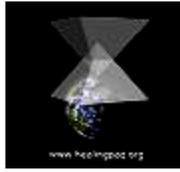


channel of truth, wisdom, love, light for all as we connect with divine and open to perfect messengers that await us, so be it.

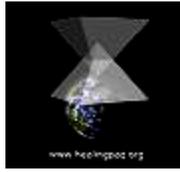
Energetically we can see ourselves sitting under the Tree of Life surrounded by elevated masters/guides. We'll look and see who's here with us today. As usual, probably more than we can even list. Who's with us? We see... Ostad is here with us, Rumi, Shams, Brother Salaam welcome. Sananda welcome. Those of you who don't know, Sananda is actually... they say that when Christ ascended, that he took on the name Sananda. And so the Christ energies are Sananda who's with us. We see... Prophet Mohammed is with us again. Welcome. A couple of the Mary's... Mary Magdalene, the other Mary—Mother Mary, welcome. Quan Yin is here. Welcome. I just heard Shiva but I have not seen Shiva; welcome. We have a Native American contingent... we have several. We have... Crow Dog is with us and we have Black Elk. Welcome. Several more with us—I'm not getting their names as clearly. Chief Seattle, welcome. So we have lots and lots of energies with us, we have—oh, I just heard Lao Tzu, welcome. Again you know, I could spend probably the whole time listing all the beings but we don't want to do that. So we welcome all who are here whether you were mentioned or not, we appreciate your presence and... Master Quan is here, welcome.

#### Encouragement for Setting Up Higher Intention (Ostad Parvarandeh)

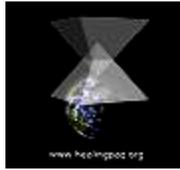
Ostad is stepping forward. Ostad Pavarandeh... to speak. He usually starts off, so Ostad what have you to say this morning? Ostad sort of has this... sort of typical greeting that he gives each time and it's very sweet and very loving. He always starts by bowing, and he always says that he and the other masters are very appreciative of the people who set time aside for divine. And he is... expressing that appreciation holding his hand over his heart and thanking everyone for taking this time to go within and to listen. And he's saying that his message—their message for the day—is one of encouragement. He's saying that we... first, he says we as masters want to acknowledge the steps that you have taken. The steps that anyone who is here today or chooses to listen to this in the future, that in and of itself is evidence of the fact that you have stated an intention, made an intention—whether you are aware of it or not, to progress in your own spiritual path. And he's saying for that those beings in spirit are grateful because he said... He's saying we've said this before that the beings in spirit are like coaches and they are wanting to root everyone on and help everyone get to the finish line, but they can only assist to whatever level they request assistance. So we in human form he says, we have to be the ones to initiate the support, we have to request the support as human beings, and then beings of spirit can support that request but they can't interfere. So he's saying as we support your journey, as we support your spiritual movement and progression, we would like to give you a suggestion for refinement because he's saying having an intention is good but it is only the beginning. He says the intention is the starting point. He's saying refining that intention though is what will propel you forward. He says the thing that we would encourage you to do whether you are taking your very first spiritual steps or whether you are seasoned traveler in this spiritual journey, whatever the case he is saying it is always good to stop and re-evaluate. Re-evaluate where you are, who you are, and what your intention is. Because he says what they're suggesting—what the guides' suggestion is—is that **your intention will bloom much more easily, much more fully and much more completely if it is centered on divine**. If the goal of your trip, if the goal of your journey is an ever deeper divine connection, then he says you can rest assured that your journey is blessed, that your progress is... he's using the word guaranteed, and that support of the masters is with you in every step. He says if your intention is less than that, your progress will stop at whatever your intention is. So for example he's saying listen to the difference in this intention. He says if you start by saying well, “Okay, I want to be a healer so I am going to move forward because I know that it's



possible to heal energetically. I have heard this, I have read about it, I've studied it, I have... I have this innate pull within me that says 'I can be a healer' so my intention is to be a healer." He says now that is one intention and there's nothing wrong with it. But that is a limiting intention. The more elevated choice would be to say, **"My intention is to serve divine, my intention is to connect with divine at the deepest level possible, to be in service to divine in whatever way is appropriate.** To serve not only divine but also humanity in whatever way God believes is right for me. I open to that intention with my entire heart, my entire being, my entire energetic body. I open to that intention and I invite progress into my life. I invite knowledge, teachers and skills into my life that will further my intention of serving divine." He... so now Ostad is saying can you hear the difference? Can you hear the difference in that intention? One intention stops you. The first intention again, it's not bad. It's taking some steps in the spiritual journey but it is stopping you short of the ultimate goal because all you are asking for is a skill. You are not asking for the divine... the divine plan to be manifested; you are simply asking for a skill. And so he's saying that is why we encourage you to consider the... the intention that you have and the depth of your intention so that you can really go because he says what happens often is with physical beings, they sort of have that underlining desire as an unspoken. But he's saying until you become conscious that that is your desire, you are limiting your journey. So he's saying **dig deeply within you, look deep within you, see what your true intention is.** And ask yourself he says are you—whatever you're wanting to do—are you wanting to do it in service to divine or are you wanting to do it for some other reason? And he's saying sometimes—and it's important to be aware of this—sometimes individuals want to build these skills as a service or as a... not a service, what is the word Ostad? He says in support of their ego. So for example if they say "I want to do this" but it's really because it's an... like an ego-booster, well you know, again the universe will line up energy to support your intention whatever that intention is but if it's in support of ego rather than in support of divine, then again you are limiting yourself. So he says we encourage this self-examination on a regular basis so that you can more fully he says clean house. You know, go within, ask yourself what you're wanting, ask yourself why you're wanting it, try and refine & re-define whatever it is so that you can be specific about what you want and why you want it, and you can he says purify that intention so that you really are sure that **you're doing it in service to divine and not in support of the ego.** And he's saying by doing that you will be able to move he says by leaps and bounds. To give you a more concrete example in case this is feeling somewhat ambiguous. He's saying think about the carpenter who... you know, someone who goes to school and says "okay, I want to learn carpentry." Well if they just go and say "I want to learn carpentry" but they never decide on for what well great, they'll go to school, they'll learn how to handle the tools without cutting off a body part, they'll learn how to measure properly, they'll learn how to cut boards and angles and nail things, and that kind of stuff. He's saying they'll get all those skills but at some point they have to decide for what—meaning do you want to build cabinets, do you want to build houses, do you want to repair? You know is your... is your interest really in helping people who just want to repair things—they don't want to build new? You know, he's saying the list is endless. So the person who wants to be a carpenter needs to decide "Okay which area do I want to refine myself for? What is my ultimate goal?" And you know, if you're ultimate goal... he's saying think about it. The person who wants to build cabinets he's saying that's a positive step, it's a step forward, the person who wants to repair is yet another step probably lateral—you know it's not above or below the cabinet maker. It's kind of equal to that; it's just different. And for anyone who might be a carpenter if I'm misinterpreting anything that Ostad is saying I apologize. I'm... you know I'm someone with absolutely no skills here so as far as cabinetry or carpentry goes so I'm try to use his analogy and understand what he's saying. So forgive me if I say anything incorrectly. But what he's saying is for someone who wants to build the house they probably have to have all of those skills. They are pulling together the—you know, they have to have an understanding of cabinetry because they have to build rooms where the cabinets will go so they have to be able to measure that much more succinctly, they have to plan that much more



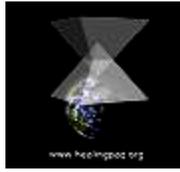
elaborately, they have to... they have to keep so many more things in mind when they're building the whole structure than when they're building a piece of the structure. So he's saying that's kind of like this refinement that we're talking about. Do you want to... to just take a couple of steps or do you... and stop in one place which is your right and that's fine. Or is your goal to catapult yourself much further down the line in service to the bigger plan and it that's the case, you need to specifically be aware of that. He says **awareness is the first thing, stating it is the second thing. He's saying the third thing is living it.** So he says you know, again if you look at the carpentry example, if someone says "I want to be a carpenter and I want to build houses" so they have that intention but they never go to school and they never pick up a tool. How far are they going to get? You know if they don't even know which end of a hammer to use, how far are they going to get on that journey of building a house? So he's saying that's the part, the third part, which is living it/integrating it into your life because you... you can't get from here to there if you never... take the steps, if you never live it, if you never...if you never integrate it into your being. The person that wants to build a house has to learn all those things: how to use the tools, how to cut, how to measure, how to you know... all of it. More than I'm sure Ostad could even impart to me at this point because I'm completely ignorant of all those steps. But you know, there's this multi-level process that has to happen if you're the one who wants to build the house. He's saying the same is true energetically if your goal—if your ultimate goal is to truly be in service of divine—you have to living it, you have to start integrating it into your life. It's not something that you... whoop, he keeps correcting me. Certainly you could have that intention and you could put an hour aside a week. Say "okay, I'm going to learn to build houses but I'm only going to give it an hour a week." That is an option. It might take you ten years to learn all the stuff that you need to learn, and if you're only giving it an hour a week he's saying the likelihood of you being to integrate and recall and remember all of the information that's necessary, eh you know it's probably not real good because to really get good at something, you have to live it. He says take people who want to learn a second language for example, those who really get good at it are the ones who live it. They go stay in another country or they... they get friends who speak that language; even if they're not going to the country where it's spoken, they're surrounding themselves with people, they're forcing themselves to use that language, they're forcing their brains to think in that manner. And the same is true with the spiritual journey, the spiritual path, spiritual development. He says you need to be able to... to live it, to integrate it, to have your brain come at things from the spiritual perspective rather than the typical perspective that we grow up with—which is the rational mind that wants to take over. And he's saying if you really want to... if you really want to move on the spiritual path you need to open up the other side of your brain—the creative side, which is connected to the heart center, and you need to live from the heart center and from divine inspiration. And the only way to do that is to live it twenty-four seven, to continually remind yourself to open to divine, to open to divine alternatives, to have your brain and your heart connect on that deeper level, and to **have your heart center always open to divine in the level or to the degree that you can**... you can be open to divine awareness because he's saying when you can do that... he says you know, you've heard this before. He says it is our absolute promise that it's true—that you are connected to divine at all times. You are connected without a doubt. **The thing that clogs that connection, clogs that channel is the human rational brain and fear or doubt.** You know, the part of the brain that says "that works for other people—it doesn't work for me" or "I've never been good at anything—why do I think I'd be good at that," whatever it is... that's there, it's conditioning, he says it's foolishness basically, and it's the part that we need to release so we can open to that divine inspiration that's always there, always waiting, always tuned in to us. It's us that needs to tune in to it. And he's saying again, so to do that human beings must have the intention of living from that perspective—not just aside a minute today, or an hour a week but doing it continually. And you know certainly there will be times when the rational brain takes over and you are... less aware of your connection. Don't beat yourself up over it; allow it to just be but then reconnect and say "Okay now I'm going to... I, you know, I've been in my



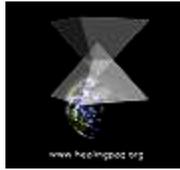
rational mind for quite a while. I'm going to thank it for whatever work that it did, but I'm going to remember now that I'm connected to divine and I'm going to be looking at things with the anticipation, the... **excitement and anticipation of connection and of knowing that divine is sending signals to me all the time**. So I'm going to open to those signals and wait excitedly for those signals to... to be... to get into my awareness. I know they're there so I'm going to open my awareness to them and then see where they lead me." He's saying when you can do that, you will see progress on the journey toward divine move you farther, faster than you would believe is possible at this point. So he's saying we encourage you to do this, and we applaud you for coming as far as you have, and we root you on as you move forward in this process. He says and we thank you. We thank you again, over and over, for the time that you've put in any part of the day or week; we thank you for the time that you've put forth in this process because we do understand the conflicts of physical life so we thank you. And he is bowing and sort of stepping back, and... now who's wanting to speak?

### Awareness of How You Define Yourself (Archangel Metatron)

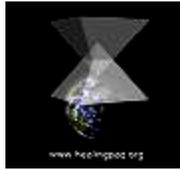
I feel like Metatron is wanting to speak, and he... Metatron what is your message in relation to this? Is it related to this? Yes, it's related, and what is it that you want to say? He's saying watch how you define yourself. He's echoing what Ostad is saying. Be aware of how you define yourself, be aware of what message you allow your brain to give to you. He's saying first of all we would... we would encourage you to flip-flop the position of authority. They've said this before; he's reiterating it and he's acknowledging that this is repetition. But he's saying it has been said many times in these readings where people have been encouraged to **allow the heart to be in charge rather than the brain** because the brain was never meant to be the leader in this process. The heart was meant to be the leader. The brain was meant to keep you from walking into walls, the brain was meant to do some of that survival stuff: to keep you upright, keep you remembering food and drink and stepping on the brake when you're in traffic, and those kinds of rational activities. That's what the brain is good for. But he's saying the brain was never meant to be the leader because he's saying the brain can easily be duped, the brain can be fooled and the brain can fool the being because the brain can—**the brain reacts to fear**. That's what he's saying. The brain reacts to fear while the heart does not; **the heart knows love**—period. That's what it does. The heart's job is to love. He's saying the heart is the compass like... he's saying you know how a compass points due north always. It tells you... well, it tells you where due north is. If you move accordingly, it always knows where north is. It will tell you if you're going west, it'll tell you if you're going east, but its job is to know where north is. And that's what love does. Love, the heart rather, knows where love is. The heart's job is to be that sort of... he's showing me like a metal detector—if you can get that picture. You know how when you do a metal detector—not that I ever have but I've seen people do it. And I guess they click more loudly the closer they get to metal, so... that's what the heart is meant to do. The heart is meant to click more loudly to give you more taps when you're connecting with love, when you're choosing love, when you're choosing to behave from a place of love, the heart reacts to that and the heart is your compass that moves you in that direction. And when you're moving away from love, the heart tells you that as well because it's not happy. And the heart you know, if your... behavior is not reflective of love, the heart will let you know because it gets quiet. You're not as aware of it. And he says really think about this, pay attention to this. As you go through the rest of your day today, as you go through the rest of your week or you're starting this new week, he's saying **pay attention to how you feel**. When you are doing anything that is a close relative to love, your heart tells you. Your heart responds. When you are in your flower garden admiring the beauty, when you are standing outside smelling the beautiful spring breeze, when you are enjoying a gorgeous sunset, when you are hugging a loved one or enjoying your pet, your heart responds to that. It



makes you feel good. And he's saying that is what the heart is meant to do because then the heart is saying good you're on target, keep going, go with that, go further with that, move ahead with that. That's the heart's job. And he's saying if human beings would trust that, they would be in a much more calm, much more personally appropriate state because they would not do things that do not feel right. **The heart is what is meant to help you know what is right and wrong in every minute** because if you're doing something that is counter to your loving, innate condition, the heart says "ew, no, turn around, turn around, this isn't it, this isn't it, this isn't making me happy" but human beings have conditioned themselves not to listen to that and have conditioned themselves to trust the rational mind and to move with that which he says will usually lead you astray. Because the **rational mind says "Even if this doesn't feel good, I have to do it.** Even if this doesn't feel good I have to move forward with it. I have to buck up, I have to... I have to do this thing that I don't want to do" or "I have to... move forward and engage in these activities that I'm not happy about because I have to and that's part of human condition." He's saying certainly in physical life we acknowledge that human beings have to do some things that are not necessarily thrilling, not necessarily pleasing. But he's saying by enlarge **human beings could be in a state of loving connectedness more if they didn't numb out and do things long term that they don't like.** So for example, people who... feel like they have to... he's saying buck up and go to jobs they are not happy in, or engage in physical activity that they really don't like, or you know... because they think they should—they should do this or they should do that. When human beings do that continually, they are hampering their own connectedness because he's saying it is possible to be physically focused, to be physically... physically alive on this realm, but to be connected and to be doing activity that is more in accordance with what is energetically appropriate for you. The possibility is there, the potential is there, the—he says the absolute potential is there. He's correcting me. But in order to do that, **human beings have to start following their heart** and have to start defining themselves differently. And he's saying what we would suggest to you is to as you re-evaluate the way Ostad suggested **you evaluate your intention, he says also re-evaluate how you define yourself.** He says for example, do you define yourself as an accountant, as an analyst, as a police officer, whatever—it doesn't matter. Do you define yourself by your job? He's saying do you define yourself by your role as a mother or as a father or as you know, that kind of thing. Are you identifying primarily with a role? If that is the case he's saying you are missing your opportunities. If you could switch that he says and **if you could redefine yourself as simply being a child of God:** I am a child of God. Period. And all these other things come after that, all these other things are a part of that; but, I am a child of God. That is who I am, that's my focus, and all this other stuff is part of it but it's not the majority of it. If you can redefine yourself in that manner, things will fall into place more easily because then you will see that all this other stuff is secondary; it is not primary. Because what happens then **if you define yourself as a child of God, you are immediately opening that heart center.** That statement immediately opens your connection to divine because then you are... it's sort of like—he's saying it's the combination. He's showing me a combination lock and for anybody—if you're like me, using a combination lock is sort of like banging your head against the wall because it can be... you know okay wait, do I turn it to the right once or twice or not, and do I go backward, do I go back a full turn or half a turn? So he's showing me that as the analogy that some people (like me) make the combination lock a whole lot more complicated than it needs to be. It's one click here, turn it; two clicks there, turn it one more time, and bang, open. That is what this redefining yourself is. If you can say "I am a child of God," bang! That combination lock opens up and the door opens. You have just simplified this process that we all have made far too complicated to begin with. By doing that, by saying **"Okay, from now on, I'm a child of God and that is my primary focus"** Metatron is saying from that point forward, that door opens, that connection to divine flows in and then all the other stuff—all the other stuff whether it's redefining what you do for a living, whether it's finding a spouse, whether it's redefining your relationship with your existing spouse, whatever it is, when you have that focus as your primary focus and



everything else you do is in service to that, everything else changes color. It's like seeing the world through different glasses because what happens as a child of God is that you then approach every situation from that loving perspective. **You as a child of God, you have that loving divine energy flowing constantly into the heart center**; you're not fumbling with the combination anymore trying to figure it out. That flow is coming through he's saying—he's correcting me, he's saying that loving connection is gushing. So we're not just talking about a trickle or a drop, we're talking about full-gale force into our heart center, being blown in with love so that he's saying the only alternative from that point and from that perspective, is to approach every... every situation, every challenge, every opportunity, every person, with that kind of love. Because when we are connected, when we define ourselves as a child of God, we, he says we meaning human beings take all the confusion out of the equation. All of the confusion is released. It's no longer "oh, gosh—is my job more important, is my family more important, is my car payment more important, is my pursuit of a relationship more important? Where should my focus be?" He says you've just taken all of that out of the mix. You've redefined who you are; you've said "**my focus is on serving divine, being a child of God, receiving that gushing energetic of love at all times**" and now when that is my focus he says that then makes you ready to face anything that comes at you during the day, and opens you up to possibilities because you then stop depending on the rational brain to figure it out. He's saying again the rational brain was never meant to figure these things out; the rational brain was just to help you keep your shoes tied and to keep the car between the lines, and to keep you moving forward physically. It was not meant to figure out complicated kinds of things such as "How can I best serve? What should I be doing for a living? How can I support my family members? How can I find my perfect mate? How can I... determine who my perfect mate is?" Those kinds of things—all of those things—were always meant to be in concert with divine guidance. So when you can do that, when you open to divine, then all of these other things fall into place he says quite easily. So he's saying we encourage you to **shift that focus, shift the awareness, and allow that divine connection to happen and then see how you feel**. He says... that it was just mentioned earlier, you know, see how you feel when you're in your garden, see how you feel when you're in your yard, watch your feelings as you... as you appreciate a sunset. He's saying now that we have given you this specific redefining phrase of "I am a child of God" and repeating that to you—to yourself—and knowing that over and over and over throughout the day, now see how you feel when you go to work tomorrow, see how you feel when you interact with your teenagers, see how you feel when you approach any situation when you are wondering about how to support your family or how to keep your teenagers safe or how to... how to find that that perfect partner. Whatever it is, when you approach any of these issues with the knowingness that you are a child of God, see if that doesn't take all the fear out of the equation, see if when you do that—when you go to work tomorrow or you're dealing with your teenagers later, see if that peacefulness that comes with that statement, doesn't change how you then approach every situation. He says we will suggest to you that when you do that you will see that there is a difference, **there is a calmness, there is a trusting, there is a knowingness within your being that it's all okay**. That it really is all okay. That you don't need to keep he says falling back on the rational mind—it's really out of its league trying to figure a lot of this stuff out. Instead what you're doing is you're saying "Okay, I am going to move forward into these situations as a child of God knowing that I have enough loving energy that is within me and around me being sent to me from divine that I can now share that with anybody—with my crabby boss or my challenging teenagers or my... whatever. I can now... I have this absolute, un-ending flow of love coming into my heart. Of course I want to share it with them, of course I want to make that available to them, and of course I want to approach all of these things—all of these people, all of these situations—with this love because I have so much of it that I have to give it away. I have to share it, I have to make it available because what else am I going to do with it? It's growing in me like weeds; I've got to spread it around." You know, he says if you think about what happens with dandelions, you know dandelions they're everywhere, they're all over the planet you know



because they share. They, you know, they... the yellow flower turns into those white seed things, the wind blows and they share themselves freely. And many people might not get a kick out of that, but that's the way of the dandelion, and he's saying that's what love is. **Love is about, you know, having that excess within you and when the wind blows you let it go, you share it.** You share it with anybody and everybody and anything and everything that comes into your awareness and you are... then making more room for more love, and he's saying by doing that then all of these situations will start to make more sense. He says we really encourage you to look at these things in this way from this perspective and play with it, have fun with it, see if you don't... see if you don't approach all of these situations if—you know, if you can start with that perspective “I am a child of God and I'm open to love” and then anything else that comes into your awareness for the next several days, watch and say, “Wow. You know last week, that situation would have really irritated me. I would have gotten ticked off. But today I can just love them and it's all good, it's all okay. They're doing the best they can. And it's all fine.” He's saying you will see that you can have fun with this. And he says the ultimate thing that will come of this besides being full of love is that you will be relieved, and your mind will be relieved because you are saying to the mind, “It's okay. You don't have to figure this out anymore. I've got it on a different level. This is the heart's job. You just keep me safe on the road and keep my shoes tied and keep me from walking into walls, and bless you for doing that. I'm grateful.” So he's saying we encourage you to have fun with this, we encourage you to play with this and we encourage you to reevaluate on a daily basis. See if it isn't accurate because he's saying our... our... hmm, what? Our belief is that you will have fun with it, and you will he says if you make the decision to keep this part of your awareness, you will have fun with it, you will enjoy it, and you will integrate it by choice into your being because it's the way you were meant to be. It's the way human beings were meant to live. So he's saying we leave you with that, and... let's see if there's anybody else that's going to talk.

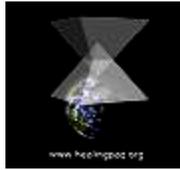
Dinah: Okay. Certainly they could go on; many of them could go on and on. I just wanted to be aware of the time here. Ostad do we want to call on more or do we want to go for questions? Okay, I think what we're going to do first is we're going to stop for a moment and see if anybody has questions.

## Questions & Answers

Amean: Dinah, maybe the folks are shy so if you don't mind, I'll ask the first question and that may open the opportunities for other ones to think about the questions they may have. Since our classes, our focus is mainly on self-healing as means of further developing ourselves, the question that I... how does opening our heart and setting our intention to serve the divine and vibrating with love potentially help someone who does have, you know, is challenged with some kind of disease whether the stem cells or beloved ones and our, you know, encouraging, pursuing the self-healing method of wanting to overcome those challenges.

Dinah: Okay. Just so I'm clear, the question is how does opening our intention to divine influence our ability to heal self and others. Is that...?

Amean: Exactly, exactly. Especially when someone has a disease, they are in the middle of that process you know, working, dealing with the disease and all the challenges that come along with that.

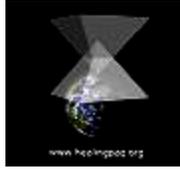


Dinah: Okay. Thank you for asking that. And who wants to talk about this? Lao-tzu wants to talk about that. Lao-tzu what have you to say?

Amean: For the ones who may not know, Lao-tzu is the founder of the Taoism philosophy who lived about 2500 years ago.

### Relation between Our Thought and Disease (Lao-Tzu)

Thank you. Okay Lao-tzu, he says. Alright. He says here's the difference. He says we're grateful that you asked that question he says because this is an important delineation that people need to be aware of. He's saying many physical challenges are the result of our thoughts. So for example someone who has perhaps challenges with heart disease or someone who has challenges with fibromyalgia. Or someone who was challenges with tooth pain or whatever it is. He's saying the label doesn't matter. Often times for these—he's defining these as acquired challenges. So for someone who let's say starts out completely healthy and over the course of their lifetime they develop some of these challenges regardless of what the label is, usually—he's saying not always, sometimes there are... he's saying we acknowledge that sometimes there are physiological predispositions to these kinds of things. So perhaps someone might have a predisposition to maybe heart. Heart challenges run in the family. That does not mean that just 'cause that runs in the family that that person is going to have the same challenge unless their thoughts are energetically connected to those illnesses. So for example if someone grows up thinking, "Oh my gosh, my grandpa died of heart disease, my dad died of heart disease... I'm 45; they were all dead by the time they were 50. Oh my gosh, here it comes. I'm waiting for the bomb to go off." Even if they don't actually verbalize that, if that is their personal vibration—if they have a personal vibration of fear of that, that can help to create it because what your vibration is. Whatever your dominant vibration is, that is what you create. **If your dominate vibration is of fear, then you will manifest according to that.** So you know and everybody—he's saying if you take five people that are fearful they will all... probably manifest that fear differently. Some will pull on their family's predisposition toward heart disease and have a heart attack, some might develop chronic pain or some might develop bad teeth because their fear centers around indecision and so they might have constant tooth pain or that kind of thing. He's saying whatever it is or how the challenge manifests, the fact remains that if your vibration is out of alignment, your body will be aware of that and you body will start manifesting out of that fear. When it is suggested to human beings to switch their focus and to focus on "I am a child of God" and to say "my intention is being of service to God" you see then how that changes the focus and changes the vibration. When you can say to yourself "I'm a child of God" you have then taken the "oh my god, heart disease runs in my family" and you've erased it because it's not important. If I'm a child of God, I'm not worrying every second of every day whether I'm aware of it or not about having a heart attack; I'm instead saying **"I'm child of God who is connected to God; God is always watching out for me. It's all good. I am fine."** He's saying that thought facilitates healing where the other thoughts facilitate disease in the body. That is the difference so by saying, by encouraging you to be aware of your intention—you know, how far do I want to go on my spiritual path? And by encouraging you to redefine how you... how you define yourself, "I a child of God" rather than "I'm a child of heart disease" or "I'm a child of cancer" or whatever. You have... you have completely switched your focus, you've... you know, your heart is now facing the direction that it has been trying to get you to face all along, and... you then can **put your focus and your intention where it needs to be which is on God which will facilitate healing naturally** where if your dominant vibration is on "worry, worry, worry," you have... you know, you are now 180 degrees from what your physical intention was meant to be when you came into this



existence. So he's saying that's the difference. That it's all about what your vibration becomes as a result of your focus. It's all about vibration so when you redefine your focus into that positive loving direction, you... everything else falls into place with it. And if you choose not to do that, and if you choose instead to have your focus be on "worry, worry, worry, stress, stress, stress" well, then... then you know you're magnetized to that. You're vibrating with that and you're pulling that vibration to you. He says it's all personal choice but certainly we would encourage for physical beings to choose more positive, more elevated vibration but he says that you know... that ultimately it's up to each person. Does that answer the question?

Amean: Yes, thank you very much.

Dinah: Thank you Lao-tzu. Okay, other questions?

X: Hi Dinah. This is Betty.

Dinah: Hi.

X: Since this is my first time maybe my question is not... will be way elementary. What do you—when you refer as God, what is it that you're defining? I mean, what does that mean to you?

Dinah: Well I... I guess... first of all I would say that again in this process I'm the interpreter so my personal definition doesn't matter. When the masters are talking, saying God or divine or whatever term they're using, universal intelligence, that is you know, the absolute divine energetic. How that can be defined is very individualized so I would say your definition at this point is probably more important than mine. It's how you choose to hear this information and integrate it within yourself rather than... rather than mine because as the interpreter mine doesn't matter. Do you see the difference?

X: Yes. That's all I wanted to know. I mean you answered me question. I wanted to see if I am going with my higher power or is it something in your word of God that I should be you know searching or learning?

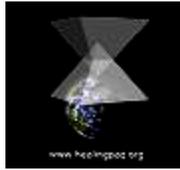
Dinah: No I would say in this process I think the masters when they're giving these suggestions and these teachings, it's... it's sort of universally applied and people can integrate it into their being regardless of what their personal training is. So whether someone is Buddhist whether they're Muslim whether they're Christian, whatever it is—it doesn't matter, they can take these very universally applicable teachings and then integrate it into whatever their own personal belief structure is. And I think that's what everyone is always encouraged to do—to take the information and then make it fit within your level of understanding. I hope that helps.

X: Yes thank you.

Dinah: Thank you for asking.

## Guided Meditation (Dinah)





Okay. Well, what I would suggest then since nobody has any questions. I think looking at the time that we can go into the meditation piece and give everybody like... maybe fifteen minutes to do their own connection, and then from there we can just jump in—you know if anybody has any questions or any experiences they want to share, they can do that and then everybody can get out on time to enjoy their day. So once again if you would, get sort of comfortable and peaceful. I'll just sort of backtrack. We'll go to the mountain again and open to divine wisdom and see what we get. We'll go in with the intention of accessing energetic support whether that comes to us in the form of a master and we actually receive a message or perhaps it'll come in the form of just a feeling or color or whatever. In whatever way that you interpret energy, trust that whatever you see or feel or become aware of is right for you and bless it as the first step of many toward deeper connection with divine. So once again, I would encourage you to take a couple of deep breathes. Okay. At this point we are going to—sense we're all in somewhat of a state of meditative connectedness—we are going to see ourselves at the top of a mountain, the Mountain of Light. This is a mountain with a place at the top that is open to us; this is our place of connection—our sacred space. It's a place for us to come and meditate, to connect with divine any time, any place, whenever we need to be peaceful and go within we can access this spot, we can access this place of connection. This is a very large area; it's very safe, it's very peaceful. And as we look around on this mountain, we see that there is a place for us to sit very comfortably—maybe it's a stack of pillows, maybe it's a futon, maybe it's an overstuffed chair. Whatever is right for you, know that it's there; see it before you. And see yourself sitting down in that place and being very comfortable. And as you look around on the Mountain of Light, you see that there is beauty in every direction. You are surrounded by this gorgeous vista that is provided to you by divine. It's beautiful, it's peaceful and it is completely, completely available and connected to divine. You can feel that connection with every breath, you can feel that connectedness in your body, mind and spirit. Once again we repeat our favorite prayer silently three times. Under the direction of Pavarandeh, we again reenter or reconfirm that we are still in the diamond with full presence. We still have our Crowns of Light on that connect us to the angelic realm, still have our Cloak of Light that connects us with divine. We are still surrounded by the seven archangels Michael, Gabriel, Raphael, Uriel, Chamuel, Jophiel and Zadkiel. We are still being overseen by archangel Metatron. We are still surrounded by the elevated energies of the Tree of Life, Temple of Masters, Temple of Angels and Temple of Knowledge. And we are still completely connected and surrounded by divine energy. We remember again that time in our life when we felt love on every level of our being—with every cell of our being. We reflect on that moment when we were so peaceful and we allow our hearts to open to divine. Using that memory of love and we reaffirm now that we are here in this sacred space wanting to open to connection, open to divine, open to the appropriate archangel or master, open to the appropriate message that might come directly from divine—whatever is appropriate for us. We acknowledge that we are aware and open and receptive, and that we are awaiting it and enjoying the time that we can spend here connected to divine. We now exchange this energy with divine, with gratitude and love so be it.

### *Meditation.*

Okay very slowly thank whatever energies you were aware of during this time. Thank them for being with you, let them know when you might be back again in meditation and ready to connect having the intention of returning to a state of meditation and when that might happen will be helpful in following through with it. While you're still sitting in a comfortable place on your mountain of light, envision a shaft of white light coming toward you from above. Know that this is divine light coming to you and as you see it moving toward you, you see that it's beautiful, sparkling—almost like fairy dust coming down towards you. Coming to you and you can feel it now at the top of your head. Feel this divine white light sparkling energy moving into your



body, around your body, enveloping you and filling you, filling every cell of your being with divine connection. Feel that energy moving through your body again from your head all the way down to the soles of your feet. You are now sharing that divine connectedness with Mother Earth as she shared grounded energy with you in the beginning... Sending that beautiful white light of connectedness through your being into Mother Earth, allowing Mother Earth to benefit from that connectedness as well, knowing that that divine energy is filling Mother Earth lethally, fully, totally. It is also surrounding the earth and the outside as well, allowing the earth to benefit from that connection—from your connection. We accept this divine sparkling light energy into our beings as a way of anchoring the knowledge of connectedness that we have received today, as a way of anchoring our own connection with source, as a way of having our bodies recognize that connection so that we can be aware of it that much more easily every day, every moment. So be it. Again we thank divine for this opportunity to be aware of the connection that is there for us twenty-four hours a day. We thank the Mountain of Light for providing us with sacred space to return to at any point. We now see ourselves back in our physical surroundings. Very slowly we—keeping our eyes closed—we move our hands and feet a little bit, rotate our shoulders a little bit, become aware again of our physical connection. We are aware that the green light from Mother Earth is with us keeping us grounded, we are aware of our connection to divine and we are aware that we are now returning to our physical being that much more connected, that much more grounded than we were before, so be it.

So as you're ready, you can... open your eyes or not—whatever feels more comfortable. And if anybody has anything they want to share about their experiences in meditation, feel free to share. Does anybody have anything they want to share?

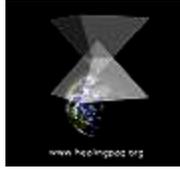
## Questions & Answers

X: Okay it's me, it's Benny.

Dinah: Hi Benny.

X: I wanted to share something. First of all thank you for a great experience. I have done meditation before but through your guidance, my experience, I was in a very safe place. Meditations previously have made me comfortable, relaxed and grounded, but the experience today for me was being safe and I've never experienced that before. I also felt as... a child in the presence of, you know, a grown-up that... or trusted—trusted grown-up. It was very, very different and yet pleasant experience. Thank you.

Dinah: Thank you for sharing that. We appreciate that. Everybody benefits when someone shares their experience. So thank you from everyone on the call today for sharing that, and I guess I would encourage you to remember that that connectedness has everything to do with you and your own connection and really nothing to do with me. So everything that you felt today is all about you and your own relationship with divine. And you know, today you just I think maybe became aware of it on a deeper level but it's always been there, so I'd encourage you to remember that you can recreate that and re-experience that any time, any day because it... you know whenever we have these experience, it



really doesn't have anything to do with the person leading it; it has to do with your own connection. So congratulations on knowing about your connection on a deeper level and have fun on the journey.

X: Can, can you hear me? It's Abadi.

Dinah: Hi Abadi.

X: Yes, it was very comfortable and the sun was very bright—but not too intense. It was very wonderful. It was like a young man in front of me with bangs and... a dress from long ago. Real sense of patience... and also surrender as a child of God to whatever it is in each moment. And that is different. That was the other thing—to the difference that each moment is different from the past, from the last one but just as joyful in its own sun and light.

Dinah: That's beautiful. Thank you for sharing that.

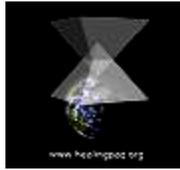
X Hi Dinah, can I ask you a question?

Dinah: Yes, go ahead.

X: How do you get rid of all the emotions and the negative thought during the meditation?

#### How Do I Control my Thought and Emotion during Meditation? (Ostad)

Well, okay let me... I'll go to one of the masters to answer that. Ostad, how do you get rid of the emotions and negative thoughts? Okay, what Ostad is saying is that that's sort of a predictable and not... not uncommon part of the journey that people go through as they adjust to meditation. He says it's sort of like people who just start getting into exercise. For a while the muscles hurt; it's you know, it's not all that pleasant the day after strenuous exercise 'cause your muscles say "what the heck did you do—you know, we're not used to this." What's happening with excess emotion and negativity Ostad is saying is that it's your brain saying, "What, what—wait a minute. What do you mean you're not tuning into me? What do you mean the heart gets to talk more? No this isn't okay. That's my job; you don't get to tune into the heart. I'm in charge here." So the brain starts saying "me, me, me, me" and the heart is just patiently waiting for its turn. So Ostad is saying... he's saying don't get caught up into instead look at it—he's saying think of a young child whether you have one or not I'm sure you've seen one in a grocery store. You know a two-year old in a grocery store who's wanting a candy bar and mom says "no," and they start out by whining and they get a little bit louder and a little bit louder and pretty soon they're throwing themselves on the floor kicking and screaming "I want the candy bar." He's saying you know, the mom has a choice to either engage and like... fret about it and think, "Oh my goodness, what is wrong with my kid? Oh my God, my kid is this—you know, what is going on?" Or the mom can say, "Oh, you need a nap, you poor thing. Okay let's hurry through the store and we'll get going." He says in the case of the mind when the mind starts throwing a tantrum when you're starting in meditation, don't... don't get caught up in it, don't worry about it, don't obsess with it, just think, "Okay, this is new for you, calm down, thank you for doing your job," and then refocus your attention on your heart. And every time your mind says "No, me—me, me, me—pay attention to me," say, "Thank you. Thank you for doing you job and when I need you I'll let you know. Right now it's the heart's turn." And just be that very patient mediator between the mind



and the heart and continually refocus your attention back on the heart, and pretty soon your mind will learn to just calm down because you're not going to engage in its tantrum. Does that answer your question?

X: Very much so. Thank you.

Dinah: Okay. Thank you for asking. Thanks Ostad.

X: Can you hear me?

Dinah: Yep.

X: Hi, this is Maryann.

Dinah: Hi.

X: During my meditation, I was in contact with two guides, and I realized as I was trying to decide what I wanted to ask them that I had a clarity on a question that... a clarity came to me on a question that I have, and so I'd like to put the question out to the masters if that's possible. The question is how do... how do we know when a physical symptom is a gift from God—you know, part of a larger picture that we perhaps cannot see in our... you know in our narrow vision. But the symptom is perhaps meant to be a part of our journey. I mean perhaps it's something like connecting us to a group of people who are fellow sufferers that we're meant to serve or is the symptom an indication as Lao-tzu was talking about a little while ago that we've lost our focus and our being sent through the symptom a correction on our path—say for instance, maybe the symptom is a sign that we are too fearful. So it's this question of how do we know what the purpose of the symptom is?

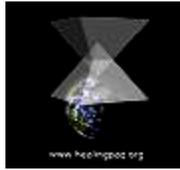
Dinah: Okay, good question. And who are we going to go to? Okay Baal Ha-Sulam wants to answer that and Baal Ha-Sulam for those of you who have not heard of him is a Kabbalah master. Baal Ha-Sulam what do you have to say about that? He says the operative word in your question is correction. He's saying whatever... he's saying it depends on what emphasis you want to put on. So he's saying as long as you are... as long as your intention is using the symptom as a correction in your path, it doesn't quite... it doesn't really matter what the cause is from. And he's saying think of it this way: whether—okay, if I understood your question correctly, you're saying is the symptom a gift from God to get you to the next piece in your journey or is it a representation of faulty thinking and how do we know the difference? He's saying it doesn't matter. If it causes you—if the symptom causes you to stop and think and ask for correction, it's done its job.

X: Okay.

Dinah: Does that help?

X: Yes, that's very helpful Thank you both.

Dinah: Great. So yea, he's saying whatever it is—whatever the symptom is—is whatever the awareness is. He's saying it doesn't even have to be a physical symptom. For example, if you... you know, yes it



could be a toothache as a symptom and that could be like you saying “whoa, whoa, whoa—okay either I’m creating in a way that I don’t want to create or I’m being given an opportunity to connect with a better dentist who might lead me to an opportunity to blah, blah, blah” it doesn’t matter what it is if you say to divine, “Okay I’m seeing this sign on my path but I’m asking for help in interpreting it. I’m taking this as a sign of something. I’m just asking that you help me interpret it correctly and help me to take the right step—the next step in my journey.” That’s all that matters so whether it’s a toothache, whether it’s a day of sadness, whether it’s a day of uneasiness—it doesn’t even have to be day of physical pain, it can just be where you feel like “gosh I feel off today—I just feel like I’m not right today.” Whatever it is thank that awareness and then say okay, “Divine I’m using this, I’m asking for correction, I’m asking for you to help me to refocus on my path ‘because I’m feeling the fact that I’m off either on a physical level or an emotional level is my... I’m aware that I’m miss-stepping on my path. Please correct me in my path and help me to get back on the path that I’m meant to journey towards you.’” Then he’s saying it’s all good.

X: Did I also hear him so that it could be that... it could be the first thing I mentioned—it could be the symptom that you’re supposed to be going in the direction of the symptom that that is where you’re needed. And... but the important thing is that the symptom causes you to say to the divine “where should I... where I am going here?”

Dinah: Exactly. Exactly. Because he’s saying you have two choices at that point. You can sit and get lost in the symptom and bemoan the symptom.

X: Right.

Dinah: Or you can say, “Okay I’m taking this as a signal that I need... I don’t know what I need next, but divine please lead me to where I’m supposed to be with this” and then use it as... use it as fuel for the next step in your journey to go wherever divine is wanting you to go. And he’s saying if you can continue to choose to interpret it as positive even when it’s difficult, then you will move through it more quickly because you are trusting that it will lead you where it needs to lead you. You know, whether as you said, to a brand new group of people that you may eventually see as a group you resonate with and gosh you’re glad you’re here even if the trip here wasn’t any fun—“I’m glad I made it to this new group or to this new destination.” Then you’re continually creating it in a positive manner even if sometimes each step of the journey isn’t all that much fun.

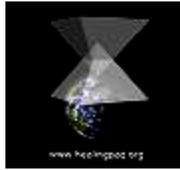
Dinah: Oh, thank you for asking. Baal Ha-Sulam thank you. Anybody else?

X: Hi Dinah. This is Raha.

Dinah: Hi Raha, how are you?

X: Fine. How are you?

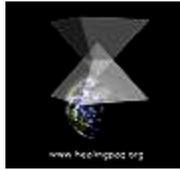
Dinah: Good.



X: I know we're running a little short of time so I did have a concern that amazingly after... I mean Master Pavarandeh ended, touched upon it, and I know that we don't have time for me to get into that concern. But I just want to put this out to the divine and all the guides and masters because each one of us have a different set of masters that work with us in this journey of becoming healing ministers. And I just want to put this request to all the masters and the guides, to help us—help each and every one of us please, please, please—to make sure that we do what Master Pavarandeh mentioned and touched upon and that is the ego work. To make sure that when we become healing ministers and we are trying to be divine hand in helping someone who is wounded, suffering, ailing, definitely incapacitated to be a normal human being in life and do their work, that we're trying to be really the divine anchor for them, to make sure that our ego does not get in the way of that healing process so that it will not harm them more or injure them more but be that divine serving light that we're meant to be. And so I know this is not a quick question and a quick answer, but I am pleading to divine and again the masters to help each and every one of us in this long process and train us, and make sure that we develop the divine qualities that we were meant to have because this is a very sacred journey. And I don't know of any ascended master offhand right now that has been a wounded fellow and have been injured and then became a healing master. And I know that when God distributed ego I guess Master Pavarandeh was absent so I don't think he's the right one to answer us. Maybe we can visit this in the afternoon, but I really would like to hear from someone out there, some guidelines to help us and enlighten us how we can be more... we can develop more divine qualities in us.

#### Ego and Intellect Purpose in our Life (Ostad)

Dinah: First of all, thank you for that prayer. I think we all join you in that prayer that we have that... that we receive that help and support in mitigating the ego and developing our service from a point of service rather than a point of fueling the ego. So thank you for that. And quickly we'll just... I'm just going to say to Ostad, Ostad do you want to comment on that—like the cliff-note kind of comment, down and dirty? Ostad says... he says the **ego like the intellect was given to everyone for a reason. It's there to help us survive** and it's, you know, the ego is not a bad thing, it's not a thing to be ashamed of, it's not a thing to whip like a... you know, like a horse, you know, certainly anyone who knows animals knows that whipping anything is not the way to train it. the way we train it is with love. The way a good trainer trains a horse is with love, and with reward, and with consistency. And so he's saying we need to first of all take the ego out of the realm of bad and put it in the realm that it simply is and then help it like the intellect redefine its role and he's saying the ego and the intellect were really designed to work in concert again to keep us moving and breathing and eating and you know, survival kinds of things. And there's nothing wrong with that. He's saying you know if it were not for the ego and the ego's focus on survival, you know the ego has the focus on "I'm going to keep moving" and the intellect, the rational mind, has the intelligence to you know, keep us feed and keep our car between the lines and all of those kinds of things that because of that, you know, we have gotten to the age that we're at and God-willing we'll keep going in years. So the ego and the intellect are not bad things; they just need to not be out-of-control things. So he's saying as you develop in this service to divine, he's saying very easily you know, if as you're doing it there's any part of you that is feeling puffed up or kind of "look at me" or you know "I'm cool because..." or anything like that, then you know "oops, okay, I need to reevaluate the ego because the ego is not there... I don't want the ego to do more than its assigned job. I don't want the ego to be making me think that I... you know the ego and the intellect for



me to be thinking ‘I’m cool—look at me,’ I want the ego and the intellect help me to remember to eat and drive carefully and all those things and not walk into walls so...” If all of a sudden we start feeling an insulated sense of self-importance or that kind of thing, then it’s a time to “Okay I need to recheck this and I need to remember that in this journey it’s not about me, it’s not about what I can do, it’s about how well I work in concert with the divine to help the divine plan to unfold, and help the divine plan manifest in my own life and in my own journey and hopefully help other people along the way as we journey together in this process.” So he’s saying that’s sort of the quick little down & dirty sort of check that we can do within ourselves every day. If we’re starting to feel that inflated sense of self-importance, then it’s time to back up and say okay “Reevaluate, reconnect, redefine, calm down, get everything back in place and then keep moving.” He’s saying don’t use it as a... as a need to whip the self and beat the self-up and think “oh my goodness, terrible me.” He’s saying that’s a waste of time and energy. It doesn’t help anyone, anything. Just redefine at each step and if you see yourself getting off-track like Baal Ha-Sulam said before ask for correction and say, “You know divine, I think I maybe need a little help here. Please help me to get my ego and intellect back in check and help me get back on my path towards you because that’s my focus. I want to be more connected with you, and I want my ego to stay—my ego and my intellect to be doing the job they were assigned. So please help me to get them back into their role and help me get back to focusing on you and whatever it is I need to do in support of you.” And he’s saying when you do that everything—it’s like reshuffling the deck. Everything goes back into place and then you can move forward. So that’s his suggestion so thank you for bring that up.

Dinah: Thanks Ostad. Okay, so we are at ten after. I’m sorry. My goal was to get everybody out at one. If anybody who needs to move on, please feel free—it’s okay. And for anyone who has any other questions, certainly we can give it just a couple more minutes. Again I’m not going to keep everybody anymore over time then we have to so for those individuals that need to move on, you know, we thank you for your time. All of us on the call, thank you for sharing whatever you’ve shared. Even if you didn’t feel the need to talk, I think we all benefit from each other’s presence in this. So thanks for joining us, thanks for being with us and for sharing your energy with us, and enjoy your day and hopefully we’ll reconnect in the future. And I will stay on the call with Amean and be the last—Amean and I will be the last two to hang up, so thanks everybody.