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Welcome

Amean: Today is our last intermediate session. Dinah has kindly agreed to do a channeling session with Ascended masters and archangels. When I checked last time I noticed a good progress for Earth-Humanity global healing project. I like for the masters and archangels to kindly share their view point of the progress for Earth-Humanity global healing project. The participants in this class have done a fantastic job to send love and compassion energy to their assigned energy points. We will see what topics of conversation Ascended masters and archangels would like to share with you folks. Dinah also likes to share some viewpoints with us. After that we go through a question and answer session with the Ascended masters and archangels. Please feel free to ask any question you may have from the Divine intelligence, Ascended masters and archangels. At the end we will do a channeling session conducted and guided by Dinah. Dinah welcome and please take it from here.

Channeling

Explanation (Dinah)

Dinah: Okay, before we actually begin the channeling—what I did this morning and what I’d like to do again, is just explain a little bit about what channeling is all about so that we’re all kind of on the same page, and for



those of you who've heard this multiple times I apologize and feel free to go get a drink or go to the bathroom or whatever and come back—it'll just be a few minutes.

But, because the media has sort of twisted physic kinds of things I think it's real important for everyone to have a good idea of what it is in real life. For me, channeling is something that I've worked really hard to develop over the last—I don't know—probably 15 years. For me it started out when I was a kid; I had dreams that actually came true within a few days, and it sort of started as a kid but then it stopped, and then I didn't really think much of it until my late twenties I saw a psychic who... she was a full body channel who was trained in a Hindu monastery in Brazil, and she had been a street kid—an orphan. And the Hindu monks took her in and trained her and I was lucky enough to have a couple sessions with her, and she told me I was supposed to be channeling. So from that point on I read everything I could get my hands son, meditated as much as I could, really tried to open up to it, and it sort of developed over many years.

When I talk about different kinds of channeling there's... as I said, the woman I first met with was a full body channel, and a full body channel is sort of like when you... if you've ever seen the movie "Ghost" with Whoopi Goldberg. When the spirit comes in and inhabits her—what happens is, is like the channel's personality goes to the background and the spirit takes over and does the talking. And in that kind of channeling, the actual physical features of the person change—they look different, their voice quality is usually different, it really is the spirit taking over. I did that once; I wasn't comfortable with it and I haven't done it since. Instead, what I do is... I hear spirits—not externally—I don't hear spirits with my ears; I hear it in my head. And that for me was a very important delineation because when I first started I kept expecting to hear it outside myself, and when I was hearing it in my head I thought I was making it up. So, it took a while to trust that the messages that I was getting in my own head from spirit and not from me, and so for any of you who are interested in developing that side of your abilities, I think it's real important upfront that you know not to judge it; you know, to take what comes and trust it. So, when I open to spirit, I first do some quality control kinds of things so that I put some protection around myself and anybody else that's joining in so that we affirm that only the highest of energies enter our circle. And then I ask the masters—I open up for the masters to talk—and I either get... sometimes I get exact words, sometimes I just get this like concept that comes all at once and then I have to break it down into words. So there are times when I'll get a concept and I'll be like sort of searching for the word that they want. So it's sort of... it's kind of like being an interpreter for the U.N. I think—where you're kind of keeping up with both sides... what the masters want to say and then if anybody else is asking questions. So it's kind of a dialogue and I'm just the interpreter. So when we do that you might hear me fumble with words a little bit, but I'll get there. And, the other thing that as you consider the validity of this and as you experience if it is the first time, some of the things that you might want to keep in mind—at least this is important in my opinion—is that what they've always said to me is that everybody has the ability to interact with spirit on one level or another. So for some people they might hear spirit the way I do—that's called clairaudience, for some people they might see spirit—actually see the spirits in front of them—that's called clairvoyance, and for some people they might feel the spirit—and that's called clairsentience. And clairsentience is very common among healers, and so for any of you who have worked—if you've done energetic healing or if you do healing for a living like massage or any kind of other health care kind of thing, you might be aware of the fact that sometimes you feel what's going on in a person before they even tell you. I have a friend who is a physical therapist and she feels what's going on in other people's bodies; she's aware of it within her own body—she's very clairsentience. So, as we go through this and as you are kind of choosing your path, keep in mind that you have at least one—if not many or all three of those gifts—and it's really your choice which of those you want to develop, if you want to develop it at all. But those are the... that's the belief that I hold that everybody can do this; everybody can communicate with spirit on one level or another. And

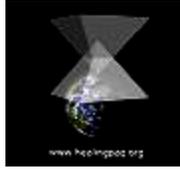


that's actually very freeing—I think—because the more in tune you get with it, the more you can get answers for yourself and the more you can trust your own interaction with spirit. So that's that, does anybody have any questions about the actual breakdown of this? Or how it works?

Okay, then what I'm going to do, is I'm going to start by...

Amean: Dinah just one note—would you like to mention about the Crown and the Temple of Masters and Temple of Knowledge now or later?

Dinah: Oh, sure. We can talk about that now. That's a good idea. I know that they will be talking about the Temple of Masters and the Temple of Knowledge; they're going to talk about that a little bit because I'm impatient and I always ask Ostad ahead of time what he's going to talk about. So I know they're going to deal with that a little bit in what they're talking about today, but yea... I would like everybody to know about a new thing that we've just become aware of this week, and this is thanks to Saeid. Saeid was the first one who became aware of this, and he was gracious enough and generous enough to share it with everyone. He had—he got the concept—and then he asked me to get the words for it, and so we're making this available to everyone. What has come down through Saeid is that Metatron—who is one of the archangels—and Metatron, from what I understand, Metatron is sort of I think the archangel who kind of overseeing this project. Master Quan is the person—the master that I got all this information from when I was doing the channeling back in the spring 2006—he's the one that presented all this earth healing information that's in the document. And when I first met Metatron I said “who are you?” and he said “I'm Master Quan's Master.” So I believe that Metatron is sort of the overseer of this whole project and Metatron—I believe this is an ancient gift but it's being revived. I think it was kind of forgotten or maybe lost track of with humanity. But Metatron created a gift for humanity called—it's a Crown of Light. And the crown is meant to connect humanity with the angelic presence—that's what I was told when I asked about it this week. And what it does is... anyone who is interested in elevating their spiritual connection and their spiritual path, simply goes into mediation, go to your meditative spot, go into the Diamond, and request that Metatron share with you the Crown of Light for your spiritual and advancement and once it's requested, it is granted. And initially when I felt it, it felt like I sort of had something on my head and I felt—sort of a little bit of pressure on my head. And Ostad said that when you have that on, it opens up the third eye and the crown chakras so that you can connect with divine more easily, and Metatron said it invites in the angelic presence. So it's there to be used; all you have to do is request it. And the beautiful thing that they just said the other day is that when you request it—because I had gone through my meditation and I'd gotten to work and I thought “oh darn it, I forgot to ask for the crown again” and they said once you have it, it's always there. So once you've asked for that connection and that angelic presence through the Crown of Light—it's always available to you. It's sort of like having your watch on—you might need to look at it to know what time it is, but it's always there. And so it is with the crown, you might want to keep in mind that it's there, and renew it or activate it or at least acknowledge it so that as you're meditating or wanting to connect that you are acknowledging that it's there or what you want to use it for, and then it kicks in and helps open those connections. But really, I think once you have it, it kind of kicks in that energy all the time so that it makes you kind of more available for spiritual insight. So I would invite everyone to consider that and if you do want to move forward, ask for the crown because it's a really lovely gift. And again that is from Metatron and I think Metatron will then kind of help you develop using it. And, we've only been aware of it for a few days so I'm not quite sure how it'll unfold, but I'm sure it'll be fun.



So, does anybody have anything else? Okay, what we're going to do then is we're going to do our quality control as I call it, to get things going. I invite you all to go into a meditation with me or to go into a meditative space with me so that you can have access to the energies. I'll be telling you what I'm hearing from the masters, and then when we're done, as Amean said, I'll take you through a short guided journey so that you can start doing this on your own. And we didn't get into this too much in the beginning class; I meant to talk about it more but I forgot. I will be offering a class—I'm guessing that because of the holidays... Amean and I hadn't really talked about a start date, but I'm really open to... I'm very flexible on when we start, but I'm thinking with the holidays coming people are going to be very busy so we might want to start it in January but I'm flexible about that. So if a large group has a burning desire to start sooner, I'm okay with that. But we'll put it on the website and then once it's up on the website, send an email, let us know you want to join in, and we'll go from there—just like we did for this class.

Preparation (Dinah)

So, I would invite you then to get very comfortable, and we're going to call in the directions and I just want to say when I call in the directions... part of my learning experiences over the years was to do... I did some studying with a Native American medicine woman. It was very short, but it was very in-depth, and so, part of what I do is acknowledge the directions the way Native Americans acknowledge the directions and the elements of each direction. And then today, Saeid shared with us the Sufi acknowledgment of the directions the way they are. Sufis acknowledge them as well. So I've never done this before, but today I'm going to incorporate that as well because it's really beautiful. In the Sufi tradition, the East is Compassion, the South is Mercy, the West is Love and the North is Purity. So as we go around the directions, we're going to include those vibrational signatures as well because I think it is really a lovely aspect.

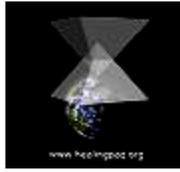
So, take a deep breath and let it out. And we're going to start with the East. We are opening to the East, we welcome the guardians and guides of the East, we welcome the element of air, we welcome the winged ones, and we ask that the East show us the overview that we in order we need to follow our path, and we welcome the element of Compassion, so be it.

Moving to the South, for the South we welcome the element of fire, desert animals, we ask that the beings of the South join our circle, we ask that that element of fire light our way—help us to see where we are going, and we welcome the element of Mercy.

Moving to the West, we welcome the element of the West, we welcome the beings, and the guides and guardians of the West, we welcome the element of water, we welcome all of the beings that inhabit the water, and we ask that the water teach us how to go with the flow and know that we don't have to swim upstream.

Moving to the North. We welcome the element of the North, we welcome the element of Earth, we welcome White Buffalo Calf Woman who dwells in the North, we ask that Mother Earth teach us how to live with her and on her more respectfully, we welcome all the beings of the North, we welcome the element of Love for the West and Purity for the North, we also welcome the element of the above—Father Sky, Grandmother Moon, we welcome the below again Mother Earth and we welcome the within—all that we are.





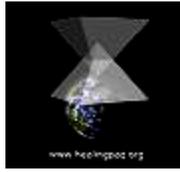
We call on the seven archangels—Gabriel, Raphael, Uriel, Michael, Jophiel, Shamuel and Zadkiel. And we ask that each one of you take one of the seven doors that we have just called in. We welcome archangel Metatron; we ask that you oversee our circle. We now—as a group—affirm that we are surrounding ourselves with white light from the divine... knowing that white light protects our circle and affirms that only the highest of energies is welcomed here. And as a group we step into the Diamond purposefully accessing the communication that is available within the Diamond and we say our prayer in the name of merciful and benevolent God, in the name of merciful and benevolent God, in the name of merciful and benevolent God under the command of Pavarandeh.

It is my intent to be a clear and perfect channel of truth, holy wisdom, love and light, so be it.

Okay, we have once again a full house. Okay, Ostad is—he's sort of the main master that I go to when I want answers. But let's see who else is here. As was the case this morning we have many; we have Rumi, Shams, I feel like we have the Christ present—welcome, again Lao-Tzu, master Quan, we have more of the archangels. I believe—I'm not sure how many there are—I know there are more than the seven that I named; I don't know all their names, but I feel like we have a very significant angelic presence. Who else is here? I heard the name Quan-Yin. She has come through before; she doesn't typically stay that much but she's been around for many of our meetings. Okay and I feel like—again just like this morning—Solomon is here, Moses is here... I feel like there are more beings than I have names for actually, so we welcome all of you.

Intention (Ostad Parvarandeh)

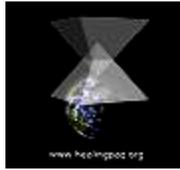
Okay, to start out with, we're going to go to Ostad and I don't know all of what Ostad wants to talk about; he only gives me—like this morning I had a glimpse of a topic and then he took off in about four different directions so... I have our starting topic and I have no clue where we'll go from there, but we'll see. So, Ostad go ahead. Okay, what he wants to talk about first of all is the idea of intention. He wants very much to address that because he wants you to understand the power of your intention, and the power of your intention to get where you want to go spiritually. So what he's talking about... he's talking about intention as it relates to accessing the higher vibrational states. So for example, when he talks about intention—the using intention to access the vibrational spectrum, he wants you to understand that with vibration, there is a spectrum that you can move up and down on. And he highly recommends moving up rather than down—but that's a Free Will choice. So when he talks about these vibrational states, he wants to be clear on how to access them. So he's saying that, for example, consider—let's put the vibrational spectrum on hold for a moment—and consider what we... a much more tangible spectrum which is the emotional spectrum. And when you think of the emotional spectrum, you have no trouble envisioning what that is, so that, for example, you know that on the lower end you have depression, crabbiness, anger, whatever, moving up toward sort of that middle ground where you don't have a lot of positive but you don't have a lot of negative—you're just kind of neutral. And then you move up in the emotional spectrum up to happiness, peacefulness, lovingness, compassion, and the higher end. And that when you're looking at the emotional spectrum, whether we believe it or not, what he's saying is that human beings choose where they are in that spectrum in any given moment on any given day. Even if you find yourself getting irritated, you can choose to move up that spectrum; you can choose to let go of the irritation and move up into a more positive vibration. Lao-tzu is just jumping in now and saying because one of his suggestions is “always choose happiness.” You know, when in doubt, choose happiness—it's that simple. And so he's saying you have that ability—even if you're in a situation where you are seriously agitated; you have the



power and the ability to stop that agitation and to immediately move into something more positive. And that's the emotional spectrum that we're all familiar with and we all move up and down it, all day long, and we can really relate to that. So what he's saying is the vibrational spectrum is like that, and we move up and down the vibrational spectrum just like we move up and down the emotional spectrum; it is by intent. And so when you want to access these energies—and he's saying the energies that they are making available to us—the healing energies that we have accessed through class I and class II, the other energies, and the Temple of the Masters, and the Temple of Knowledge. He wants to be very clear—and even the Pyramid—these are vibrational states; these are vibrational states that yes, are very, very high on that vibrational spectrum and we need to have pure intent to access them and once we make that intention known, the gods and the masters will work with us to get us there. So, for example, when we talk about using the Diamond... for some people who are visual in nature—who tend to visualize easily—you can in your head, picture the Diamond and then just simply state your intent as we did today: “it is our intent to step into the Diamond” and then we, simply by stating that intent, we accessed that energy. From that point then we can move beyond that into other dimensions and so, he's saying... for example, the Temple of the Masters. The Temple of the Masters is not.... Certainly it might be helpful to envision the Temple; to see it at a place that we want to get to so that we—because human beings are naturally visual pictures. It sometimes helps to picture that in your head; but really the Temple of the Masters is a vibrational state, and simply all we have to do is state our intention. And he's saying—he's stopping me and saying now why would you want to access the Temple of the Masters? Let's talk about that.

The Temple of Masters (Ostad)

The Temple of the Masters is a vibrational state that you move to by intention to talk to the Masters, to access that energy, to communicate with them, to grow spiritually, to have dialogue as we are having right now. He's saying keep in mind that the dialogue we are having now can be had by anyone at any time. You do not have to go through a particular person, a particular channel; you have the ability to access this information—to access these vibrational states—and that ability is within you. All you have to do is spend the time to develop it. And then, he's saying, you can have these kinds of conversations with the masters and that's why having the intention of visiting the Temple of the Masters is important—because you can... it might take some practice to move up to that level of vibration just as if you've just been cranky for a week, it might take a little bit of practice to move from crankiness to happiness or peacefulness. But the only way you're going to get there is with practice, so you may as well start he's saying. Or, again, if you're wanting to access the Temple of the Masters, certainly it might take a little bit of practice, but he's saying you can do this while you're meditating. And he's saying for those of you who are meditating on a daily basis and he's saying most of you are—and they're very happy about that. He's saying they're very pleased to see people accessing meditation and meditative vibrations as often as they are and he's wanting to encourage you to move further into that, but he's saying all you have to do is practice and state the intent over and over. If it takes a little bit of time, trust that you'll get there. He's saying—and I don't know if they've used this analogy before in some of the things that we've done—but, one of the analogies that they're fond of using is that if you're driving from California to New York, you don't sit and wonder if New York is really there, you trust that it's there, you pick the road that you want to go on or the interstate that you want to go on, and you get there. And he's saying that's the attitude that you need to have with meditation and accessing these higher vibrational states; you simply have to trust that they're there and start the journey to get there yourself. Again the Temple of Masters, he's saying he invites you; you have a personal invitation from Ostad who is... who is a wonderful, joyful master; he's inviting you



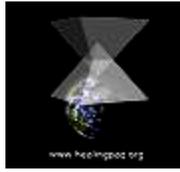
personally to come and hang out with them and enjoy their energies, and don't doubt that they're there; just get on the road and start heading there, and you'll get there.

Temple of Knowledge (Ostad)

And he's saying the same is true of the Temple of Knowledge. The Temple of Knowledge—they call it either the Temple of Knowledge or the [Akashi Records](#) and he's saying what is significant about the Temple of Knowledge... is that for those of you who have a desire to learn about spiritual kinds of things or have spiritual answers to specific questions—that kinds of things, the Akashi Records or the Temple of Knowledge is like the ultimate library. Everything that has ever occurred since the beginning of time is accessible in those records—as long as your vibration and your intent is pure. Certainly you need to go there with pure intent, and as long as your intent is pure, they will make it known to you. And that knowingness will either come from... it... to me—and this is just my visualization—but to me, again, I can see it as this ultimate library. The experience that I had recently and he's wanting me to share that because this was a huge opening for me. I had been to the Akashi Records many times, but I hadn't really ever gotten much information, and this time when we were—when he was trying to get me to understand the Crown of Light, he took me to the Akashi Records, he opened a book, and I couldn't read it. And I said “I don't understand it,” and he put my hand on the book, and there was sort of a flash of light, and all of the information came at once—it was like a big block of information that came at me at once that I absorbed immediately like a sponge. So, what he's saying is when you go to the Akashi Records, be open to the fact that you might gain access to information in a different way than you would normally and just be open to that; it might come as it did for me, it might come as something else, but trust that it will come.

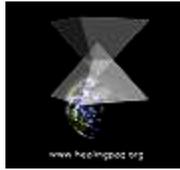
Vibrational Spectrum (Ostad)

Okay, so he's saying as far as the vibrational spectrum, the last thing that he wants to say about that piece is again please keep in mind that it is a spectrum and please for the vibrational spectrum—if I said incorrectly a minute ago—for the vibrational spectrum, do your best to choose the higher vibrational states because just as they talked about in our very first session your vibrational state, your actions matter, and what you do next to everybody else. So keep in mind that you are giving a gift to the world and to humanity in every moment that you stay positive, and in every moment that you choose happiness, and in every moment that you choose connection to divine. You are giving a gift to the world because in those moments that you are positive, you are not only uplifting the whole but you are not adding to the confusion. And he's saying that's important because we all know that the energy on the planet right now is pretty frantic, pretty chaotic, and the—it is a gift to simply not add to that. And then the higher up you go on the vibrational spectrum, the more your gift—the higher your gift, the more in depth your gift. So he's saying keep that in mind because he's saying you—in this class—you have reached another layer of development, you have gone to another level of development, you have accessed—he's saying a higher... mmm, not right, he's saying you've accessed more of the divine energies. The more you open yourselves spiritually, the more divine can step in. So he's saying that this whole process—while you are opening to divine, while you are building your spirituality—keep in mind that you're not only doing it for yourself, you're doing it for everyone. And he's saying we—on that side/on the other side—we are celebrating that and we are supporting you in that. And he's saying in answering Amean's question as far as the work of the class—Ostad, what do you want to say about that?



Healing the Earth (Ostad)

He says this is coming together just as they'd envisioned it. He's saying when the masters came up with this plan from divine, they envisioned it—and that might be in the document, I can't remember—they envisioned it as a chorus, they envisioned it as this orchestra (I guess choruses means singers huh? I guess orchestra is a better way). They envisioned this as a group of musicians all playing their own instruments in their own way but making beautiful music with the intent of healing the earth. And he's saying that he's applauding you, and he's saying that you've all picked up your instruments and all played your hearts out. You have all done your best to send healing into Mother Earth, and he's saying Mother Earth is feeling it. He's saying he wants you to know very much—to understand—that this too really matters. Sometimes he's saying that it seems quite daunting as a human being to think well, there are only a handful of us; what difference does this make? And he's saying it makes a world of difference literally because every positive intention out there that is directed—and he's saying now, keep in mind there's positive that's one aspect; and just choosing to be positive is one thing. But choosing to be positive and then sending that into Mother Earth with clear intent magnifies that. You have... it's sort of like what he's saying is... it's like knowing that you love your child is one thing, but if you don't demonstrate it, how is that child going to know? If you love your child from a distance, and you hold all this love in your heart, but you never hug them, you never touch them, you never say "I love you," that kid is going to walk around never quite knowing that he or she is truly loved because it's never uttered, it's never demonstrated, it's never directed with intent. He's saying certainly love itself is a positive thing, and feeling love is a positive thing and a good thing, and it is a benefit to the world to feel love, but it's more of a benefit to demonstrate love. And so he's saying you're sending healing into the earth, your directing healing into the earth is demonstrating that love and is making it so much more useful, and so much more available, and certainly it's understandable to ask the questions "well, I'm doing all this and there's still a war going on... and there's still hatred, and there's still all these other things so this isn't really doing any good." And he's saying absolutely it's doing good because what you're doing—he likens this to like a store house. He says for example, picture people donating—you know when they have food drives to feed the hungry or feed the homeless or whatever—what you're doing is filling this storehouse, your positive intent, your loving energy, your demonstrations of love. All of them accumulate and Mother Earth uses them for one thing; she uses them to start her healing process which he says is incredibly needed. She's quite damaged, she's quite ill and she needs these kinds of positive intentions to heal, but he's saying on another level—and he's saying—everything in existence has multiple levels, multiple... just as human beings have not only their emotional body, but their physical body, their esthetic body, their—you know, that's what the aura is; the aura itself has many layers. Everything you do is multi-layered so as you are doing this and sending this into Mother earth, you are not only doing this and creating like a storehouse of good, of healing, of love, of compassion. And it's available in the ethers if you can imagine that. So that for example, as people who are perhaps actively engaged in war, actively engaged in feeding war and fanning the flame, he's saying little by little as these people have a moment of silence they can start accessing the love and the peace and the compassion that you are putting into this energetic storehouse. It's there, it's available, and it's ready to be disseminated as soon as somebody wants it, so you're sort of helping... he's saying certainly God's energy is available to all at any time but what you're doing is creating another level of it—sort of like human to human kind of thing. And that—in and of itself—kind of hits at a different layer than divine love. So it's sort of like—and they've talked about this before—it's that hundredth monkey syndrome where... when enough people start moving toward the direction of peace, that peaceful vibration will be made much more easily available to all to pick up on, and so that's what's happening. By your intent, you're making that storehouse available so that people can choose differently and



that the choice doesn't need to be so hard and that's a wonderful gift. So he's saying never doubt what you're doing is important, is needed and has value; it's all of those things he's saying. And it is making a difference, and it is adding to the availability of peace for all, it's adding to people being able to choose differently, it's there and it's felt. And he's again—and I see many of them... they did this in the first class today; they're doing it again—where I see them bowing in their appreciation and their gratitude to every single person in this class for doing what they're doing. So he's saying thank you, and he's saying in this whole process, in this whole endeavor, know that the masters are with you, and know that their energy is available to you to call on all the time—any time.

Compartmentalize Spirituality (Ostad)

He says—wait a minute, okay... he says don't compartmentalize your spirituality... meaning—and this is a very subtle, very subtle distinction but I think it's one that they really want to invite you to dwell on so that you can figure out what it means for you—but, he's saying again, have... ask the masters to help you to live your spirituality. It's one thing to have your spirituality be active when you meditate, to have your spirituality be up and active when you're praying, to have your spirituality be there as you are perhaps participating in whatever space you are involved with, but he's saying that compartmentalization—when you're only aware of that when you're in those kind of quiet times, limits you. He's saying call on the masters, use that Crown of Light. Call on the Masters to help you demonstrate—I'm sorry, not demonstrate, the wrong word—to help you infuse the rest of your life with your spirituality because he's saying the progress that you have made to this point... he's saying it's impressive; he's using the word phenomenal. He's saying that every single person in this class has grown spiritually by leaps and bounds. You have progressed whether you are aware of it or not. You are—he's saying it's harder for you to see because you are with you all the time. He says that you are much more spiritually powerful than you were before, and so he's saying take that power, harness it, and use it all day long—use it, and he's saying not necessarily to send healing out, not necessarily... you know, certainly as you go through your work-day, you might have your brain attached to your computer or your telephone or the paperwork that you have to get done and that's totally okay... or you might be engrossed in conversations with the people that you're serving; that's fine. But he's saying you don't have to do anything other than be aware that the masters are there supporting you; they are there at all times, anytime you want them. So what he says is invite them in. I have to back up: invite us in. We can only do what you allow us to do, he's saying. So invite us in, ask us to help you, to infuse the rest of your life with spirituality so that you are aware of our presence, so that you are aware of our love for you, so that you are aware of our support for you, so that whatever it is that you do well, we can help you do better. For example, if you are a... if you are doing healing work, we can help you to improve your skills; we can help you to communicate more clearly. We can help you to see the underlying problem—you know, simply ask us. Ask us to help build your awareness, to build your ability to tune in; and he says without question, we will be there.

He says at this time—in humanity's development, in the earth's development and in your personal development—it is an absolute that when you call on spirit and when you call on divine assistance, it is an absolute given and absolute promise that they will be there, and that they will answer that call. The answer may not be in the form you expected, but it will be answered. He's saying you... you know, regardless of what you're doing—whether you're trying to solve a complex computer problem, whether you're trying to get to the bottom of an issue with your child, whether you're trying to build a more in-depth relationship with your partner, it doesn't matter what it is. He is saying invite us in and we will help you tune in because that is—that



is—where the... that's where problems start—is when people are not tuned in. So he's saying we invite you to not compartmentalize your spirituality, we invite you to call on us to be with you throughout your day. And he's saying we delight in assisting humanity, we delight in knowing that we have helped you because he's saying just as you have your purpose and your job and your divine plan in this lifetime, they too have their divine orders and their divine mission. And he's saying our divine endeavors are absolutely linked to you—to humanity—so we delight in assisting you and we want you to call on us. And I think that they've said this before, you know, invite us in the morning, feel free to communicate with us all day long; that's what we do, that's what we're for, and again we delight in it. So we would welcome that from you.

Relationship with God (Ostad)

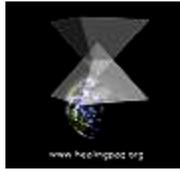
He's wanting to clarify—and I believe they did this a little bit in the morning session as well. He is wanting to state clearly that the mission in all of this... as you develop your interaction with the masters, he wants to be clear that they are just a step in the process. The ultimate goal is to have a better, more dynamic, more involved relationship with God. That's the goal. He's saying we want to be very clear that our desire to help you is to do that. You know they don't—he doesn't want people to think that a relationship with the masters is the goal. **The relationship with the masters is part of the stepping stone that gets you to the goal and the goal, again, is to have a relationship with God.** So he wants to make that very clear because that's the ultimate. The buck doesn't stop with the masters; the buck stops with God. So he wants you to understand that their intent is to support your connection with God ultimately, and your connection with humanity, and your connection with healing yourself, humanity and your relationship with God. It's all this multi-layer, interconnected; he says beautiful mosaic that they can see clearly even when you can't. So when in doubt, ask and they'll help.

Master Quan (Stay Open)

Okay, so I'm just wanting to see if there's something else... Okay, I feel like more people—more of the masters want to speak. Who else wants to talk? Master Quan. He's bowing again; he's echoing what Ostad said. I feel like Ostad is sort of speaking for the group, but Master Quan is saying the same thing, and he's saying stay open. As you go through this process, **as you build your connection, stay open to the way that that will happen because it's individual, there's no one right way,** he's saying to use Ostad's analogy before about getting from California to New York—you don't doubt that New York is there—but keep in mind that there are thousands of different roads that you can take and thousands of different detours that you can take, and your journey won't be the same as somebody's else's. But he's saying that doesn't mean that you won't get to New York. **Trust that your journey and the path you take are right for you, and trust that the trip will be beautiful** because you have their support in the roads that you choose. Okay who else? Does somebody else want to talk?

Rumi (Spiral Process)

I feel like Rumi and Shams—they did not speak this morning, do you want to speak now? Rumi wants to emphasize that he agrees with what Ostad said in that the goal, again, is to build your relationship with God. Throughout all of this the masters are there... he says the masters are the masters because they understood and they were able to in this physical life, have that real in-depth connection to God, to source. And that's why they



are where they are now because they understood that process even when they were physical; **they were able to build that deep love for God and they took that with them and they were able to elevate very quickly** to the station that they're at now. And he's saying because we were able to do that, we are proof positive that you can do it in a physical lifetime—that you can build this deep connection to God while you are physical and the masters can help you do that. So he's saying trust their help, trust their support, and when you're concerned or when you don't know, ask them. They'll lead you in the right direction, but Rumi is saying that... that is the ultimate goal here. And he's saying the more that you connect to divine or God or whatever your term is, the more that you connect, the more fuel you will have for your particular endeavor so again it's that reciprocal process of—you know—you want to develop as the healer and you want to develop your abilities as a healer, so in that process link as closely as you can with divine and then divine will help you spiral back around to develop your gifts. **It's this spiraling process, and he's saying the more you contemplate it, the more you become aware of it, the more you nurture your connection to divine, the more everything else will fall into place.** So at this point I'm... okay Rumi was there anything else? He's saying no, that that is the crooks of it at this point.

Questions and Answers

But my goal is now to do some questions and answers if you have anything so that when we get to 6:30 my time, that we can do the guided meditation with you. So I'm going to turn it over to you now, if you have any questions that you want to ask the masters, jump in.

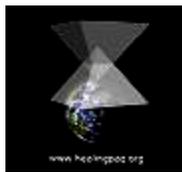
Q: Dinah, I have a question.

Dinah: Okay.

Q: A lot of the choice that we have is in a spectrum of experience that we can move through at will. There seems to be disease such as depression or anxiety states that are almost biochemical in nature, how does one approach that with the thinking around moving through the spectrum?

Emotional Spectrum (Ostad)

Dinah: Okay, we'll go to Ostad for this because when Ostad was physical he was a healer. Ostad, how do you answer that? He says absolutely you're right. When we're dealing with the emotional spectrum there are individuals who have much more of a challenge in moving up the spectrum because of—he says—physical deficits. So what he's saying is that... he says that's where we come in. We meaning them—the masters—and us as budding healers. He says for those individuals absolutely they need assistance. He says when we talk about people choosing to be able to move on the spectrum, we're talking about people who do not face those kinds of chemical imbalance issues... there are people who really can choose and he was addressing those individuals. What he's saying is certainly he acknowledges that there are people who are challenged in that way physically just as there are people who are challenged by cancer or by other kinds of physical illnesses, and so in those... for those individuals, choosing to seek help is the first stage in moving up that spectrum. And help will come in whatever way is right for that person. He saying that's their... I have to get the right words here... For some—let's just say the average person—they can choose to be crabby or not and that is their choice; that is the choice that they make. For people who are challenged in that area, they may not be able to



choose as easily to be... to have a positive outlook, their choice will be to seek help to get to the positive outlook. They made need assistance to get there. And so he's saying what we need to do as a group and as budding healers is to... sort of have our intention to be—again to build that storehouse—and make those... make the energy available for people to start making healthy choices. So for example, people who are chemically challenged will hopefully choose to see a qualified specialist and perhaps they will need to work on a multi-level plan. Maybe they will need, for example, to make lifestyle changes because maybe their lifestyle does not support healthy choices, maybe they will need to see a counselor to help them make better choices, maybe... and he's saying maybe for a short time—in order to see more clearly—some people choose to utilize medication to get to that step. He's saying that human beings can't—not can't—he recommends that **human beings not judge other people's choices and that we simply support them in whatever choice they make to move toward the positive.** So for those individuals, again, it's probably going to be multi-leveled, multi-layered. They're probably... just as for example someone with alcoholism may need to number one make the choice to stop drinking, number two probably get all new friends because their friends are probably alcoholics, number three choose social activities that support a sober lifestyle, number four get into a support group that supports a sober lifestyle. That's what he's meaning that these... When someone starts realizing that they want to move up that spectrum emotionally, that they will hopefully choose that multi-layered approach so that they really can not only start moving but then sustain that movement, and that's where again, we as people who are trying to open up our—he says—love and compassion, that fountain of love and compassion that we are capable of, that we will see that and that we will support those choices in whatever way is right for that person. Does that answer your question?

Q: Quite a bit more than I expected. Thank you.

Dinah: Does anybody else have anything.

Q: I have a fun question. I noticed when you enumerated the masters there was only one feminine QuanYin, are there any others?

Dinah: Ah good question. And for whatever reason, I don't, I am not—this could be my... I don't know what. For whatever reason, I tune into the male energetic and I don't know why. I've only had one female guide since I've started channeling and I don't know why that is, but I certainly think that's a valid question so let me see who else is here... Yes you are correct; we do have female energies here that I just wasn't tuning into. So who do we have? I believe we have Mary, I believe that now—because of one individual that I'm working with—I've recently become aware of Rabiya and I know that Rabiya is here. Who else is here? If any of you are aware of any of the feminine, feel free to shout them out. I know that my personal guide that I have worked with for many years—her name is Many Lives—she's a Native American guide. I know that she's here; she's always around. Somebody said Fatimah is here. And I feel like I should state that it is... it's probably... it's more my deficit than their lack of feminine... you know, that the feminine I believe is represented, I think that I just don't tune into it well. The other thing that was said to me this week, and I'll share this with you because I was stunned by it. When I—the very first day when I experienced that Crown of Light, I went to work and I was actually walking to the bathroom and so I was taking a break from my head being on the job, and I was thinking “hmm... all of the archangels have masculine names. I wonder why the archangels are all male. That seems like an imbalance to me.” And without thinking, without any forethought, I thought to myself “Well no way that God would have all the archangels masculine, that just doesn't make sense.” And then in my head I said “Why would you do that God?” And then... I personally had never directed a



question to God before. And what I heard was **“Oh child, I don’t assign sexuality to spiritual beings, human beings do that.”** So... and then I kind of walked around stunned for the rest of the morning thinking okay I got my answer, and I was stunned number one that I asked a question and number two that I had gotten the answer so clearly. And I think that that’s the other thing that we need to be aware of... is that the names that we use to us sound masculine or feminine, but once they reach that level I think that they are a balanced being, I think that they have qualities of both masculine and feminine and so I think that they are kind of beyond that. And I know that Amean had said to me a long time ago that in the Persian language they don’t use “he” or “she,” they use “it”... and I think that’s maybe a limitation that we have with English when we assign everything a he or she when really it is maybe more appropriate because he or she doesn’t even apply at that level. But I think that the feminine is represented with us.

Q: Dinah, can you hear me?

Dinah: Yea.

Q: This is With Rumi and Shams—the meeting of Rumi and Shams—was such a powerful transformation and a story of transformation, and it led to great love and great creativity. So my question is how can that model be applicable today? What can we learn from it? How can we as... enact it? How can we as people in touch with the divine and relationship with others learn from that relationship of transformation? I wonder if Rumi or Shams has something to say about that.

Meeting of Rumi and Shams (Rumi)

Dinah: Yea, he actually started talking before you were done. He said... he uses the term my loving son. He says my loving son you’re doing it right now; you’re doing it. He says that is what is happening right this very moment. He’s saying the connectedness that we are starting now and the connectedness that each one of us fosters is a piece of that or is starting that process. He’s saying that’s... exactly what you’re saying—the connection that the two of them had was one of fostering each other’s already existing connection to divine. They both had it, but because they were both so intent on it, they elevated each other and they kept elevating and elevating and elevating until they were both kind of able to reach this state of bliss. And he’s saying what we’re doing right now... he’s saying that is... he’s saying perfect question because that is one of the drawbacks that our modern society has at this time—where people don’t feel supported and they don’t feel a sense of community. And what we can do now—what we have the ability to do through this kind of connection even though it’s only by phone... you know we’re not necessarily sitting around and enjoying a meal together, but we have started that connection and he is saying it’s all about building connections and it’s all about moving toward that state of helping each other become more elevated and become more aware and he’s saying... okay. I didn’t know this. He’s saying not only did Shams and I help each other to hone our creativity and our connection to divine, but we also helped each other see our stumbling blocks. So he’s saying it wasn’t always 100% mutual admiration society. Sometimes we told each other when we were messing up and that too helped. Because, he says, we acted as a mirror for each other and we could help each other see not only our strengths but also our weaknesses, and he’s saying we would invite you to do that as well. He’s saying for every single person in this group... he suggests continuing our connection in whatever way



works so that we can stay in touch either by tuning in periodically by phone or having an email dialogue, or you know being able to email each other when we have questions or when we need support. He's saying the whole thing revolves around that connectedness that is lacking but doesn't have to be in our daily existence. And he's saying anytime you have the ability to interact with like-minded people, certainly do it. And he's saying you know... he's quoting that... I'm not very skilled in the Bible but it's a Biblical thing where it says, you know, "whenever two or more of you are gathered in my name"—that kind of thing—well he says that kind of consciousness is accurate. Whenever there is a gathering—he says we're with you all the time anyway—but when there's a gathering, that gathering helps everyone to bring everybody to their... he's using the word pinnacle. I've never used that word before. You know, he's saying that basically jump at the chance to support each other because that is another way that you can not only see your own progress but you can help others to progress as well. Does that help?

Q: Thank you. I'm glad I asked. Beautiful. Thank you.

Amean: If no one else has a question, I have a question. I don't want to take time from the other folks who are thinking about a question.

Q: This is Saeid. I just have a question I'm wondering why everybody—every master—that is present is sitting except for Shams. I'm just wondering why he's not sitting. He's just standing up like suspended. I'm just wondering why.

Dinah: Shams why are you standing? I feel like he sees himself as... kind of a guard or kind of... He's somebody who's always at the ready; he's always at the ready to jump in wherever needed. And the other thing he says is that he... Shams is someone who travels between realms—not only does he support humanity but there are other places, other distances where there is intelligence life and he... wherever those groups are, he is someone that kind of moves about in all the realms. And so I see him... he says he's standing kind of because that's his signal to say that not only is he here but he's in many places and he's at any point he's ready to move wherever he's needed.

Q: Thank you.

Amean: I guess we can say he's on call.

Dinah: Amean, what did you want to ask?

Amean: The question I have is along the lines of what Paul was asking, and I want to focus more on the children with autism, down syndrome, handicaps where their genetic signature—at some DNA level—needs to be rebuilt and how as a healer we can envision to accomplish a task like that where we need to actually genetically modify the DNA structure and whether that is doable from a healing perspective. And when the children like that are born with those types of limitations—whether it's a God-given gift for their level of spiritual progress where we have to give them love and compassion but recognize that not necessarily as a limitation but as an evolution or we also... or we have to attempt to make that genetic change. That DNA structure rebuilt.



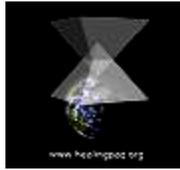
Disabled Children (Ostad and Rumi)

Dinah: Okay, we're going to... who wants to talk about this? Okay, we're going to Ostad for this. I feel like Ostad and Rumi both—like Ostad is the voice but he and Rumi are in partnership on this one. Rumi says that he wants to be in on this because he has great compassion for humanity—especially for children. Well I guess than Rumi is going to start talking. He says that with... first of all, we as humans—and you can of hit both of these aspects—we as humans need to be careful how we interpret when we see individuals with disabling conditions because he says that sometimes those children—especially the **most disabled children—are really high vibrational beings who came as teachers and they agreed to come into this lifetime with these very serious conditions to teach humanity about love and compassion.** And so, not all of them are here to be healed; some of them are here as healers. And we tend not to understand that because when we see, for example, an autistic child who cannot communicate and is easily agitated and maybe seems lost in their own world, you know, we think “oh my goodness—how terrible” and we want to immediately jump in and help them, and he's saying certainly you can as healers, you can with their permission and for people who are unable to communicate, you can get that permission energetically through meditation, but he's saying for those individuals you will want to maybe help make their existence more comfortable. For example, maybe help them be able to self-soothe a little bit more and be able to be less anxious, but he's saying they are here to really open the hearts of people they come in contact with. So we as people who are trying to build our awareness need to be aware of this and need to really acknowledge them as the masters they are because they have chosen a very difficult path to help others open up their hearts. So he's saying many—most of those individuals—don't come with the expectation of being healed; they come with the knowing that they are here to heal others. So again, the gift that we can give them is to make their lives more comfortable. He says there are some who... okay wait a minute, am I getting this right? He's saying that the energetic signature and the DNA kind of composition changes are something that are... like that's coming but it's not yet there; that ability to heal—he's saying as the layers are being lifted between heaven and earth... as the energetic layers are being lifted, that kind of healing will become more and more doable, more attainable, but we're not quite there yet. He's sort of saying stay tuned; it's coming. But it's not quite... the level of... what... the level of healing that is available has not yet reached the point where actual DNA changes are going to occur easily or frequently—not that they never will or not that they haven't to this point, certainly they have in rare cases... but he's saying as we move through time, as we move toward more towards the main change they're predicting in 2012, as we get closer to that time period, those changes will happen more easily. And then he says you will know who desires to be healed and who has chosen to remain in that form as a healer and as someone who is bringing healing to humanity. Did I hit all your level... all your questions?

Amean: Yea and it sounds like in cases where a particular one is under that higher state of vibrational signature, we as the helper, since our children need to... need to help them to elevate that. So in a sense we are not really performing a physical healing process—rather helping them to elevate that energetic signature to a higher level.

Dinah Right

Q: Hi. Can I say something?



Dinah: Sure.

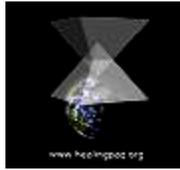
Q: Master Amean... on the following of, you know, continuing of Master Amean... I had a question, the masters/healers that come and choose the life of a disabled child; do they have the conscious of a master and healer when they come to this earth? Or are they not caring and they just want to exercise and get a higher conscientiousness or vibration for themselves so they can experience life and go back to the higher conscious? Or if they come here as a healer and master and they have their knowledge, then what kind of explanation for their physical abuse... they abuse themselves. For instance, I know this autistic child that he hits himself like madly and he's bleeding, you know, just to show his frustration.

Dinah: Okay.

Q: My question is are they coming here as a healer/master to heal other people, other souls, or if they don't come as a healer/master are they coming to get their own, you know, level of vibration higher?

Dinah Okay, we're going to go to Ostad for this. Ostad? He says the ones that now... what he's saying yes to both—meaning some of them... it's not all one or the other. Some of them are... they have already reached the level of mastery and they are coming to provide this... he's saying their existence challenges the people around them on every level; it challenges their love, it challenges their patience, it challenges how they interact with not only that child but with other members of their household, it... they come as a challenge to humanity to be able to see love and life and to be able to give compassion to all. And so he's saying some of them come with a level of mastery already. He says that they... what I'm not sure of whether or not internally they are aware they're masters. You know many of us when we enter this life, we are... we have more knowledge than we are consciously aware of and sometimes it takes, for example what we're doing now—these classes that we're taking. He's saying... Ostad is saying much of what we've learned in these classes is information that we had in our spiritual awareness but we needed to bring it to the forefront; we needed to bring it to our conscious knowledge because we had it as spiritual beings and we needed it to come up to the surface in our physical lifetime. So he's saying these individuals that have come who have already reached mastery who are coming as healers, each one is different. Some of them internally have the awareness that they are masters, some of them don't. Some of them... they, you know, that awareness is buried like our awareness was buried and had to come to the forefront. He's saying those that certainly than that there are others who choose this lifetime—again, they give the same gift; they give the same awareness to others about their, you know, to promote other people's awareness and love and compassion—but they have chosen that lifetime as a way of moving up the spectrum themselves to get to the level of mastery. So he says both of your questions are true for various individuals—some come for one reason, some come for another. But what he's saying is how we interpret their presence in our lives and that we allow ourselves to open up to love and compassion in our dealings with them.

Q: Okay, that's a beautiful answer. Now, on the second question when they physically abuse themselves, how can Master Amean help them and get energy to comfort them? Or I can get energy to comfort somebody else—which I am an infant in this field but I would love to do that.



Dinah: Okay, Ostad what do you say? Okay he's saying that part of what happens, part of the reason that these people are self-injurious, number one their—I've read this and Ostad is confirming it—that their neurological makeup is different. Their circuits are crossed and so part of what can happen is to help with their internal neurological circuitry, to help calm that down. Part of the reason that autistic individuals do that is because their circuitry is crossed, they do the physical abuse to themselves as a way of feeling their bodies. There have been a couple of autistic people—and this is Dinah talking; this isn't Ostad talking—there have been a couple of autistic people who in recent years have been able to communicate and they've been severely autistic but they've... There's one individual—he's from, I believe, India—and he is unable to speak but he writes. He doesn't... it's not that assisted typing that's so big that they've discounted; he writes and he says that for example, the rocking that you see autistic people do, he says that is... they do that because that's how they have the feeling of being in a body. Without that rocking or self-injurious behavior they don't know where they are in space, and so... and that's sort of a misfiring of the neurological system so... and that's kind of where the anxiety behavior comes in too. So as people who want to open up compassionately and share love and compassion with people who have this challenge, what we can do is direct love and compassion and healing energy at them to... and allow them to number one be able to calm themselves a little bit and number two with the intention of helping them... helping their neurological circuits Ostad is saying, to help their neurological circuits sort of rebuild themselves. So that they—maybe they will not... it's not that the autism itself will change, but that... to help with the neurological issue, they could potentially be able to be more calm and less self-injurious. So if you're sending healing energy out, Ostad is saying you want to direct it at the neurological system.

Q: Great. Now, my last question, I'm sorry for this many questions but... How as a healer I do understand that I'm not interfering with a master healer who came into the disabled body trying to heal other people, and just by healing this person I'm going to defeat the purpose.

Dinah: So you're saying how do you... you're asking how do you know what to do without interfering with their path?

Q: Interfering with the master healer as they come... as a master healer into a disabled body, how do I—as a healer—know that this person, you know, can my energy can... if they cure or heal this person is going to interfere with their... with their purpose of life or purpose of their consciousness or soul?

Amean: Dinah your question is correct—how do you prevent interference with their path?

Q: Exactly.

Dinah: Ostad is saying sending love and compassion is never an interference, so what you as a healer would be doing is sending love and compassion to that person, to that soul, to that entity, and how that soul and that entity receives it, is up to them. So by simply emitting, by offering—it's sort of like offering a child a hug. When you come home from work and your child is home and you say “oh, can I give you a hug?” You know, the kid can say yes or no, and the same is true when you send healing energy. As long as you send healing energy he's saying freely and without any expectation; you are just sending love and compassion basically to that individual and then it's up to that soul—you know they will receive it on the energetic plane, and then that soul will use it however they see fit. So, he's saying,



sending love and compassion is never a bad thing and **sending love and compassion does not interfere with another soul's journey**; if they choose to accept that love and compassion it can only enhance their journey.

Q: Wow—all I can say.

Dinah: Okay.

Q: Thank you very much.

Dinah: Well now as a group my friends we are at the hour so now I leave it up to you. If you want to do a 20 minute guided journey we can do that; if you've had enough that is totally okay. Know that again we'll be posting the class up on the website and if you want to participate in a sort of open to channeling workshop you are all invited to do that. It'll be probably four or five sessions; my thought is we'll do that every other week so that people have time to practice in between. So as a group it's your call, do you want to do a guided meditation or do you want to move on with your evening?

Q: Dinah, there is one more question still.

Dinah: Okay, go ahead.

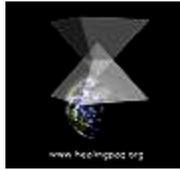
Q: Dinah this is Jim.

Dinah: Hi Jim.

Q: I'm not really sure if this is the venue for it, but with all the advances in science and medicine and things like that, there are things that are going on now that politically or morally have a lot of people up in arms like stem cell research, and I'm wondering do the masters know what is proper—how do they view that? Or how should we be perceiving that?

Stem Cell Research (Ostad)

Dinah: Okay, Ostad. What do you have to say about research that is going on now? He says this is a sort of—again, for every question there is always a multi-level answer. And he's saying research that comes from love and compassion and is not harmful to the world that we live in—that kind of research is a good thing and it is meant in a good way—and he's saying certainly the masters support that. He's saying on the other hand, research that is done from the point of the ego and that... he says for example doesn't respect life like all of the... you know, **there's so much experimentation on animals and it doesn't respect the contribution and the life force of the animal and causes suffering**; he says that is certainly questionable—in divine mind as well as every other mind. And so he's saying when you decide what you want to support, you know if you are someone who wants to actively support one thing or another, he's saying do the research, find out about it, find out how they're doing it—is it something that in your mind seems to come from a love and compassion perspective or does it come from an ego based perspective? Does it respect life or does it cause suffering—you know, as it does with laboratory



animals. You know, as you are making those... as you're digging into it and finding out how it's done and what are they doing, then you'll know what you want to support. He's saying again, the masters and divine minds support things that are done from a love and compassion point of view; the things that are done that don't respect the contributions of all life is something that would be more questionable he says. Does that help?

Q: Yes, thank you.

Dinah: Okay, so as a group, do you wish to end now or do you want to do the journey?

Q: Actually I'm sorry to interrupt. I do have one question. I don't know if it's okay to—if we still have time for one more question.

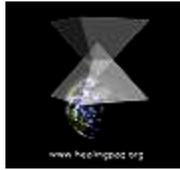
Dinah: Sure, go ahead.

Q: This is Jenny.

Dinah: Hi Jenny—I know.

Q: Hi Dinah. Okay, my question is, while we're doing these wonderful work and then you know, we still continue with our daily activities, what should we do... I started noticing that some people have maybe certain—maybe they feel something that maybe I'm working on something—and so they come to me all the time when they never used to before as far as looking for something. They don't know what. And most of these people are very very like negative or you could say their energy is very low. And so sometimes I'm not sure... what will be the best thing to do. You know even if I want to give them healing energy, but sometimes there is not just one, there is a lot of them.

Dinah Okay, Ostad, how do you want to answer that? Well, Ostad is sort of... he's calling to mind actually a conversation that I've had with Amean and that I've... you know I think other people have had as well. The New Age term is a [Light worker](#); people who are opening up spiritually and who are moving toward their healing abilities one way or the other—their psychic abilities—the term is a light worker and that really is an appropriate term because what happens is really you do emit more light, you do emit more energy, and people who are low on energy will naturally gravitate toward that. And so what Ostad is saying is that that's kind of a natural phenomenon that more and more of us will be seeing as we move up the spectrum; other people will kind of want us to help them move up—even if they're not consciously knowing that that's what they want. But they will feel your positive energy and they will be drawn to it. And so Ostad is saying that the best thing that you can do is offer them love and compassion in whatever form is comfortable for you to share it. So as an example, if you have a co-worker he's saying that like... walks into your office and sort of spews all the toxins that they have come into contact with over the weekend, while they're talking you can do your Ya-Hu breathing; you can send them love and compassion through your Ya-Hu breathe. They don't even have to know you're doing it, but you are emitting the love and compassion they're seeking—that's why they came to talk to you in the first place but they didn't know that. And it doesn't have to be a lengthy process, it can be, you know, the three minutes while you rehash your weekend with them and then they'll move on about their day. So he's saying when in doubt don't feel that you necessarily have to come up with any



answers; just offer them love and compassion energetically through the Ya-Hu breath, and you'll see that kind of get a little rejuvenated and then—he say's they'll just kind of naturally move on.

Q: Great, thank you very much.

Dinah: And remember he's saying that... you're not... when you do that, you're calling on divine energy to do that so it's not that you're depleting your own energy; you're not sending them your own energy, you're sending them divine energy. So envision that you're pulling in God's energy and just sending it out to them. And if you can't concentrate, he says another thing that you can do—a kind of a shortcut if you can't concentrate on the Ya-Hu breathing because you're needing to act energetically, you can simply imagine pulling God's light in through your crown chakra and sending it out your heart chakra. And just sort of imagine this constant flood of light going out your heart center and surrounding them while you're talking to them. And again, he says, just like they talked about at the beginning of the meeting today, that intent makes it happen; your internally spoken intent “God help me to send this person the energy that they're obviously needing” then you become the conduit, you become the channel and it goes through you to them kind of automatically.

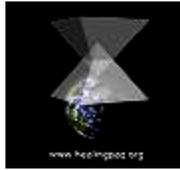
Q: Great, thank you Dinah. That was really good.

Dinah: Sure.

Amean: What I would like to recommend if the folks have some additional time, I think the channeling Dinah, that is great and vibration-ally we're already elevated to a level that to get up there is not going to be that time-consuming, so if you folks have like twenty minutes or so to spare, I think we could close the program with that—you know, doing the channeling. It would really be worthwhile for everyone who has some amount of curiosity.

Channeling Preparation (Dinah)

Dinah: So for anyone who wants to stay on the line... if you need to go, I completely understand and I hope that for those of you who decide to hang up that we can somehow keep in touch, for those of you who want to move on with the channeling. What we're going to do is I'm going to walk you through this. I'll give you five minutes in the meditative state, and then I'll call you back. So again, it'll be a pretty efficient process. The technique that we're using is from a book called “Bridge of Light” by Launa Huffines. The book talks about meeting guides and different ways to do that, so if you have more curiosity you can always get the book. So we are already divinely connected, we're already divinely protected and we're already in our Diamond, so what we have to do is simply, again, get comfortable, take a couple of deep breathes in, and cleansing breathes out... just to get yourself centered. Again, one more breath in, one more breath out. We're going to see ourselves on the top of a beautiful mountain. This mountain has a beautiful plateau, it's huge, we are completely safe, but we are at this place that is elevated, beautiful... it's a place where we are all by ourselves and it's a place that we can come to at any point to connect with our guides, and what you need to do—as you look around and you see the magnificence that surrounds you, the magnificence that God has made available to you—find a comfortable spot and sit down and what we're going to do is create our own bridge of light. We're going to send the seven



colors of the chakras out of our heart center and we're going to create a bridge and we're going to anchor that bridge on a distant star. So the colors of the chakras are red, orange, yellow, green, blue, indigo and violet. We are going to take those colors and we're going to send them out our heart center; we're going to push those colors out of our heart center and see them traveling out into forever—way way way out. We're seeing those colors become braided and entwined and these colors are creating this bridge that's going out into eternity. We are creating this bridge and we are knowing that this bridge is anchoring itself onto a distant star that is exactly perfect in its' location and it's specifically there to hold that end of our bridge of light. So we are purposefully intending that bridge, we are seeing that bridge creating itself, it is created with the energy of our heart center and it's there for us to use tonight and anytime in the future. And we are trusting that now that bridge is anchored on a distant star and it is there safely. We are now taking our end of that bridge and we are sending our end deep into the mountain so it is anchored safely and deeply into our side of the mountain. And we look at it—and stand up and look at your bridge—and see that it is lovely. It has a very safe place for us to walk, it has sides that are built up that keep us safe as we walk out, and before we take our journey out, we are standing looking at our bridge and we are saying to ourselves that our intention is to walk half way out on the bridge of light and to meet our guide for this point in our lives—whether that guide is a master, whether that guide is an archangel, or whether that guide for right now is maybe just a note on a piece of paper or a being that sits quietly with us not saying anything. Trust whatever comes to you... that you are going to get half way out at your bridge and you are going to have an experience in whatever form is right for you. So now you can start moving peacefully, easily and effortlessly out to the middle of your bridge, sit down comfortably and ask that your guide meet you there and you can talk with them, interact with them or just sit there quietly for the next five minutes.

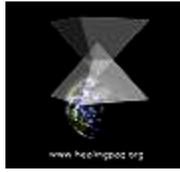
Quiet Meditation on Bridge of Light for 5 minutes.

Question and Answer

Okay, does anybody have anything they are questioning or want to share? As you are all kind of deciding and processing what you may have experienced remember again that anything that you felt, any colors that you may have seen... some people smell perfume, some might feel just a touch on their cheek, some people are aware of a presence but not necessarily much more than that at first. Accept whatever you felt, accept whatever occurred—even if at this point not much of anything happened, that's all okay. Just trust that with your practice, with your intention you can open these channels and open up the communication in the way that's right for you. And know that you know, you will be able to do this if you determine that this is the right course for you. And if you decide that you want to access the masters in this way, then you are supported in this process automatically and just trust that it'll happen in its own right time.

So for anybody who'd like to talk about their experiences, I'll hang on the phone with Amean until everybody has hung up and for anyone who has questions about the class or want to direct anything to Amean feel free and again for those who need to move on, blessings be with you; it's been great sharing time and space with you.

Q: Dinah? This is Ismet. I did—I felt physically. I felt tingling—very strong like a vibration I guess all the way from my head to my toes. And I also felt on my right side; I felt there was a presence, and I



want to say I felt it was [Mevlana's \(Rumi\)](#) presence, but I don't know—maybe I was wrong but I felt it very strongly and I still feel something.

Dinah: Trust what you feel. You're naturally clairsentience meaning you feel spirit very easily and you're starting to open up these communication channels so trust the feeling and trust that it will grow again with your practice and intention. I'm glad that happened for you. Congratulations.

Amean: It was Rumi Ismet.

Q: Oh it was? Okay, well I guess I didn't get that wrong. I still feel it; it's very strong I'm just kind of... and my hair is standing up. It just feels... I'm just kind of sloshed. I still feel it and my body temperature feels really hot.

Q: Um, this is Saeid. Rumi made around—all the way around with everybody. So I just wanted to share that.

Dinah: Great. Thanks Rumi, thanks Saeid.

Q: Dinah?

Dinah: Yes.

Q: This is Santana talking and I just wanted to say that before I shared about the meditation that the fire around the head I've been experiencing on and off this week before you talked about it with Metatron. I've been experiencing... often when I'm working with people the prickling around the head. I experienced. But in this meditation I got very hot and I wanted my bridge to go; I immediately thought of Sirius. I wanted my bridge to go to that star. At the same time I had the experience of an image of a guide I'd seen before—a very jolly kind of Native American type guide with a rattle, and it's hard to tell... I think it's a male; it's hard to tell... male or female. But at the same time what is still going on for me it's as if a being of light is coming from the direction of the star towards me which is not human looking. It's just a light being. So on the one hand I'm experiencing this sort of Native guide dancing around very jovial with a rattle and on another level I have a very peaceful being of light coming from the star. So I wonder if I'm imagining or

Dinah: No, not at all. I feel like... I was just asking who the Native American presence was and the answer that I got was Seneca, and I don't... I believe Seneca was a chief of... but I don't remember which tribe. I heard two names actually; I heard Seneca and then I heard Seattle—Chief Seattle. So it's one of those two I believe, what I'd suggest you do is meditate and just ask them next time you meditate “are you Seneca or Seattle?” and see what you get. And then as far as the being of light—Ostad? I feel like that's the angelic presence that the Crown of Light is calling in. And I'm hearing that it's archangel Chamuel and Chamuel is actually a healer and he is specifically a healer that works with the heart center, and I feel like he's offering his services with you in whatever your line of work is.



Q: I do massage therapy, aromatherapy, reflexology—I've been studying the healing arts for many years so and also spiritual healing—esoteric healing. So I do work with physical but with energetic energies as well but I have a lot to learn.

Dinah: A good book that you might want to get is by Diana Cooper and I can't think of the exact title but she's a big angel lady. She has lots of information about the angels and what they do. So if you look up Diana Cooper on Amazon.... If you can see it, it's purple but I can't think of the name at this point. But she would be... the book that I have talks about archangel Chamuel. You could get some information there; you could probably also Google him.

Q: My only other question was the book you mentioned about meeting your guides; what exactly was the title of it?

Dinah: that's called "Bridge of Light" and the author is Launa Huffines.

Q: Thank you very much.

Dinah: You bet. Anybody else!

Q: Dinah this is Fatia. What happened for me was immediately I felt two presences and then I felt my head starting to question whether I was making it up, and I would try to go back to my heart, and I felt like I really was embraced by an angel and somebody else, but I that had a lot of doubt about it.

Dinah: That's very common—very normal. When you... when that comes up you can... you know, what I do when I start having doubts, when a doubt comes up I say "thank you" and I move on. You know, I acknowledge my doubt and I thank my questioning mind for being there and then I keep going so other than wrestle with the doubt and fight with it just say "thank you" and keep going.

Q: Okay.

Q: Dinah?

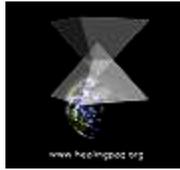
Dinah: Yea?

Q: This is Tom.

Dinah: Hi.

Q: I had kind of a bizarre one. After I built the bridge I kind of zoned out and all I remember is I saw a youthful Chinese man—maybe in his upper 20's/early 30's—lathering up his face and shaving in the mirror.

Dinah: That's cool.



Q: I have no idea what this is except I was watching the Packers except I was going to squeeze in and showering at half-time, and I was going to skip the shaving because I was afraid I'd miss the second-half kick-off and I went ahead and shaved anyway, so I don't know if there's any relation or if it's totally bizarre... What do you think?

Dinah: Oh I think sometimes the guides come in, in their least likely form... and they do it to keep the energy light and they do it to make it so that it makes an impression. I've had them come in for me in really bizarre ways. But let's see what Ostad says about that. I feel it's probably—and Amean maybe you can check this quickly with the pendulum. I feel like

Amean: I did.

Dinah: it was a good chance it was Lao-Tzu huh?

Amean: Yes, yes, yes. The childish being.

Dinah: Yep, that's who it is.

Amean: It was Lao-Tzu. That's why I started laughing.

Dinah: When I first met Lao-Tzu, I... my guide Menali took me to the Temple of the Masters when I was doing a journey, and he showed himself to me as like a five-year old. He looked like a five-year old kid. And my guide told me to sit down, and I looked at her... and he started working on me energetically and I looked at her and I said "why is a little kid working on me?" And she said "Be quiet—you're in the presence of a master." And I went "okay," and then when the session was all done and I said well "who was it?" and she said Lao-tzu and I didn't know who Lao-tzu was. I thought okay and I looked up Lao-tzu on the internet and I found out that Lao-tzu is the Father of Taoism but I didn't know that so, yea he shows up in all kinds of forms.

Anybody else?

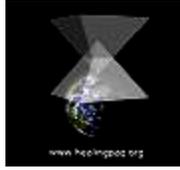
Q: Hi Dinah. This is Holly.

Dinah: Hi Holly.

Q: When I first started walking across my bridge I felt like I was like carrying a staff and dressed in robes and then I sat down and I thought well this is kind of goofy, and I was trying to think logically well, who would be meeting me and I was thinking of the because they work with sound and I've been working with sound, but then as soon as I was in my logical mind, then of a sudden the baby Jesus appeared with a gold table and it was really a very moving experience, and I just feel like crying now, but it was... very nice.

Dinah: Sounds like a wonderful gift. Congratulations. So now you know you can call on that energy at any point, and if Jesus has offered to work with you as a guide, lucky you.





Q: Thank you. Did you have anything else to add to it? I mean it was the baby Jesus—you know how they show pictures with the gold halo?

Dinah: Let me see what Ostad says. Ostad says that the reason you saw the infant is because the infant symbolizes the birth of a new phase for you—the birth of a fresh start—and that... I think he wanted you to know that you are supported in this fresh start that you're making and I think that—he's saying the robes sort of symbolize that as well. The robes symbolized you coming into your own spiritual maturity and confidence—you know where you can let self-doubt go and be the being that you came here to be.

Q: Okay thank you.

Dinah: So for everybody who is still on the line with us, remember that you can do this now for yourself anywhere, anytime, any day... you just have to have that intent, again, to get to that vibration and picture it in your mind and move forth and know that you're supported. The whole reason for us doing this is to teach everybody to be their own spiritual best.