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Questions from Participants

Saeid: What we are doing is putting limitations on the divine healing energy. So essentially when someone steps into this arena by doing what is being taught here through remembering God on a 24-7 basis, doing the prayers, looking at the individual virtues, looking at our speech, looking at our thoughts, looking at our deeds, the divine healing is there—whether it’s a master healer, whether it’s a new healer, whoever it may be. So that question I have a difficulty comprehending it because I believe the healer is God or Divine. So consequently if we all ask for it with the purity and intention and sincerity, the healing is there. That’s the only answer I have for that.

Eamen: That is a good answer. Thank you.

Amean: Any other questions from the participants?

Dan: This is Dan. I was wondering, I was doing a meditation the other day, and I don’t know how to phrase this—I’ll try and be polite as possible about this, but my testicles they started to...

Amean: Vibrate?

Dan: It started to feel like they were almost bleeding like it didn’t hurt but it just felt like there was blood flowing around the outside of them—just dripping down them, and it was kind of a very weird sensation. I was just wondering what that was.

Amean: Let me check that real quickly. But it wasn’t painful or anything was it?

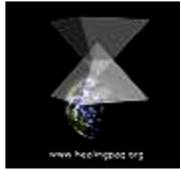
Dan: No. It just freaked me out a little bit and made me wonder if they were actually bleeding but... it very much felt like the warmness of blood going down and stuff like that.



Amean: As far as you know health-wise or physically, you don't have any problems with that area—your genital area—and stuff like that?

Dan: No. I'm not aware of any problems there.

Amean: Chinese, they—in Taoism—they believe that there are three major energy sources within the body and in Chinese they call it Jing, Qi, Shen. Jing is the energy of the sexual organs, the genitals. Qi is the energy that is stored in your abdominal area—they also refer to that as like you know three fingers below your belly button or the DanTien. And then Shen is the energy that is in your, you know, your brain or your spiritual energy. Now what happens is they believe that when these three primary energy centers are active and activated and properly circulated then the person's energy flow is not only very strong but also the you know, the longevity is very strong. Now quite often when you kind of, you know, follow the trend in terms of human health, after a certain age when the energy of the genital organs—male or female it doesn't matter—or the genital area starts reducing or starts you know producing less of the hormones and like testosterone, progesterone, estrogen, and so on and so forth which is common in both male and female; it's just a matter of the rate difference. Then after, you know that kind of starts dying down, then a lot of people start having a lot more type of diseases. So you know you're talking about maybe age 50+, 60+ based on the, you know, state of the individual naturally. And so in the Taoist philosophy as well as the Chinese philosophy, it's very strong to kind of maintain that, you know, the energy... the energetic vibration or signature of the sexual organs or genitals from a health perspective as you know people grow older and the longer that the basically estrogen, progesterone, testosterone is being produced which means the testicle or the ovaries are still active, the person stays healthier longer time. So what you experienced is actually that process of your genital area or if you talk about the chakra system, the base being ignited or activated. So that feeling that you're talking about—like the blood flow type of feeling—is actually like the energy starts moving much better, starts circulating much better through that general area, so you know, at different energetic points, in people opens up, they may have some internal sensation and you know that sensation can be vibration, tingling feeling, temperature variation—like hot and cold, you know excess saliva, perspiration, watery eyes, so on and so forth. But also if you remember when we were talking about the circulation what we were saying is when you move from point to point, don't jump from point to point, imagine that you put a let's say for example a drop of water on your crown and then the way it kind of drips down toward your third eye, that is a sensation you want to experience as you move from point to point. Now in a sense based on what you are saying—especially if you also felt some heat at that general area, kind of felt the flow of energy through that area, which it's very good, and also I would say that the lower housing of your body which is the base where the genital, and perineum, and you know the points in the back like the Mingman which is across from your navel in the back, all those housing energetically when you know the energy in that area becomes stronger and it reaches some kind of saturation point, it basically has nowhere to go except pushing upward to the spinal cord or the you know back energy channels going up. So the sensation you had, especially followed with heat, it's an indication that the energy of that area kind of got activated and became stronger which is very... and actually in Chinese technique or Chinese Taoism, they have many techniques just to cultivate the energy of the genital area, and they've even reported to a point that they are able to lift up to four-hundred pounds with the base of the genital area and



they have demonstration of that in China or Taiwan—how they lift four-hundred pounds with the base of the genital area. I wouldn't recommend that you know. But even like for male or female, they do all sorts of different esoteric practices in order to demonstrate how strong the energy of that you know sexual organ is, and the purpose is not to do hanky-panky, the purpose is really by maintaining that and cultivating it to allow the... I would call it like sexual hormones like testosterone, progesterone, estrogen and so on and so forth to continually be produced within the body and as they are being produced within the body, then the person health-wise is in a much better, healthier shape.

Dan: Okay. I've always had like a sensation there that like I could feel and stuff, like in every part of my body. It was just that one time that it felt like that so I guess it's getting stronger...

Amean: Yea, for some people that might happen like for example sometimes when I'm doing healing or when I'm doing some you know circulation and stuff, I may feel some sensation in my third eye or another time I may feel some pressure or sensation in my heart-soul or heart Chakra, which is right in your sternum area. Like the other day I was doing my meditation and my lower part of the abdominal area—just you know three fingers below the belly-button, it was vibration for about five to ten minutes, real strong vibrations and so those are pretty normal. We also refer to it as involuntary movement and it's just like a natural vibration that happens, so when these things happen it's just like the energy is getting stronger, and just imagine like a pipeline that you got some kind of blockage in the pipeline and you put like a—what do you call those chemicals? Drano. And then it goes like, you know, cleans out the pipeline, so in a sense when we are flowing the energy, if there are any certain areas that need to be properly cleaned or the blockages need to go away, you may have types of sensations like this occurring.

Dan: Okay, would it also give you sensations that feel like a mild electric shock?

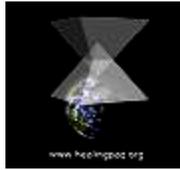
Amean: Oh yes, oh yes—like, you know as I mentioned like a tingling feeling or electric feeling.

Dan: No, I'm not talking about the tingling feeling; like I always have the tingling feeling. But it actually feels like a little shock—like a kind of like little bright light for a second and then gone, and it makes me feel a little bit like it's that...

Amean: Yea, yea, yea.

Dan: Okay.

Amean: The only thing is if... like I give you an example for myself. Before when I started some of this meditation practices, back in—I got to go back in time here—back in '78, '79, I had knee surgery and it was like '89, '90 when I started doing some of these, you know, meditation practices, and for about... a week, just the area that I had this surgery, I would constantly feel pain and I would feel like every time I did my practice, I would feel like as if something is trying to open up. And the pain was tolerable pain, but then when, you know, I was kind of you know surprised by what was going on, but then when I read about it is, you know, the fact that sometimes when you know there are blockages in certain areas—like I said like you know the



best analogy is like a blockage in a pipeline or something, when you know people do surgery of they have some kind of operation or they may have some kind of ailment, as the energy tries to penetrate through the area and get rid of all the blockage, it may cause some temporary pain. And within like a week in that case—in my case—within a week, the pain went away, and to me like it was an indication that although I had this surgery done like about ten-eleven years prior to that, because of that cutting they had done and everything else they had done, the energy flow through that area was not properly, you know, readjusted. There was still some blockage, and although I had, you know, my knee surgery back in '78, thanks God, you know, about thirty years later, I can still go out there and play soccer and all the sports and I've never had any problem with my knee. So there are times that as energy tries to penetrate through certain areas, based on how the blockage is, the person may experience some temporary pain. But if it kind of went to long, you always want to make sure that you check it out from a medical perspective—make sure everything is okay in that area but you know if they couldn't with all the diagnostic equipment, if they couldn't find any you know reason for... or they couldn't observe anything, then it's just you know energy doing its work.

Dan: Okay, thanks.

Amean: Any other questions?

Introduction

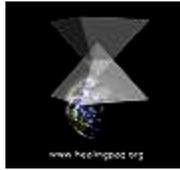
Dinah is one of our partners and she's been doing channeling for about 18 years, and today discussion is going to be about the masters and archangels, so what we thought of doing instead of we talking about them, she's going to actually perform a channeling and they will be talking about themselves.

Channeling

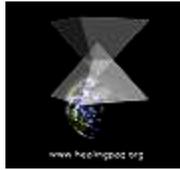
Explanation (Dinah)

Okay. Well hi everybody, I want to start—just... take a couple of minutes to explain a little bit about channeling. I don't want to assume that everyone knows and understands what it is—especially because there's so much on TV now that might distort people's opinion about it. So for those of you who've heard this already, you know, now is a good time to go to the bathroom or get a drink of water and come back, and for those of you who haven't, as Amean said I've been doing this for many years. For me the way it started as I was a kid I would have dreams that would come true and then it kind of went away for a while, and then when I was in my late 20's I actually went to a psychic who told me I was supposed to be doing this, and when I realized that... and that felt right to me, then I started to read everything that I could find about it, I meditated regularly and I, you know, it wasn't something that I... just like had easily my whole life. I actually worked really hard to get to this point, and what I do—the kind of work that I do—it's not like the stuff on TV where, you know, I know some of the things on TV show people getting some of the images on and off throughout the day or that kind of thing or more intuitive kind of things. Not that I haven't had that, but it's not frequent for me. Typically, what





I do is specifically I intend to go into meditation and I intend to talk to the guides, and then they... they acknowledge that and then they talk to me. In the last year since I've started working with Amean and, you know, I actually started incorporating his meditation techniques and that opened me up even more. Now I sometimes do have the experience where they talk to me during the day at work, but most of the time is very purposeful communication that I initiate. For people who've ever seen the movie *Ghost* with Whoopi Goldberg, what she does in that movie is called full body channeling; that's where the spirit actually comes in and inhabits the body and the person. The person's personality is sort of pushed to the background and the spirit talks through that person. The very first psychic that I went to that told me I was supposed to be channeling was a full-body channel. And that is... that's a very profound experience and it takes a lot of practice and a lot of trust. I did it once. I didn't like it. I thought "nope, don't need to do that again," so now when I do it, I hear it, but I, you know, no one comes in and inhabits me or anything like that. I hear it and I don't hear it outside myself; I hear it as a voice in my head. So I, you know, I can ask a question and sometimes before I even formulate the question, I'll have the answer back.... But it is kind of a... it's like getting a message in your own head, and sometimes it comes in words and sometimes it comes in concepts that I then have to break down into words. So it's a real different kind of experience, and for those of you that are wanting to learn how to do that, it does take quite a bit of trust because certainly there's that... that natural human phenomenon where you think "Did I just make that up? Did I do that?" But what I've realized over the years, is that the guides are way smarter than I am, they... you know, they have way better ideas and so it's easy to trust that because I know that they come up with stuff that I would never even be capable of coming up with, so that's really added to my trust level. So, when we talk about channeling, when we talk about communication with the guides, there are several different kinds and generally—at least what I've been told—is everybody has been... everybody has at least one of these if not many or all. There's clairaudience which is hearing spirit, hearing guides; that's what I have. There's clairvoyance which is seeing spirit—and that's actually you know being able to have your eyes open and see them standing in front of you. And then there's clairsentience which is being able to feel spirit. A lot of times people with healing abilities are clairsentient, and they tend to feel more than they hear or see. For all of these, they're all valid, they're all gifts from divine, they're all there for you to explore and to develop so that you can—as Saeid said before—you can access divine energy and then use that energy with your own natural gifts, and enhance it, and set it free sort of to help humanity. You know either channeling it by doing healing into the earth, by helping other people by giving them healing energy, or whatever. You know, you... once you start working on exploring the gifts that you were given, spirit tends to help you see what direction you should focus them in. So when we do this kind of thing, what I do and I... my history is that I've done a lot of as I said reading, I've studied a little bit with a Native American medicine woman, recently I was... I took some Shamanic journeying classes, and I've also worked with another psychic who is a very good friend of mine, so I've had a kind of a diverse background in working with psychic energy, and one of the things that I do always before ever talking with any of the guides is what I call quality control because I think that is real important. A friend of mine said once when I was just getting into this, and you know I was very much enamored with the thought of talking to people who had passed on, she said very succinctly "Dinah remember that just because someone's dead doesn't mean they're smart." And I thought that that was pretty wise advice, and so my intention with quality control is to make sure that we are accessing the highest energy. You know, we don't want to ignore the lower energies—certainly we want to send healing to them, but we don't really want to take advice from them. So when we're talking and wanting advice and wanting information, in my mind certainly we want to do that with the highest possible energy that there are, the masters. So what we do is we start with some quality control stating of intent, using white light—that kind of thing, and I'll talk us all through that. And what I'll do is as a group we'll form sort of a remote circle, all of us together on this conference call. I'll invite the masters in, we'll let them talk, say whatever they want to say,



and then if you have questions, we can do that so that you can interact with them a little bit, and then as Amean said around—now I'm in central time—so my goal is to end around 12:30 my time/in central time, and then have the last half hour where we take you on a journey, give you a couple of minutes to access those energies to see what happens for you, come back, talk about it a little bit, and then we'll go with our day. So that's my intention. Does anybody at this point have any questions?

Preparation (Dinah)

Okay, then what we're going to do... if everybody, you know you can join me in this process as well, if you want to get comfortable and kind of go into a meditative state. What we're going to do is again very comfortable.

Amean: Dinah, just one point, all the participants are familiar with being in the diamond.

Dinah: Oh great.

Amean: So, just you can take the whole circle to the diamond.

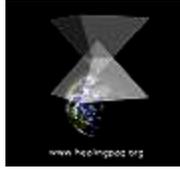
Dinah: Great. Wonderful. That's good. Okay and the diamond actually is a really wonderful—now that we became aware of the diamond, every time I talk to the masters I state my intent to enter the diamond because the diamond sort of... it escalates whatever... whatever intent you have, it increases that intent and makes communication much easier, so I recommend it you know whenever you're doing meditation or whenever you want to communicate with the guides or the masters.

Okay, so what we're going to do again is get very comfortable in our chairs, we're going to take a couple deep breathes, and we are going to—first of all when I start a meditation or whenever I do a channeling, I welcome in the elements of the earth and sort of the doors. This is an gateway custom where we recognize that every... that the north, south, east, west, the directions, have an element and an energy that goes with them, and so to keep our circle balanced we are going to recognize those directions and call those energies in so... as we get focused we are going to first start out by recognizing the direction of the east, we welcome the direction of the east, the concept of beginning, we welcome in the element of air, we welcome in all the winged creatures, we welcome in all the guides and the goddesses that are associated with the direction of the east so be it.

Moving to the west, we welcome in the direction of the west, we welcome in the element of fire, we welcome the desert energies, the desert animals and beings, and we welcome the guides and the masters of the west. I'm sorry you guys... I'm getting ahead of myself. I'm sorry, we're going from the east to the south; we're going clockwise so, if I said the west by accident, I meant the south. The south is the element of fire, it is the energy of the desert, it is the... all of the desert animals. We welcome the south, we welcome the beings of the south so be it.

Moving clockwise again to the west. We welcome the direction of the west. We welcome the energies of water, we welcome all the creatures living in the water, we ask that the water teach us





it's lesson of learning to go with the flow and learning that we do not have to swim upstream. We welcome the beings of the west, so be it.

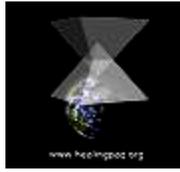
Moving to the north, we welcome in the element of the north, we welcome the element of earth. We welcome White Buffalo Calf woman who always comes from the north, we welcome the beings and the divine energies of the north so be it. We welcome the above, we welcome the below and the within. We ask that the archangels Michael, Gabriel, Raphael, Uriel, Jophiel, Chamuel and Zadkiel come in and each hold one of those seven doors. We also ask that archangel Metatron join our circle. We now use these energies—this balanced circle that we have created—and we call in the white light of the divine into this circle, and we ask that this divine energy encircle every one of us participating in this conference call. We ask that our circle be widened to encompass all of us. We affirm that the white light of the divine is there to guide us, to protect us and that only the highest of energies will be able to enter into our circle today. We now take our circle and we, as a group, step into the diamond and as we enter the diamond we can individually state our chosen prayer three times: 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 for all so be it.

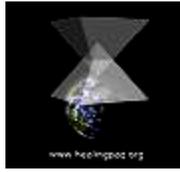
Okay, as we begin, we have many of the masters with us. They have all come because they—certainly they knew that we were doing this today—and they want to make their presence known, their support known and their guidance known. We have... I know that Rumi is here, I know that Shams is here, I know that... who else? Ostad of course, Master Quan, Metatron... I believe that it is my understanding that Metatron is sort of overseeing the masters who have guided this project. We have... I've heard... I hear the name Lao-Tzu. I'm not seeing him at this point, but I've heard he is here. Welcome Lao-Tzu. I haven't talked to you in a while; I'm glad you're here. Okay, many more—I see like sort of throngs of beings. Not all of them are making themselves known to me. I know that Saint Germaine is here and I was told that when I was meditating before this class, I was told that actually this kind of thing would happen—that there would be many beings here, that we would all be aware of these beings and that many of the participants actually are loved ones that have passed on that are also coming in to sort of observe and give their support as well so don't be surprised if you feel the energy of someone that you love that is on the other side because many of them are here and many of them are wanting to show their love and support as we go through this whole process. So Ostad has actually become my main contact when I do this now and so we're going to go to Ostad first and see what Ostad has to say.

Make Time to Nourish your Spirit (Ostad)

Ostad says welcome, he says the he is so happy—I mean he looks... he just looks ecstatic that everyone is here, that everyone is participating, that everyone has sort of made their intent clear and that they have become aware of the need he says to elevate their own spirit. Those are his words. He's saying that the beings on the other



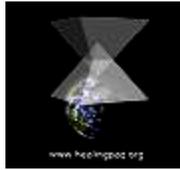
side are more... are very aware that now more than ever the challenge to pay attention to the spirit is becoming greater and greater because he says the we have so many distractions these days and so many responsibilities and so much multi-tasking that it's very easy he's saying to get pulled in so many directions that it feels impossible to think about the spirit, and it feels impossible to think about spiritual uplift and advancement. But he's saying that really humanity has sort of gotten this upside down or backwards because what he's saying is yes while the challenges that humanity faces right now just in day to day survival and existence, while those challenges certainly are greater than ever before, they would be much less daunting if people would see the spirit first. So he's saying... he's encouraging everyone to make time for spirit, make time for your connection to divine, make time to feed your spirit and the rest will fall into place more easily. He's saying you will— unless you feed your spirit, you know, of course you're going to feel like you're swimming upstream all the time because you're... he's saying life on this planet was not meant to be lived individually. It was not supposed to be each individual living independent, all alone, without any support or guidance. He's saying **life on this planet was meant to be supported and guided by spirit**, and that if that could... **if that awareness could be developed and understood and sort of rekindled, then the day to day processes would just seem much easier and much... more tolerable** and people... he's saying many people, and he's saying most on this phone call can relate to this, he's saying many people if you talk to them feel an emptiness. They, you know, people who have not awakened their spirit, feel emptiness inside. They feel sort of like, you know, “what is all this for?” and the reason that they feel that emptiness is because they haven't... they haven't come to realize that the spirit needs attention, and he's saying again when he's using the word spirit he means connection to God and connection to divine and connection to the greater beings that can direct us if we allow that and if we ask for that. So he's saying bravo to everyone who is coming to that awareness, he's wanting you to know that your advancement, your practices, your intention—all of that—is seen, it is acknowledged, and it is acted upon. He's saying that absolutely without fail, without doubt, without question, whenever a human being comes to the awareness that they want to feed their spirit, there are myriads of spiritual beings waiting to help you. So he's saying all you have to do is state your intent, all you have to do is make it known that you want this support, that you want this help, and that you want this direction and guidance. And the beings of light will be there to start helping you see the path, and he's saying, you know, he's saying unfortunately whether it's television or books or whatever have lead people to believe that there is going to be, you know, like a flash of lightening or, you know a bolt of light and you're going to know beyond a shadow of doubt what the right path is, and he's saying that's... that's rare and unnecessary. He's saying the path of the spirit, the path to God is one small step at a time. It is not flashes of light, it is not big drama for most—not that it doesn't happen, but he's saying that it's really not necessary and if it would occur that way it wouldn't necessarily resonate long-term anyway because people need foundation, people need gradual building toward their path. He's saying the path that they were meant to live; they need that step by step. So he's saying, you know, understand that when you make that... when you make that prayer or that intention known—that you want to start feeding your spirit and that you want help in knowing what direction you're meant to walk... that trust that things will be given to you little by little. And in little messages, you know, he's saying for example when the perfect book comes your way and it is the perfect message at the perfect time. Or when you're interacting with someone and they say something that touches your heart; that's spirit orchestrating events to help show you “okay, this is the next step and this is next step and this is the next step.” Trust that and know that beings of light are with you. He's saying that it is true that everyone does have a guardian angel. He's just saying that now—that you have... but he's saying not just one, many. There are many. Typically they'll—as you move through this process—you'll maybe come to know one at a time but then they might switch as you move from phase to phase within your life. You can expect that sometimes whoever is leading the way would change based on their expertise and skills and their ability to deliver what you need in that moment. So he's saying trust that you are supported. He says the role



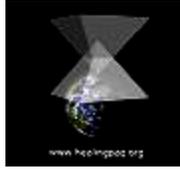
of the masters, and he says there are many of us... what they have said to me in the past is that there are... when I said “well how many masters are you?” he said “well, there are twelve rings of twelve.” Now whether that’s a finite number or whether that was just sort of an eloquent way to tell me that there are more than you can count, I’m not sure. But there are many ascended masters that are available to give guidance and counsel and to support you in your intention and process. He’s saying there are also angels, and he says—and they have also said this to me. I’ve never done any studying so I don’t know if this is absolutely true or just kind of a “most of the time” statement, but when I said “what’s the difference between masters and guardian angels?” they said to me that... I’m sorry the archangels. They said to me that the ascended masters have typically had at least one lifetime on earth, that they have lived on earth, that they have understood the challenges that earth... that are inherent in any kind of earth existence and they have sort of risen above those and reached a point where they are able to see God in everyone despite the challenges, so then as they... when they are done with having to go through the physical existence that they then become ascended masters, and that the archangels typically archangels have not had physical existences. That they have... they have remained on the other side and that they have... they have developed their skills in a different way and on in a different path. But he’s saying that regardless, they each, you know, he’s saying we have all developed skills, we have all developed knowledge and we have all by virtue of the path that they have walked, they have all chosen to make their knowledge known and available to humans to kind of help them reach that more enlightened state as well. So he’s saying that he wants all of us to understand that at any point when you call on them they’re there. And he’s saying you may feel us, you may not. **Trust is part of this spiritual journey; trusting that you are heard, trusting that the best possible support is being offered and trusting that the outcome is... is the right outcome under divine grace.** That kind of trust he’s saying is paramount in what you want to work on. He’s saying, you know, as you start these practices, certainly you want to work on your meditation techniques so that you can go into these deeper states and access divine energies. He’s saying the other thing that you really want to cultivate is your level of trust. Again trusting that divine is with you at any point, at any time, every minute of every day. He’s saying that in connecting the dots, in talking about what the masters have and what the masters can do and their desire to support and sort of light the way for you, he wants to talk about connectedness, energetic connectedness. And you probably dealt a little bit with this in your class and in your lectures, but he wants you to understand that that is absolute. That **the thought of energetic connectedness is something that everyone needs to understand because when you understand that, he’s saying you can choose and you understand that you have the responsibility to choose better and to choose differently.** So what he’s saying is that when you think of it, when you think of these concepts, when you think of energy, when you think of wanting help from divine, when you think of—and he’s saying the whole point in all of this, you know, he’s saying he wants to be clear that the whole point in all of this is certainly we can and have the ability to build our relationships with the masters and with the archangels, but he’s saying that’s not the ultimate goal; that’s only a step in the process because **the ultimate goal is to build our relationship with God and to build our relationship with divine.** And he’s saying so the thing that we want you most to walk away with today is the knowing—the absolute knowing—that energy, and we’re all energy, that energy is connected and that everything you do and say and think matters. It all matters because it’s all connected, and it all matters because it all is recorded and acknowledged by divine, and so he’s saying think of it... think of it this way. He’s saying God is there for everyone, and God, he’s saying you know, God is aware of everyone, everything at every moment because he is omniscient, he’s omnipresent, he or she—however you want to classify God—he’s saying that when you speak, when you think, when you act, you need to think about are these... are my actions and are my words and are my thoughts helping me move in the direction that I want to move? If I have this desire to feed my spirit and I have this desire to build a better relationship with divine, and I have this desire to move forward and to progress, then are my actions supporting that desire or not? Because he’s saying divine will support you and the masters will



support you but they will only support based on what you allow, and he's saying you're... what you allow is communicated by your thoughts and your actions and your words. So he's saying as an example, let's... he says let's break this down to a very human kind of experience. He says let's say you have stated your desire to buy a house, and you've said "okay this year I want to buy a house." Well then you know that you have to... your actions have to move in that direction if you're going to make that happen. So you have to save money, you have to communicate with banks, you have to... you know you have to figure out how to get a loan, improve credit, pay off your bills, those kinds of things. All of that so you get to your ultimate goal. So he's saying if your words say "I want to buy a house" but then after you say that you go to Vegas and gamble half of your savings away or you quit your job or you... you know do other maybe less conscious kinds of things, then... even if you go to the bank and you build a relationship with the loan officer, the loan officer can't do much to help you because you've just squandered your savings and quit your job, and so the loan officer is going to say "look, I really like you and I'm glad that we've had several meetings and I wish you well but, you know, in order for me to help you, you have to do... you know your actions have to show that you're moving in the direction toward actually taking care of a house. So while I want to help you, there isn't much I can do until you get yourself in line with what you really want." And he's saying we can all relate to that because that's a very human kind of thing—you know, your behavior has to... **your behavior has to support your intention otherwise whatever you said you wanted to do isn't really going to happen.** So he says the same is true with divine. If you say and you know that in your heart what you want to do is move toward divine, then know that your actions and your speech and your thoughts all have to sort of point in that direction too in order for the masters to give you... the, you know, the most help that they can give. You know certainly he says we love you always. There's love for you from every single one of us on that side. He says we love you, we support you, we watch you, we want to help you, and he says when you ask us to, we do as much as we can do, but again he's saying we... if you want to move toward divine, we can't control your actions, we can't control your thoughts, we can't control your speech, we can only love you and hope that you do that on your own. He says we can light the path, we can hold a huge flashlight for you and we will. He says without a doubt know that we are there waiting for you, but we want you to understand that those things are... that ball is in your court as far as how you want to get there and how fast you want to get there because again... Ostad what are the words? He says it's sort of like fifty-fifty. He's saying they want... they will always do as much as they can, but again we as human beings have to keep up our side. So know that and he's saying also the other thing that he wants to address for everyone in the class because this is another common thought and another common issue that humans bat around is the feeling that "Well, I have in the past tried to talk to God" or "I have prayed to God and it didn't make any difference" and so there can be this feeling of "well, yes I want to progress spiritually but I don't know if God listens to me. I don't know because it didn't work in the past." He's saying that is certainly, again, a common human thought, a common human phenomenon, but he's saying let's understand again this energetic interconnectedness on another level. He says everything that we ask of God, absolutely again. This is another absolute without fail. God hears it, it's registered, and the amount of help that's allowed is given—always given—but there are many interconnecting paths whenever we ask of something. So he says think of this... think of someone who has said a prayer, who has wanted to, you know, very much help someone who is ill or you know maybe critically ill, and they have he says made fervent prayers to divine to heal that person, and despite their prayers, despite their heartfelt desires to help that person, that person passes anyway, and then it is common unfortunately he says for people to feel that God just doesn't hear me. He's saying know that of course God hears you. Of course God hears you. But what he says is that you have to understand again that is there... whenever we love someone, whenever we pray for someone, whenever we ask for help for another person, we have to also understand that that person's path then comes into play, and that you know whatever was meant to happen for that person has to be considered as well. And so while God and the masters and the



angels and everyone understands that if this person leaves certainly they're going to be missed, and that there are many people who want them to stay, that at some point there comes a time when well this person's time on earth has reached its conclusion and we have to respect that whatever scenario that person was meant to live has reached an end. He's saying that doesn't mean that God doesn't hear you and that doesn't mean that whatever you did didn't work; it means that it was that person's time. And he's saying the beautiful thing about that, and this is the first time that I'm hearing this. He's saying the beautiful thing about that is that God hears you so deeply that when those prayers are made and if that person needs to pass anyway, that all of the love and all of the pleading that went out on behalf of that person is then turned around and given to the people who are going to miss them and who have done all the praying so that the support is given from the angelic realm to the individuals who have made the prayer and who God is aware that they will be hurting as they adjust to that person's passing. So he's saying certainly you are heard and certainly you are supported even when it feels that maybe that's not the case. He's saying the **main thing that we want you to walk away with today is an absolute knowing that we are here for you, that we will assist you as best we can.** He's saying though keep in mind that we are limited by your... requests. That they can't really jump in unless they're invited in, unless they're asked. So he says now that you know about us, now that you've been made aware of the fact that we are here, we want you to call on us, we want you to invite us in, we want you to make us part of your daily life when you're... and he says not just when you're meditating he says, you know, **be aware of our presence, be aware of our love for you when you're cooking, when you're cleaning, when you're dancing, when you're celebrating.** He says at every moment know that we're with you—know that we're celebrating with you, know that we're cooking with you, know that we are supporting you in any aspect that you are moving through throughout your day and throughout your life because our commitment to humanity is that great, and so we want that... we want you to know that we have that level of love for you, that we will be with you at any point whenever you are calling us or talking to us. And he's saying as you build a relationship with us, you will know that, and you'll see that, and you'll be aware of the fact that we don't only come to you in moments of meditative silence, we can come to you at any time throughout the day and certainly we will. So he's saying... he's saying that that is... okay Ostad? He's saying these are the main points that we wanted to make available to you today. We're happy that you are using the diamond. We're happy that that's been made known to you. There are other energetic areas that we want you to be aware of as well. Certainly there—and I'm not sure if you've been made aware of this—but we can... we will be doing this in the channeling class. That are energetic states that we will work with to reach there, the Temple of Masters which is really an energetic state that we reach when we want to communicate with the masters. It helps to have a visual but really it's an energetic state so he's saying... you know, the Temple of Masters is open to anyone who wants to communicate with the masters and archangels. Another vibrational state he's saying is the Temple of Knowledge. In Hinduism it's called the Akashi Records. That is an energetic state where you can... you can have the intention to move to that state and access information. It's sort of like the ultimate energetic library—and so that is available. Recently just this week another tool that has come down that we want to make available is... it's a gift from Metatron to humanity and Ostad wants to make sure that everyone understands about this. Actually this came down through Saeid and it was made known to Saeid first, and Saeid was gracious enough to share this with all of us. There is an energetic tool that Metatron has created for humanity and my understanding is that it's very ancient and was sort of revived recently. And again I think Saeid was the first to have access to this; it's sort of referred to as the Crown of Light and Ostad wants to make that available to you. What you can do if you want to move further and you want to reach higher vibrational states, when you get into meditation, do the quality control that feels right to you, enter the diamond and then call on archangel Metatron and request the Crown of Light and many of you—I know Saeid felt it, I felt it—when they place it on you, you might feel a pressure around your head. The Crown of Light opens up your third eye Chakra and your crown Chakra, and



it's there to... when you use the Crown of Light you are calling in the angelic presence and making those realms easier to access and from what I understand—and I just got this... I don't know a day or two ago—I was meditating and after I started meditating I thought “oh, I forgot the Crown of Light” and what they said to me was that the Crown of Light needs only to be requested once and then it is with the person always. So you can go into meditation and ask for that Crown of Light and Ostad is saying that that will... for many that will kind of help speed things along and help you access these energies he's saying more quickly and more gently. So that's another tool that's available. He's saying more will come, more tools will come, more knowing will come; it's a gradual process he's saying we are very careful not to overload the circuits of the people that we work with. We want things to come in manner that is... he's saying... he's using the word organic. We want people to come to things in a way that they can use them, become familiar with them, feel comfortable with them, and then they'll make the next level and the next level. So he's saying that know that as we go through all these processes, know that as we move through our—he's saying this timeline that we're in right now where things are speeding up and where energy is becoming more frenetic—know that we are with you, know that we want to support you, and know that again there are many who will be available for you at any given time. I feel like as we're talking Saint Germaine wants to say something and he has only recently made himself available to me, so he's a very new energy for me. Saint Germaine from what I understand was he an ancient alchemist that was alive like in the late 1700's/early 1800's—somewhere in there, and that his whole... his pursuit was sort of... alchemy, metaphysics, learning you know physic development—that kind of thing, and he's saying that he is another... he's available to assist people he says in burning away the layers that might cloud communication. That he's available and that will certainly be able to help people as well who want to move toward channeling or toward healing, toward any kind of development. Okay, so... and again as I said there are many here but our time is limited. So I'm wondering if at this point anybody has any questions that they want to ask.

Amean: Dinah, I have a feeling that they also want to discuss about the eye a little bit.

Dinah: The what?

Amean: The eye.

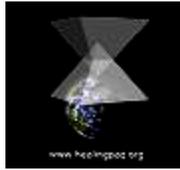
Dinah: The third eye—are you talking about?

Amean: No, the eye. It was something that also Master Quan referenced in one of the initial textual information about the eye. If you can ask, you know, one of the ascended masters or archangels if they want to elaborate about that that would be great.

Dinah: Okay, now are you saying—I'm sorry maybe it's because I'm sort of in a bit of a trance here—are you saying e-y-e? Okay. Who wants to talk about the eye?

The Eye (Master Quan)

I feel like Master Quan is going to take over that. Okay Master Quan what do you have to say? Okay, I... I don't remember him talking about this but that's okay because we're just going to turn him loose, so... Master Quan what would you like to comment on the eye? I feel like he's talking about the eye that is in the pyramid and that that represents... he says that represents the seeing, the knowing, the... omniscience or omnipresence



of divine energy. That that is available and that symbol is there for people to be aware of so that they know that that knowingness is there and with them, that knowingness is... that divine awareness is always there, always taking in, always understanding what's going on. Again he's talking about the connection between heaven and earth; the connectedness he's saying between heaven and earth. And the.. the support that is always available. Now Amean I don't know if that answers your question or if there is more you want to ask—if you have specific questions about that for Master Quan?

Amean: No, for now it's good.

Dinah: Okay. I feel like that is a supportive symbol—a supportive symbol that they are seeing, taking in, understanding and supporting throughout, and that was, again that was Master Quan. Master Quan was the one that sent all the information that is in the Earth Chakra document. Master Quan do you have anything else that you want to say? He's saying that he is very very happy to see so many people... he's saying alive. He's saying there are so many people that are asleep right now he's saying that it is lovely and gratifying to see so many people waking up, and he is actually bowing to all of us, to everyone who is involved in this project because he's sort of acknowledging the contributions that you have already made and he says that you will make because he's saying that without a doubt he sees that everyone who is doing this is interested in doing their part and he is very gratified and very grateful and he says “thank you.”

Questions & Answers

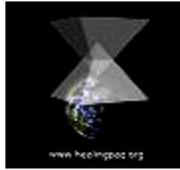
Dinah: Master Quan says you don't have to worry about... he says there are some people who are hesitant to ask because they feel concerned about whether or not their questions are worthy or you know should bother the masters with this or that. He's saying anything that you're wondering about, anything that you're curious about is worth our time and there is nothing that is unworthy or inappropriate.

X: This is Lonnie. I'd like to ask a question.

Dinah: Sure.

X: I've been told by psychics many times that I'm going to be doing big things and I have no idea what that means.

Dinah: Okay. Who wants to address this? We're going to go back to Ostad. Ostad what do you have to say about this? He says that the reason that you have been told this is because you have the ability to develop any or all of the three levels of spirit communication that you like. You have the ability to access clairaudience, clairvoyance and clairsentience, and so he's saying it's really at this point your call. He says if you choose to—for example, if you carry through with remote healing, he says you have the ability to do that very well because he says that you have the ability to focus very well. So he's saying you can... he says that you can develop one or all of these techniques or these abilities and channel them in whatever way you want. He's saying the main thing is to do it. You know to say okay for now—he says pick a path that starts to resonate with you. If you feel—I feel like he's suggesting healing first. Start developing your healing gifts, start moving toward doing this kind of healing on a



daily basis and adding to your repertoire, and he says what you'll find is that as you start focusing on one, the others will start to open up as well. So for example, as you start moving toward healing, your awareness will open up and your ability to hear spirit and to sort of get psychic impressions will open up, so he suggests that you move in that direction, but it's really—that's kind of a free-will choice... which however you want to develop, but that's what he suggests.

X: Thank you. I appreciate it.

Dinah: Sure. He says really the thing that you can do as you start... you know you can start out gradually and this is true for anyone. You know certainly continue with your breathing so that you keep yourself balanced every day and then he's saying you know you can start out by... for example if a family member has a headache or if a pet is maybe seeming below the weather, you can start by working on them to build your confidence and then start moving out from that. You know start with small circles—like when you throw a rock in a pond, start with the small circles knowing that as you build your confidence, those circles will get bigger and bigger.

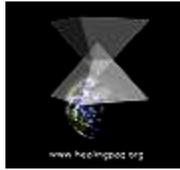
X: Thank you.

X: This is Jill.

Dinah: Hi.

X: Hi. I've been through in the last six months what I'm calling just a profound transformation on many levels—physical, spiritual—and I almost feel like this is coming from somewhere... you know, something greater than myself has facilitated this. And it's been both wonderful and scary and... no, I don't know what's next. I don't know if I need to know but I wondered if there's any information... you know, I don't know much specifically about the individual masters or archangels but I have a sense that I am being supported by, you know, beings greater than myself at this time.

Dinah: What he shows me at this point is like a chicken breaking through an egg, you know the chick bursting through the egg? And it's a lot of work, and when it's done the chicken is exhausted but it's worth it because then it really can come alive. And he's saying it's kind of what you've been through because you've sort of been in this egg, and... on some level your soul is saying "Okay I'm tired of living in this bubble, I really want to move" and so you've had to come through this very difficult time and work your way through breaking this shell that was around you and you've done that and now you're feeling kind of fatigued from the process, but he's saying... he's saying bless the process because now you can really live, now you can really move forth in the world. He's saying you know there's only so much you can do inside an egg, so he's saying that this is... this is a process that he's saying is going to move you—or help you to move... he says with much more gusto toward he says fulfillment. I'm trying to make sure that I get his words. And what I felt as you were saying that you were supported, I'm getting actually... I feel like you have a connection to Archangel Michael and so you might want to do some research about Archangel Michael and find out more about Archangel Michael, and one of the tools for anyone if you feel a connection to any of the archangels, any of the masters, or even if you want to learn more about them, one of the things that you can do is you can invite them in as you go to sleep at night, and ask them to make anything known to you that is possible in the dream state and to also help you



understand the relationship you have with them. So, I feel like you might want to read up on Archangel Michael on some level and figure out how you can access his energies much more purposefully. The other thing Ostad is saying and this is kind of as a postscript to you and then to everyone else as well that's on the call, one thing that he wants to acknowledge that everyone is on this call—everyone that's in this circle today—first of all it's not accidental. All of these energies have come together, all of these people have come together by divine order, by divine plan, and he says the common denominator—and I didn't know this to this second, but he says the common denominator with everyone here is that everyone has a connection to healing or you wouldn't be on the call. So whether you have other gifts as well, accept the fact that are clairsentient, accept the fact that everyone who is here today has the ability to feel spirit and has the ability to share healing energy, and he's saying now certainly you might have other gifts as well. You might have other areas that you can develop as well but accept that you are clairsentient—that is why you are here, and that if you're unsure of what direction to move toward, start moving more toward learning more about healing and the rest will follow.

X: Okay. Thank you.

X: Dinah, this is Saeid.

Dinah: Hi Saied.

X: First of all I just want to acknowledge that—if you could acknowledge that for me—that Jesus Christ and Moses are also standing and one of the two of the twelve masters that are standing are those two.

Dinah: Okay I heard up until you said the two of what?

X: The two of masters that are standing around the circle.

Dinah: Uh-huh.

X: Are those two.

Dinah: Yes, yes.

X: And that Metatron is standing holding the whole circle

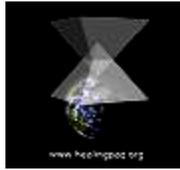
Dinah: Yes. You're right.

X: I have a question regarding the water that is within human hearts and the egg that is within that ocean of water. Is that something that needs to be taught or is that an individual experience?

Dinah: The water that is within the human heart and the egg...?

X: That is hidden within that water.

Dinah: I am not... I guess I'm not aware of that metaphor so I'm not sure—I'm not sure if it's an individual experience. Let me go to somebody. Okay Ostad is saying that that is... it is an individual experience



but it's an individual experience that might be shared by several. It's not necessarily with everyone but many might have that experience. Do you want to elaborate on that a little more?

X: I don't want to take up their time. That's why I'm asking this if it is something that needs to be taught or this is just individual and Ostad just said this is an individual experience.

Dinah: I think at this point it's individual.

X: Okay. Thank you.

Dinah: Oop. Was someone going to say something?

X: Yea. Hi.

Dinah: Hi.

X: I was just wondering why would a master or whatever wake you up to tell you to go back to sleep?

Dinah: There... I... first of all, I would number one I would check out to make sure it's a master. Sometimes that can happen as your psychic hearing starts to develop you can... you might start hearing entities that are just kind of hanging out and sometime they're wanting attention, sometimes they're wanting healing. Amean is a good one to talk to about that because Amean has a huge heart and a huge capacity to share healing energy with individuals who might be stuck. So if something is waking you up I wouldn't necessarily assume it's a master. I would start by blessing the fact that maybe your psychic hearing is developing, and then I would.

X: Can I interrupt you?

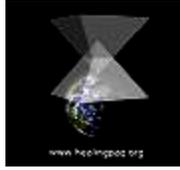
Dinah: Pardon?

X: Sorry—can I interrupt you? It's not anything of that sort. It was a much different experience than just a voice. It was something that very much changed my entire state of being, and it wasn't just a voice it was an actual physical presence in front of me.

Dinah: Oh, very cool. Then I would say that they just want you to know that they're there and that they're with you and I have heard of that in fact I've, I ... Dina Cooper who has written many books on working with the angels, she talks about the angels sometimes waking people up and that that... I don't know that it's purposeful or not but I know a lot of times the angels and archangels work with us in our sleep because we are much less resistant. So it might be that the master was working with you in your sleep and your conscious mind became aware of it, so if that's the case they were probably wanting to be with you and not scare you and I'd bless it and... be very grateful.

X: Is there any way you can tell me which one it was? Or who it was?





Dinah: Ostad? I'm getting that it was—my first thought was that it was Moses but it might've been Solomon. It was one of the old ones.

X: Okay, thank you.

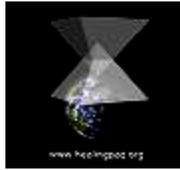
Dinah: Yea, what I would do is I would ask for clarification you know if they came to you in a dream, say I ask for that before you sleep at night, and say I'd like to know for sure who it was and ask them to come forth again.

X: Okay thanks.

Guided Meditation (Dinah)

Okay, well then we will... we'll move into the meditation portion. We'll just do a very short guided meditation so that you can access your guides. So I will talk you through this. What I'd like you to do again is get very comfortable and this technique is one that you can use on and on and on; it's from a book called *Bridge of Light* by Luna Huffins H-u-f as in "Frank"-f-i-n-s and you can get the book if you want. She talks about using these techniques to access your guides. You can certainly access that, you can take the class when we offer it, so we'll do that now and if anybody wants to talk afterwards that's fine, but I want to be aware of your time frame. So it's twenty minutes to, we're going to... I'll just give you five minutes to talk to your guide, we'll come back and then start wrapping things up so.

Alright, everyone is going to get very comfortable. We are going to... we already acknowledged the directions, we already have a circle of white light around us, and we are already in the diamond. So what we are going to do is we're going to imagine ourselves—imagine the most beautiful mountain top that you can think of, imagine that you are at the top of this mountain, you are on a huge plateau, it's completely safe—there's lots of room to walk around, but you are very high, you are very close to divine and everywhere you look you can see the beauty that exists thanks to our mother earth. So see yourselves at the top of this mountain, and get to a place, sit down and feel yourself staring out into forever, and as we are doing this we are going to create our own personal Bridge of Light. We're going to create this bridge and I'll talk you through that and our intention is going to be that once we've created it, we are going to state that our intention is that we want to meet a guide that is just for us, just for this point in our lifetime. So we are going to focus on our heart center and we're going to pull up from our beings the seven colors of the Chakras and we're going to send those seven colors out. Now the colors—the seven colors—are red, orange, yellow, green, blue, indigo and violet. So we're going to take a deep breathe, call those colors up from each Chakra and we're going to send those colors out—blowing them out, seeing these colors spread out into infinity. We are seeing these lights from our heart center, going out and braiding and intertwining with themselves so that they are creating this beautiful Bridge of Light and it's a gorgeous bridge and it's very strong, and we're sending that out and we're going to anchor that Bridge of Light on a distant star so that it is out there, it is completely safe, it is completely anchored—we know the divine has set that star up to hold our Bridge of Light. And we are going to take our end where we're sitting, and we're going to just take those ends and send them deep into the mountain, deep into Mother Earth so that we know on our side that bridge is anchored into the mountain. We're going to stand up and look at our bridge; it has a beautiful floor, it has beautiful sides and it is completely safe and we are going to walk out and we're



going to walk halfway with our stated intent again that we are going to meet a guide that is just for us. So, start walking to what feels like the middle of your bridge, and when you get to the middle you'll know it, and sit down, get comfortable and see who comes to talk with you.

Meditation time.

Discussion after Individual Meditation Time (Dinah)

Very slowly thank whoever came to talk with you, ask them to meet with you again and as you feel comfortable, start coming back to the room. Okay, how is everybody doing? Sorry to end your meditation so quickly but I want to respect your class time too.

If you did not meet somebody, don't be upset or concerned. This can be a gradual process so just know that your intention has now been placed out there and it will happen in its own time. So know that whatever you got—whether you just saw colors, whether you just felt... felt a presence, if you had any kind of a smell that you smelled that was different—sometimes people smell perfume-y kinds of things, any of those kinds of things or even if you didn't have anything, know that you will, that it's there and that it just needs to happen gradually. But did anybody have anything happen that they want to talk about?

X: I heard a voice say just that said "I'm here" and that was it.

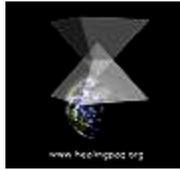
Dinah: Okay, alright. Well that's a big first step and so what you can do is... Ostad says first of all that was Metatron and that that was Metatron just acknowledging his presence with you, so what you can do over time is just continually ask for more and clearer communication. And practice makes perfect kind of thing. You know the more you make yourself available for communication, the easier it will be. Does anybody else have anything?

X: Saint Germaine came and said that I had wanted the Crown of Light and he was right, and so he gave me the Crown of Light and I did feel the pressure in my head. And Saint Francis came and infiltrated his famous poem in my body, and then Obad? How do you spell that please—the master? Ostad?

Dinah: Ostad, O-s-t-a-d.

X: O-s-t-a-d, to tell me about how I had been hurting and how it will pass and that I've been giving blessings to others and that he's given blessings to me, or maybe I got Ostad and Saint Germaine mixed up... but I really appreciated all that. It was wonderful.

Dinah: That's great. I'm happy for you. And, you know, the more you make yourself available, the more this kind of communication will be available to you. What they say a good practice is to make yourself available very early in the morning. Don't be surprised for people who are serious about this, many of us who started channeling, the guides—this happened to me, it happened to a friend of mine who's recently in the last year started opening to channeling—they were waking me up at like 3 o'clock in the morning to go mediate. So if you find yourself being awakened really early, trust it, you know? And while it may be a little annoying, it's kind of cool too. So just trust that the energies will be with you to



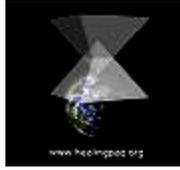
get you through the rest of your day. That's what I ended up doing and now I get up at 3:30 every day so... you know, that's just the way it is. So... but don't be surprised and just accept it, and it doesn't—it's not forever for most people. So now I'm looking at the time, and it's one o'clock my time, so what I can do, I'll stay on the line with Amean in case anybody has any questions that they'd like to ask if they want to stay on a little longer, but Amean if you want to make any end of class announcements, I'll shut up.

Amean: I'm speechless. It was a real beautiful experience and I hope all the participants enjoyed the session today. I really appreciate Dinah as our... one of greatest partners who has been so diligent in helping us a lot through this process. And the only thing I'd like to add is as you folks, participants, noticed, we don't have a center and we're not operating through our ego and survival, we are moving as a pack and as each individual based under call and based under desire, choose to join us, they are becoming one of the members of the pack and we are hoping that through our proper networking we can, you know, disseminate the information and also share the information to a bigger audience and at the same time be as helpful as we can to help ourselves, our environment and our Mother Earth. I'm very happy that today's session went so well and as you've noticed, you know there are many beings out there that are willing to help us, we just have to ask for it when we wake up in the morning, as we see our bed, as we see our kitchen table, as we see our beloved ones, it's okay to also acknowledge the presence of, you know, divine energy and acknowledge that and ask the divine energy to help us throughout the day to be our best not only just for ourselves but also for whoever we come across with and just communicate with them or work with them. Having said that I wish you all best day. Next week what we are going to do is put everything that we've learned so far in the initiation class, the breath, the prayer, the masters, the archangels, and perform a distance healing. So next week you get a taste of the intermediate class sessions and as you've gotten a taste of the advanced class today, and we will practice the distance healing next week and by doing that everyone learns how to actually do that distance healing for the beloved ones and other people who happen to be, you know, in distance from us. Have a good day all and I wish you best week. Love you all and I look forward to seeing you next Sunday at the same time.

X: Dinah this is Liz.

Dinah: Hi Liz.

X: Hi. I did want to have a chance to ask you just about my experience. I just... I really found all of the visualization so powerful today which doesn't always happen for me, so it was really interesting. And when we were visualizing on the mountain top that was... that came very quickly for me. And an image came very quickly before we were even—before we were even putting the light out—there was a quick image and a quick feeling and it actually once we... once we made the Bridge and got a little further, the image was gone. And I tried to call... it was a him actually—tried to call him... but I think it had passed that quickly for me. Was just a real feeling that someone was there to help me with fear and doubt that are kind of getting in the way for me there, and it was really... it was very strong but so brief that you almost doubt it. So I have to say okay, I have to trust that. I have to trust that little quick vision that I had, or that quick visit.



Dinah: Right, right. I'm just going to ask Ostad who that was. He's saying that... boy, I know that it was an angelic presence, and I'm feeling for you too that it was Metatron—at least that's the name that I got. You know I just heard Metatron and then I thought well I better ask Ostad if I'm giving you right or not, and I feel like it was Metatron coming in to... to give you that support, so for you too what I would suggest in your meditation each day is use the bridge, go out there and invite Metatron in to talk to you and just to say that "I'm open to anything you have to say. You know, lay it out." And... he will... what I found with Metatron is that he has a real thing about not wanting to overwhelm people, and so he comes in in these real little spurts. The very first time that I talked to him he wouldn't even tell me who he was. And I... I remember saying "who are you?" and he said "I'm Master Quan's master" and then he was gone, and I'm like "well, okay..." and I just kind of left it and then he came back and I recognized the energy and I said "who are you?" and then he told me he was Metatron, and I think Amean you had a similar experience where at first he wasn't giving you his name.

Amean: What's interesting is... I'm thinking like archangels can also be shy.

Dinah: Yea, yea, and gentle and not wanting to overwhelm.

X: It was a very gentle presence and it was almost like I was trying to call it back, and mostly because of my own doubt I think. So maybe that was my little lesson in being able to trust something that came through, you know?

X: This is Ed. I have never heard of this archangel so I just looked it up quickly on the internet and it said he has a special place in his heart for children and that he was the archangel that led Israel through the wilderness to safety.

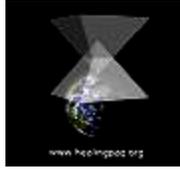
Dinah: Cool.

X: I had never heard of him either.

X: Well, this is Saied here. it's a... I've also been doing some research on Metatron simply because I just want to know more about him. From what I have found out so far anyway, he is Enoch essentially in all the literature. In the Islamic tradition he was called Idris and he has lived on earth and he was in such a high station that was taken into heaven and was given the station of the archangels, so... that's what I know so far.

X: You know—I just kind of glanced down a little further—he's a pretty good archangel because he's the patron angel of children which clearly that covers me.

X: I just want to share with you guys what I saw as soon as... Dinah suggested that you should ask for a guide. All the masters that were standing there, they were all pointing to each other "you want to go here—you want to go there?" I thought that was pretty neat. It was like they were picking and choosing where they wanted to go and Liz is right. She was hugged by Metatron throughout the whole thing so... but his energy is so... can become very powerful and yet it is very subtle and very... she was hugged throughout the whole thing by him.



X: Well I cried practically through the whole session. It was just coming.

Amean: That's great. And... Dinah I became the Eye.

Dinah: Oh cool.

Amean: I was basically every single energy point in my body was the eye and I was vibrating for about fifteen-twenty minutes. First I saw the prophets and the Eye was behind them, and eventually I... like as if, you know, from a distance you dive into a pond or an ocean or something? I just dove right into the eye. And then the next thing I know, all my energy points were the Eye.

Dinah: Wow.

Amean: So I was sitting inside the Eye looking outward.

Dinah: Great.

Amean: Because that Eye is what I mentioned, it started appearing since yesterday... in front of me, and I thought "wow, this is a huge Eye—what's going on" and then today I was inside of it looking outward so that was...

Dinah: That's great. So you were having sort of that ability to... that extended awareness.

Amean: Yea, so it kind of completed its transformation today. Interesting, I actually was welcomed through the Prophets into the Eye. It's like, you know, you go to a place and they kind of open the door for you and you get in? That was kind of the ceremonial process that happened for me to get in.

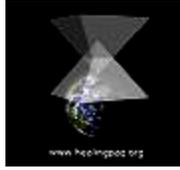
Dinah: Nice. Congratulations.

Amean: That was quite exciting and as I said my whole body was, you know, vibrating, and the next thing I know like my heart, my lower abdomen, my crown, my you know third eye, everything is the Eye looking outwards now.

Dinah: Great. Congratulations.

X: You know Amean, Rumi says the human being is an eye of a god... of the god. That's how he describes it. and when he talks about the Eye, I've had that Eye experience in the past, and I really have gone over it really lightly but as you brought it up today, I think I need to revisit that again. It's a very... he describes it as a human being as they reach a certain state, become the Eye of God on earth.

Amean: The other thing that it came down where, you know, Saied you were talking about the crown, I mean you know, you look at any pictures that they have drawn from different saints... you know, prophets? The halo that they draw around their head? It's really that crown that you're talking...



X: Actually I came across a book. I go to the half-bookstore every now and then and buy some books. One of them was called—I just read it a couple of days ago. It's called the *Kabbalah Decoder* and then in there, there was a picture of Metatron and the crown in that picture is exactly what I saw—what was placed on my head. When I saw that I said “my god, there is no way I would've seen that picture that I could've made it up in my mind,” you know? As soon as I saw this crown—I bought the book. I bought the book and brought it home just in case if someone says “well what does this crown look like?” you know, so now we have a picture of it.

Amean: And what's interesting is, you know, is first we started with Taoism and started blending in to the Sufism and that integration of it, and now we're going into a lot of the esoteric information that also is in the Hebrew teachings which is clearly an indication that, you know, there is a total handshake among all the masters working together toward a mutual benefit and, you know, I hope that as time goes by we can accomplish that, you know, at the physical level on earth as well. Because we are getting pieces from so many different religions and philosophies, that you know it's amazing to me, you know, how that integration is going on, and one of the most... area of emphasis that I'm trying to have is on one hand not to have anybody change their beliefs by all means, but at the same time be able to expand that belief to take advantage of other information that has been provided in other philosophies or cultures or religions in order to compliment and complete the whole cycle because every holy book to me is a continuation of additional information which is provided from the previous holy books.

Dinah: Right. I agree. Everybody's got a piece of the truth.

Amean: Yea exactly and just try to convince everybody to do that, so that's going to be a very interesting challenge.

X: Well that's what... you know, Ed brought up a very good point of the fact that he's never heard of archangel Metatron. Neither had I, okay. So the curious mind wants to know alright, in the systems of beliefs that I have, does my belief acknowledge the existence of archangel Metatron? You see so it would be good to do some research on these things and we have them available just in case somebody says “Well who are you guys talking about? What is this Metatron?” you know “who is Metatron?” so I think some of these books do provide the bridge and the, you know, so that we can find “okay, this is who Metatron is and this is what it's called in English, this is what it's called in Hebrew, this is what it's called in Arabic” so that everybody is satisfied in their minds that doubt has been eliminated. You know, that doubt goes away so that they can actually start work rather than thinking about “well, is this real or not?”

X: You all mentioned there was the Temple of Knowledge, but before the Temple of Knowledge, there was the Temple of...?

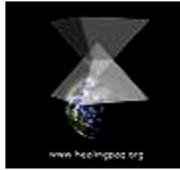
Dinah: The masters.

X: Temple of the Masters? Okay.

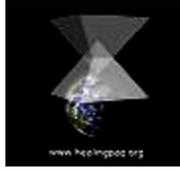
Amean: There are... just for you, Ed, to know. There is the Temple of the Masters, Temple of Knowledge, the communication portal and also Tree of Life.

X: Okay.





- Amean: And so I actually sent an email the other day to a friend and said “wouldn’t this be wonderful to imagine yourself that you’re sitting in the diamond, having your crown on, and getting information from Temple of Knowledge delivered to you by the masters from the Temple of Masters and the delivering mechanism is the love and compassion coming from Tree of Life?”
- X: It’s all connection right?
- Amean: Exactly, exactly, and what I’ve actually started doing is some of the techniques of healing in the last couple of weeks, is actually putting all these five together as a means of healing. And Dinah without knowing about that just sent me an email the other day and saying Ostad is by the way saying that the way you’re doing the balancing right now is pretty... is working pretty well because, you know, these are some of the advanced techniques of healing that we are you know, doing. And I’m just on forefront learning them and as I’m learning them, I share it with the... you know participants in the intermediate class, and so we cover a lot of these—a lot more deeper—In the intermediate class but then one of the emphasis that I, you know, I’m very grateful that came through, is like saying well these are just different centers that you want to introduce, not to intermediate participants but even the beginning, the initiation class, the first session. So once that permission was handed down, you know, we started sharing it as early as possible, and as they were saying these are like tools that you use. You have the crown on, you are sitting in the diamond, you are asking for help from masters, you are getting the information you need in order to do what you have to do from the Temple of Knowledge and you are passing all this through the love and compassion from Tree of Life.
- X: I know that Shamanic practice is that before they do anything they acknowledge the angels of the east and then the south and then the west and then the north. I always never really got that and I know they up and down so—up and down I haven’t figured out yet. But as I was doing some research a couple of days ago, just for your own information, in the Sufism, the idea is that God has created four protectors in the four corners of the earth. The one in the east is the Servant of Compassion, the one on the south is a Servant of Mercy, the one on the west is a Servant of Love, and the one on the north is a Servant of Purity.
- Dinah: Nice.
- X: The beauty is as Dinah was going through it today and she attached air to the east, fire to the south, water to the west and earth to the north, the balancer is love and compassion in the dead center. I thought that was really profound. As I was writing them down I said “wow” this is what we’re using to balance when we do the healing.
- Dinah: That is really beautiful. I’m going to start incorporating that. I really like that a lot.
- Amean: And each of those archangels represents one of the... essences that you mentioned—the compassion, the mercy, the love and purity.



Dinah: Well, for the Ojibwa and I don't know—every... every tribe is different but I worked with an Ojibwa medicine woman, and the above is... they say Father Sky, the below is Mother Earth, and the within is the divinity within you. So they're recognizing Father Sky, Mother Earth so that you have the male-female balance, and then the within is all of it that comes together within each person.

X: Yea, but it goes back to what Amean was saying earlier regarding all of these different beliefs coming to a center. This is a Sufi way of looking at it and you can come back and come all the way back and the Shamans are looking at the same thing, so...

Dinah: Right.

Amean: Well the spirituality is all the same in all the, you know, different schools of thought.