

Table of Contents

Channeling	1
Introduction/Preparation (Dinah).....	1
Opening the Heart (Ostad Pavarandeh)	2
Choices (Lao-Tzu)	4
Peace in Your Heart (Rumi)	6
Limitless Energetic Interconnectedness (Shams)	8
Questions and Answers.....	9
Continuous Maintenance (Master Quan).....	9
Three Point System (Archangel Metatron and Shams).....	10
Gaining through Giving (Ostad and Master Quan).....	11
Divine Eye (Ostad)	11
Symbolic Presents (Archangel Metatron).....	12
Spiritual Intention (Ostad)	13
Intention and Attention (Master Quan).....	14
Quality Control (Archangel Metatron)	16
Guided Meditation (Dinah).....	16
Meditation Experiences	17

Channeling

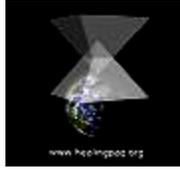
Introduction/Preparation (Dinah)

That’s great. Everybody’s heard this about channeling before, so I’m not going to do any of the precursor stuff, the explanation. We’ll just create our sacred circle and jump in.

So welcome everybody. We’re starting first with the East. We’re welcoming the guides, guardians, angels, masters of the East. We welcome the element of air and we welcome the winged ones. We ask that the element of air and the winged creatures teach us about rising above—seeing our problems from a higher perspective so be it.

Moving to the South, we welcome the element of fire. We welcome the desert creatures, we welcome the wise ones, the guides, the guardians, the sages of the South, we ask that the element of fire teach us about seeing clearly, lighting our path, helping us to see the best path each time we take a step so be it.

Moving to the West, we welcome the guides, Archangels, guardians of the West. We welcome the element of water. We welcome the creatures of the water, the dolphins, the whales, the manatees. We ask that the element of water and the direction of the West teach us about the learning how to go with the flow, knowing that we don’t have to swim upstream so be it.



Moving to the North, we welcome the guides, the guardians, the wise ones, the sages of the North. We welcome the element of Earth. We welcome White Buffalo Calf Woman, we ask that Earth energies teach about healing, teach about respect and teach about staying grounded as we become connected to our heavenly hosts so be it.

We welcome the above Father Sky, Grandmother Moon, the below again Mother Earth. We welcome the within. We call on the seven Archangels Gabriel, Raphael, Uriel, Michael, Jophiel, Chamuel and Zadkiel. We ask that each one of you take one of the seven doors of our circle this evening. We also welcome Archangel Metatron. We ask that you oversee as we move through our channeling session tonight. We now each quietly to ourselves say our prayer—personal prayer—three times. We step into the diamond, we acknowledge our Crown of Light, and we prepare now to meet the masters.

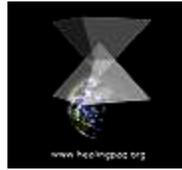
It is my intent to be a clear and perfect channel of truth, holy wisdom, love and light for all so be it.

Well I asked Ostad what was going to be tonight—I started asking I think yesterday. I got a little bit of an overview today right before I called in he said there would be a myriad of masters in assembly today so... who do we have? We have Ostad of course, we have Master Quan, we have Rumi, we have Shams, we have both Mary —Mother Mary and Mary Magdalene—we have Rabiya and Fatima, we have Moses, Solomon, we have Lao-Tzu, we have... who else? We have some of the Native American elders joining us, welcome. We have Many Lives; we have Henry Crow Dog, welcome Henry. Henry was the Locota medicine man. We also have Languard, also a medicine man, welcome. And Black Elk—I haven't seen Black Elk in a long time, welcome. Oh, and I heard Quan Yin, welcome. I'm sure many more, but those are the ones I'm seeing immediately, so we'll go to Ostad and get an overview.

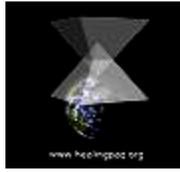
Opening the Heart (Ostad Pavarandeh)

As always, the masters want to extend their gratitude, they want to thank everyone. I see them all sort of bowing. Oh, and now I see Jesus, welcome. Over there they say he is known as Sananda—that that is sort of his energetic signature name. So we have Sananda here, welcome.

So as I was saying, I sort of, and this happens almost every time we do a gathering. I see the masters bowing in thanks, showing their gratitude for the time and energy that people give toward... Ostad says learning and expanding their awareness. He says everything that human beings do to connect to Divine makes their jobs as facilitators that much easier. He's saying the more we expand, the more we open our hearts and our minds, the more the masters can facilitate enlightenment and he's saying that's really what this is all about. He's saying we are... they've said before, sort of showing themselves as the big brothers or big sisters, and he's saying we are not Divine obviously, but we are the facilitators and connectors and enhancers and we are the teachers, and so the more people open up to... he's saying open their hearts. The more people open their hearts to possibilities, the more they can help in the healing and the he's using... I'm trying to get the right word. Helping people become, he's saying, attuned to Divine energies. So he's saying it really is a matter of opening the heart and that's really what—I feel like that's what he wants to focus on at least for the immediate little bit here. He's saying that for those people who take the time, for those people who open up, for those people who are willing to commit to possibilities, more possibilities can open. He's saying if you look at... and this is...

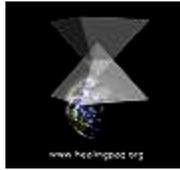


this is I feel why they bowed in the beginning. He says if you look at the general population, the general population in order to survive in three-dimensional society has had to harden their hearts because it's difficult, it's busy, it's multi-tasking, it's disappointing, you know there are all kinds of challenges with having to live in the three, the third dimension. And they've said this before I believe in other sessions, that it's much more difficult now than it was when they were physical, but he's saying for those people who do not ever open to possibilities, he's sort of says it's like an up-hill climb constantly because every soul, every soul wants fulfillment and connection. And without opening the heart to Divine, that fulfillment and connection is something that... it's like a carrot that's in front but it's never reached because people try to find fulfillment and connection in work, in sports, in buying, in gambling, in you know whatever, that... they can sometimes mistake the need for connection and the heart gratification that comes from connection. They can sometimes mistake that for the immediate thrill of the moment like the band-aid. So they're constantly looking for different band-aids, and they're finding the band-aids in as I said the pleasures of the moment whether that's gambling or buying or traveling or you know whatever... addiction in any form you can think of. But he's saying that is just a band-aid and people still—he said it's sort of like sticking the finger in the dike kind of thing. Trying to stop a flow with just your finger rather than really rebuilding the dam, and so he's saying that's the unfortunate part. That's why so much compassion and so much empathy needs to be directed to people who have not chosen to open their hearts to Divine because they really are scrambling to find these band-aids. That no matter how they try the band-aid isn't big enough or tight enough or... satisfying enough to last very long. The only thing he's saying that satisfies that hole in the heart is the connection to Divine, and so that's... that's why they're so appreciative of people who stop you know, slow down, get quiet and say “hmm, okay I'm going to try this connection to Divine, I'm going to see if this is something that will satisfy me, and comfort me and help me to fill this void that I have within me.” And he's saying certainly anytime anybody does that... anytime anybody takes a moment and just opens their heart center just a little bit, the masters, the guides, the guardian angels, they are right there. They are right there. You know Ostad is reminding us of that saying **“ask and it shall be granted”** or **“ask and you shall receive,”** **that saying... he's saying that phrase is absolute** because... now he's saying certainly we want to qualify this, you know if you sit there and ask for a Mercedes Benz are you absolutely going to get it? Not necessarily, you know, we have to take this in the proper context. “Ask and you shall receive” is about... it's focusing on Divine, it's focusing on that connection, and it's focusing on moving towards the higher realms, the higher self, the higher belief in... in not only Divine but in a higher self purpose knowing that we are more than what we appear to be physically—that we are more than how we currently define ourselves. He says that we are more than our jobs, we are more than our role in our family, we are more than a brother, more than a sister, more than a father, more than a daughter... we are more than that. We are more than a neighbor, we are more than anything we can conceive of in this physical realm—we are more than that. We are an extension of Divine, and he's saying that knowledge, that... he's saying that **knowledge of that Divine essence that lives within you is what can make you reach your higher purpose,** help you get to... he's saying the reason... the reason that you came here in the first place. He says everybody came here for a reason, everybody has a purpose, that knowledge that Divine lives within you is what will help you get to that point, so he's saying for all of us if we're having a time in our lives where we're not sure or we're not sure of the direction we want to go, not sure of the... the lane that we should pick or the path that we should go down. He says in anytime there is a decision to be made or a path to follow, first connect to divine. Next, affirm that Divine lives within you and he says... he wants me to back up. He says actually we encourage you to do that everyday, **everyday to remember and remind yourselves that Divine lives within you, that Divine... you and Divine are one,** you and Divine are a part of each other because by doing that everyday



you'll start to believe it and that connection will start to be stronger and he says more durable. And you want that because he's saying the winds of change and challenge are going to blow. It doesn't matter if...it doesn't matter if you... he says if you were to quit your job tomorrow, sit in the lotus position meditation 24 hours a day, seven days a week for five years or even if that was your intent, he's saying it doesn't matter... the winds of challenge will come for everyone. And even those that sort of check out of society and think that that's the answer, it doesn't matter. **Challenge is. He's saying that is an absolute part of living on this planet;** that's what it's all about. It's learning how to face challenge while maintaining that Divine connection. So he's saying right now in your daily practice, in your meditation, in your—in however you choose to go about your day, you need to be reminding yourselves as often as possible God dwells within me; **I am part of God and God is part of me.** That that is what will he says give you strength and give you courage and give you the belief in yourself to choose the path that you were meant to go down, to chose the path of wholeness so that you can fulfill the plan or the... whatever the thing was that you came here to do, so that you can do that. Because he says that that belief, he says Divine's belief in us, **Divine's belief in human beings is never-ending and never-failing.** It's our lack of belief in ourselves that gets weak and waivers and fluctuates and causes us to stand still rather than move forward. So he's saying when you realize that God believes in you, when you realize that Divine dwells within you, when you realize that there is absolutely no question in Divine mind that you are perfect, that is when you will have the freedom from self-doubt to move forward. And he's saying that is something they're encouraging people, anybody who wants to open their heart, anybody who wants to open their mind, anybody who's curious about what am I here for, anyone who is really set on moving forward, he's really encouraging that you repeat that to yourself often, that there is no doubt in Divine mind that you are absolutely perfect. That there is nothing about you that Divine is uncomfortable with, that there is certainly he says we all have room for growth and we all have room for improvement but there is never a reason for he says self-discouragement or self-doubt or self... oh I can't get the word. You know, cutting yourself down. That... there's no need for that because if we knew how Divine felt about us, we would know it was unnecessary. We can always choose to grow; we can always choose to improve. We don't ever have to choose to berate ourself. So he's saying take that thought and as you go through this next week, use that as a way—and I see him sort of showing the heart as a flower wanting to blossom. So he says envision that, **envision that flower in your heart center and envision Divine energy flowing into that heart center and as you see that—as you see Divine energy flowing into the heart center—really see that flower opening and blossoming.** And then as you experience that continue to remind yourself that there is absolute belief, absolute love, absolute respect, absolute support from Divine and who you are and who you came here to be and that there's never a minute that Divine is disconnected from you. It's whether or not you want to stay connected to Divine. So he's saying really focus on that and play with that and see if—check yourself he says. Check for how you feel now, do this everyday for a week and see how you feel at the end of the week. See if you don't feel a little bit more positive, see if you don't feel a little more uplifted, and then do it again for another week. He's saying that kind of measuring stick, that kind of self-awareness and self-barometer or something like that—that kind of taking stock—will help you to see how worthwhile this activity is because you will see from week to week how much better you feel about yourself when you really accept the fact how much Divine believes in you that much and that completely. So okay.

Choices (Lao-Tzu)



So I feel like Ostad is slowing down for a minute and wanting to pass the stick here to Lao-Tzu. I knew that Lao-Tzu was going to talk today. Lao-Tzu's focus today I think sort of correlates with this—sort of connects to it in that he really wants to take this and elaborate on the whole business of choices and the whole... the realization, the awareness that everything is about choice and that... in every moment as we go through the day asking ourselves “am I making a good choice here?” and he's really kind of breaking this down to the bottom line. He's saying not just on the big choices like “hmm, you know, should I do this or should I do that” on a really big decision; it's not even that. It's the little choices. So as you catch yourself in the moment feeling badly about yourself again what Ostad was saying about berating yourself that sort of thing. What Lao-Tzu is saying is when you catch yourself in the moment thinking or feeling negatively about yourself or something or someone, stop and ask yourself “**am I making the best choice here?**” because if you are choosing to feel negatively about something that is a clue to us as human beings that there is a better choice, that there is a more... that there's a higher level choice to be made and his focus is on the fact that now certainly there is negativity out there, certainly there is negativity anywhere you want to look for it, it's there. It's not that he's debating that—that there are unfortunate things that occur in our lives and in our community and in the world as we know it; he's not debating that. He's saying it is our choice how we interpret them; it is our choice how we filter them into our psyches. And he's saying **to choose to interpret something negatively depletes the self**—even if it doesn't have anything to do with us. So what he says... and you know, this goes hand and hand; it seems like masters sort of play or bounce off each other in their messages when they do these as sort of a tag-team kind of thing. That what he's saying is you know they've talked before about that energetic connectedness and the fact that that **all thought, all action, all everything is interconnected**. And he's wanting to take that a step further and he's saying so let's say he says that you see something on the news that certainly is negative—that there is no way to... he says paint over it and turn it into a positive thing. That's not what he's saying. You know, there are unfortunate occurrences that happen that they are what they are, but he's saying... he's saying it is better when we see these rather than internally to become... what's the word... irate or upset or fearful because he says **being fearful is... is even more shaking or shattering to the self than anger is**. Being fearful can really shake the foundation of the person, so he's saying instead... rather than put a negative tag on it, he says think instead about perhaps sending energy to it, or sending energy to the people affected by that. So he says take the skills that you've learned to date and instead of sitting there and saying “boy;” you know you see the news and you think “my god, how terrible—those poor people” and on and on and on. Instead of doing that and he's saying what you're doing by doing that is you're—I see him holding a pitcher... like a pitcher that would like flow out liquid. And he's saying think about what you want to pour onto that situation. Do you want to pour more negativity? So let's say you hear about bombings or whatever on the other side of the world and certainly our hearts want to go out to those people and think “oh my god.” But then he says the next thing that happens is either you become angry because “how dare they” or become fearful because “oh my god, what if they happened here.” So he says rather then... he's saying those are sort of automatic fallback behaviors that people learn over an extended period of time. Rather than take that knee-jerk automatic position, instead stop in the moment and think “okay, what is the highest thought here? What is the highest thing that I could do?” So instead of then interpreting it and putting a tag on it that is negative, you say “hmm, okay, this is an opportunity for healing.” And **instead of pouring negative into an already difficult situation, you are then turning your pitcher and you're using your pitcher to pour healing energy onto that situation** and he says immediately if you try this next time when you listen to the news instead of becoming upset or angry the minute you hear something negative, start your Ya-Hu breathing, send healing energy immediately and feel that on your being. Feel how that feels. He says that... you will automatically know that you have sent soothing energy not only to



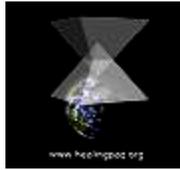
whatever that place or that issue or those people involved—you know that situation—you will also be soothing the self and you will be choosing to remain at a higher vibration and at a higher level, and he's saying then you have just done good for all concerned and you have put positive energy into that... into the energy pool. You have instead of... instead of using your pitcher to add to the negativity or add to the fear, you have sort of taken that and it's almost like, you know, instead of seeing it as a pitcher now he's showing it to me like as a watering can. And so instead you are using your watering can and you encouraging growth; you are pouring the best fertilizer on that there is. You are pouring Divine light, and Divine love, and Divine support onto this garden of challenges. So think about that, think about the choices that you make in the moment and he's saying **when in doubt choose healing**. He says **it's always the best to choose happiness**. And that's sort of his... sort of his shtick anyway is to **choose happiness at every turn**. So when in doubt and if you're not sure if you can interpret something into how can I be happy about this, then the next best option is choose healing and really dump some healing energy onto that situation or that person and watch it grow and watch it... watch it sort of dissipate. You'll see that energy dissipating, you'll see the negativity dissipating, and you'll be able to feel it, and he says and then you will also be adding to your own confidence as a human being, as a healer, as a saint in this grand dance that we're all about. So I feel like his message is about that—just that. Choose healing. **Choose happiness whenever possible; choose healing when you don't know what to do**. Thank you Lao-Tzu. Thank you Ostad. Who's next?

Peace in Your Heart (Rumi)

I know that Rumi wants to just add a statement about that. He wants to really encourage that as well; take what Ostad and Lao-Tzu said and builds upon that a little bit more. He's saying by doing that, by choosing happiness and when you're not sure you can choose happiness, at least choose healing, he's saying that will help to promote peace in your own heart. And he's saying that... that's what it's all about as far as connecting to divine. Your connection to Divine will be able to grow and mature and blossom more quickly if you can keep your own energy—the energy that surrounds your heart—your own soul energy, if you can keep that sort of calm and peaceful. He says you know just when you look at the very basic energetics of things. **When you are feeling any kind of negative emotion, you are constricting the heart; the heart is tight**. And since the heart area, that heart center is where the soul lives, that is constricted and when your heart is constricted you... it's not that you lose your connection to Divine because **your connection to Divine can never be lost, it can never be cut, it always is whether we are aware of it or not; we always are connected**. So he's saying it's not that, instead it's that he... oh what is the word? He's sort of saying that when the heart is constricted, growth is a little bit slower and awareness of Divine becomes a little more distant. Again, it's not that the Divine is never not aware of us, but our awareness of our connection can be somewhat diminished the tighter and more upset that we get. So he's saying by taking Lao-Tzu's advice and choosing to... choose happiness whenever we possibly can and when we can't choose happiness or don't know how, then choosing healing energy as our fall-back rather than fear or anger as our fall-back, while we send healing energy. By doing that we keep our heart in that calm state which allows that connection to Divine and that growth flourish. And he says again we understand that... the world around you today in this time can be somewhat tumultuous. That's an interesting word. He says that we know and are aware of the fact that it can be tumultuous in this time and because of that, he's saying we are certainly not... we understand that sometimes humans' fallback energy or interpretation of happenings or events would fall into that fear or anger realm. He says you know it's not that we don't get it, because we get it and understand it because this is such a challenging time. But he's saying that only hurts the



self; that only hurts you. That fallback into anger or fear, all that does is slow down your own process, slow down your own awareness of your connection. He says it's, you know sort of like... he's likening this to a car. By choosing happiness and healing, that's like keeping the engine really running well, you know keeping all the oil up and the fluids where they're supposed to be and the tank topped off, and so the engine is always running at its prime, peak performance. That's what choosing happiness or choosing—falling back to choosing healing energy, that's what that does for your engine, for you personally. He's saying when you at any point go into fear and anger, it's like letting those fluids in your car run low. You know what happens if you run out of oil, your engine freezes up, if you run out of other fluids, you're asking the wrong person as far as what happens—I don't know but you know if you run out of gas then you just don't go anywhere period. But you know, whenever you let anything run down, you know if you forget to fill your windshield wiper fluid well then when you have a dirty windshield, then you can't clean it. You know it's all that stuff; that's what falling back to anger or fear does; it slows everything down or makes it in the moment not working well. So he's saying as an incentive we really want to let you know that choosing that happiness and the fallback position of sending healing energy when you don't know what else to do, that in and of itself, keeps you, your engine, your self, your connection at top, peak performance, and that is what keeps you moving forward into who you came to be, and who you want to be and what you as a soul came here to do. And that is what the masters and the Archangels and the helpers do. That is their job. Well, they have many jobs, but part of their job is to help us do our jobs. **Each human being came for a unique purpose and by then helping us that purpose can be served, but we have to do what we can to help ourselves, and that is to stay positive and to always do our best to choose health and happiness and healing energy.** So that's okay... I kind of feel like now they've taken this topic and come full circle with it, now I want to see if anybody else... Rumi, did you have more to say? That was most... that was his focus. He's just really wanting to encourage people to stay at that peak performance, to keep their connection to Divine at top speed and to remember that he says, remember that you're never alone, remember that when you're doing this, you know again, let's take that earlier example when you hear about something that... that's certainly upsetting or chaotic or unfortunate on the other side of the world, he says remember that you have a whole host of non-physical beings who are aware of all of this things as well and they are already... the second that these things occur—even before they occur—you know the **non-physical beings are aware when the potential is high for difficulty some place. And they're aware of it, they move there, they're there to send healing energy, they're there to guide and to support** so... when you are, when you become aware and you send healing energy, know that you are working with a much larger contingency of beings; they're already there, they're already doing it. You are adding your... your Divine essence to that mix, and Rumi is saying that is an essence that only you possess. So you are... you are funneling Divine energy through you, flow through you for that situation, and by doing that, he says you must realize that's all any of us do. Whenever we are facilitators of healing, we are all—whether we are physical or non-physical—we are all simply drawing in Divine and sending it out. **We are always working in conjunction and communion with Divine.** He's saying every being that does that puts their own individual stamp on it; their own individual essence goes in with it which makes it that much more... what is the word Rumi? Makes it that much more eloquent is what I feel like he's saying. There's maybe a better word that I'm not getting but... whenever we are pulling in Divine energy and adding our own essence to it, it is adding an essence that is uniquely ours because **everyone's energetic vibration or energetic signature is unique**, and so that is healing that—when working with Divine, that is a unique healing frequency, a unique healing energetic, a unique healing vibration or signature that can come from you and only you, nobody else. So that is... you are a unique piece of the puzzle. So Rumi is saying while we all do the same thing, we all pull in Divine and we all send it



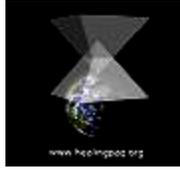
out, we are adding our unique signature and that is filling a gap or a void or a piece of the puzzle that only... can only be filled by us. And, that is facilitating healing in a manner that can only be facilitated by that unique individual or energetic signature, so he's saying that is the beauty of it, that is the loveliness of it, that is the reason to do it more and more, to add to that pool of energy, to add to that... energetic interconnectedness because when you put your energetic stamp on something, when you pull Divine energy in and you send it out with the highest intention, he's saying that is cause for celebration, that is cause for Divine and all the non-physical beings to rejoice because that is a little piece of the puzzle that you and only you can contribute and they're grateful and they're appreciative and they rejoice when you put that foot forward and when you put that intention forward because that is... that is part of being, part of the whole process. That's what we're all here for and when we all get that he says on a deep level, when we all realize that everything we do makes a difference, he says what a world we could turn this into, what a world we could create when we all realize that our energetic signature could go out there and fill so many wholes, so many piece of so many puzzles. You know when you think of a mosaic or a puzzle, only one specific piece can fit there, and we can be putting our energetic signature and puzzle piece in so many he says very important, very crucial, very honorable areas and dimensions and places that... you know, this is something that we could see as a creative masterpiece and it could... he says not could, it is part of that greater purpose for whoever we came to be. Now we all have our own individual thing, but as a collective—as a collective, that is what all humans are meant to be doing. They're all meant to be having that energetic interconnected exchange of positive healing vibration and essence, and if again he's saying if we could all get that on a very deep level that even if not every single person can possibly get that or chooses not to get that, if a majority could get it, then that is what could sort of tip the scales and really improve the world as we know it. So I feel like he's really encouraging people to contemplate that on a very deep level and to realize that you could be filling a mosaic, you could be filling your piece of a mosaic on many many many many fronts and that it's necessary and beautiful and appreciated whenever you do that he says with purpose and with intent. Okay, thank you Rumi.

Alright, I'm just sort of asking if anybody else has anything they want to add or if we should go to questions... Now certainly there are many beings here that could speak on many topics, but I also know that we need to be aware of our time frame, so before we go on to questions, are there other beings who wish to speak?

Limitless Energetic Interconnectedness (Shams)

Shams wants to add to the fact that you know, what Rumi said.... You know, sort of like, yes what Rumi said, yes that he agrees with that, and now consider that on an even grander scale. Remember that that energetic interconnectedness not just for the earth, it is for... and I don't... and pardon me for my weak science skills here but the universe, the galaxy, many universes, many galaxies, I don't know, I don't know which ones better. I guess the universe is the next step and then the galaxy maybe is step after that but he's saying it doesn't matter how far you go, it doesn't matter if you get to five galaxies three dimensions over, it doesn't matter because that **energetic interconnectedness is absolute and so remember that your vibration and your intention not only affects the earth which in and of itself, you know, to us is pretty big. But he's saying it's the universe, it's the galaxy, it's the connectedness between galaxies, and it's bigger than the human brain can conceive of.** He just wants you to be aware of the fact that it is, that it exists, that it's there and to really emphasize the importance of it. Thank you Shams.





Okay, I'm feeling like they're ready to pause for questions if anybody has any questions.

Questions and Answers

Amean: Dinah, I'd like to get a progress because we've been working on the humanity ego and survival and earth advancement and intelligence and it seems like that line needs quite a bit of work, and we've been doing it so far. I'd like to get a progress from them—how they see the progress in that area.

Dinah: Okay, repeat which line again. See that one more time.

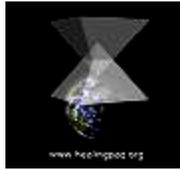
Amean: Humanity ego and survival with earth advancement and intelligence.

Dinah: Okay now I got it.

Amean: The relationship we've been working on it extensively. I see the progress but still it seems like a lot of work still needs to be done in that particular interconnectedness and I wanted to know how they see the progress and how they anticipate the, you know, going forward steps.

Continuous Maintenance (Master Quan)

Dinah: Okay, who's going to talk? Okay, I feel like Master Quan is going to talk and he's saying... he's saying what you're going to find with... he's saying you know, there was... if you recall, he says there was initial work done like six months ago or whatever, I don't know how long ago, and that connection was worked on and was strengthened and had reached a really—sort of a higher frequency and he's saying yes you're right, now it's back to the point of needing more work. He's saying we have to realize that with these connections they are subject to wear and tear like anything else. So as an example he says again using a person to a car, he says think about you know, when we came on this project, we were kind of working with a car that had a lot of stuff on it that needed to be fixed, and you know this line could be likened to a car that had some pretty bad tires, and so we worked and work was put into this line or many of these particular lines, and that would be like putting new tires on a vehicle. So he's saying... and so 'wow', for awhile it was really strong, really great, but he's saying you have to realize this is a car that goes non-stop, this is a vehicle that never stops driving, it never—you know, it's not like putting new tires on and then having it go sit in a parking lot, so he's saying putting new tires on allowed attention to shift from that line to something else. So okay, put new tires on, that line is fine so now we got to go change the oil so we're working on a different line while those tires keep working, now we're changing the oil, the oil is okay, that line is okay. Now we've gotta change some belts and... you know, so he's saying every line is like a different part of the car that we're working on to keep the maintenance up, but none of that—no piece of that car ever shuts down. So it's like these race car drivers that you know pull over for like thirty seconds and in thirty seconds they fix all kinds of things, and then the race car is back out on the thing again. It's like this, but our car never stops, never pulls over, never shuts down; we're doing it while the car is in motion. So the fact that these lines seems good for awhile and then they sort of—their vibration sort of goes down again and then needs to be built back up, he's saying that needs to be interpreted as nothing more than wear and tear and needing



support, and so... he says it's understandable and it's predictable and it's part of what makes this whole project so important because he's saying it's going to be like an on-going tune-up. That you know okay, so we worked on this line, this is good, now we go to the next line, ooh! Gotta go back because now this line needs a little more, it's just that sort of continuous upkeep of a very complex system and that's sort of why they are wanting to recruit more individuals to put their attention—attention and intention—into the project because that's what is going to be necessary in order to... in order to keep things working at optimal level. Does that make sense?

Amean: Yea, absolutely.

Dinah: So he's saying it should never be... it should never be looked at as "Gosh, well we just fixed that. Why? Did we not fix it well enough? Why is it not showing strong? We just worked on these six weeks ago?" He's saying it's never that something wasn't done well enough, it's just that simply, and it's simply a matter of ongoing tune-ups that will continue to be needed to keep things strong and optimized.

Dinah: Saeid has a question.

Q: Dinah, I'm just wondering if what Metatron had wanted to say from the get-go, is that what Shams has basically described or is it something else beyond that.

Three Point System (Archangel Metatron and Shams)

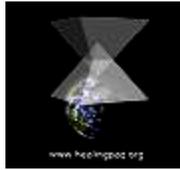
Dinah: Okay, Metatron. I feel like Shams and Metatron were sort of on the same wave length, and it was sort of... I kind of feel like Metatron was sort of pushing Shams to say it. Why is that Metatron? Why didn't you just say it? I think he was feeling like... I don't know. It was sort of an energetic thing that because Shams and Rumi work so well together, he thought that Shams could make the point with more of an energetic connectedness or something, that Shams was the better one to voice that. But it was sort of... I feel like and I don't know, but I feel like there's a very... there's a very strong connection between Metatron and Shams and Rumi. You know, that they are... they're on a very strong vibrational frequency together, and so sometimes when one of them is talking, it's sort of like that one is talking for the three of them because the three of them, I feel like the three of them work together on a lot of things. They're sort of like that three-point system that keeps repeating itself over and over and over again; that Metatron and Shams and Rumi is their own sort of three-point system I guess.

Q: Alright, I think one of the reasons is also because the energy healing, outside of the Milky Way is where Shams is working and I think that's one of the reasons so.

Dinah: Anybody else have any questions?

Amean: I have one, but I reserve the right for others. If you guys have any question in your minds that... it can be personal too.





Q: I had a question. I notice lately where I've been focusing healing energy, Divine request for healing energy is ego and survival for humanity, love and compassion, and as I request the healing energy, I notice that the needs or the healing that I have becomes apparent and gets connected and that's where it seems like the energy is flowing to humanity as ego and survival and love and compassion. Is that a normal process? Was that clear? I don't know if I said that clearly.

Dinah: Let me see if I understand. You're saying that you've been focusing your—when you send healing energy out, you've been focusing on earth ego, and survival and humanity.

Q: Humanity ego and survival and humanity love, and compassion. And that as I request for the healing energy for those two areas, what the healing that I need... it occurs at the same time as I'm asking for humanity to get the healing.

Gaining through Giving (Ostad and Master Quan)

Dinah: Oh, yea. Yea, okay. Well, who's gonna talk about this? I feel like Ostad and Master Quan are kind of speaking in unison here by saying that whenever... **whenever any person calls forth healing energy for another, they themselves also receive healing energy.** That's sort of the gift in all of this. And so whenever you focus attention away from yourself and try and provide health, healing support for another whether the another is an individual or humanity as a collective, whenever that is done, there's also, you know, you are a conduit for healing energy so of course you will benefit from calling Divine into yourself and channeling that back out, so yea, that's absolutely... that's sort of an absolute in the healing realm—that you will benefit whenever you focus or try to assist another, you benefit as well.

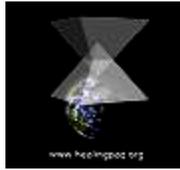
Q: That's a good answer. Thanks.

Dinah: Yea.

Amean: In a sense what they're saying is that the process of gaining is through giving. The more you are willing to give to humanity ego and survival and love and compassion, the more in return Divine helps you gain that proper energetic vibration. So your container fills up with that and then it starts reflecting outward once it reaches that saturation point.

Q: I had a vision of a huge giant eye and then Saeid told me don't get scared, the next time you see that eye, just wink at it or just... just stay with it. I have done more meditation and each time I close my eyes I see the eye. What that means and I don't... eye is just open and very alive and it doesn't even blink—it just moves from side to side, up and down the inside, but it doesn't close. I just... why? I want to see what that means.

Divine Eye (Ostad)



Dinah: Okay, let's see what that means for you. Let's go to Ostad. What does that mean for Parvin? He's saying for you individually that eye is symbolic and that is really a... that is really a beautiful symbolism because what it signifies is the eye of the Divine and the eye of your guardian angel never taking like their eye off you... you know, always having you in focus, always watching you, always being there, always supporting you; it symbolizes the fact that you... you know what Ostad said is that it would be... for you personally, you would benefit from some very graphic, very obvious symbolism to help you remember this statement or to help you remember the fact that you are always in Divine's eye. You know, that you are always watched, always monitored, always supported by Divine and your personal guides, guardians, whatever, guardian angels, whatever the word is you want to use. So he's saying that symbolism is there for you to always remember. He said the symbol made the impact that they wanted, the symbol caught your attention which is what it was meant to do, and that symbol is just your reminder that you are always there being watched and supported and always in connection with Divine.

Q: Okay. The thing is, each time I meditate, Archangel Metatron is there and I receive like I receive crown from him, I receive robe from him, I even once I received gloves from him and I want to know what that means.

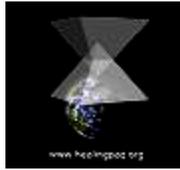
Symbolic Presents (Archangel Metatron)

Dinah: Okay, Archangel Metatron, what are the gloves about? He says they're symbolic of... being a healer, you know when you think about what do healers do, you know, a lot of healers use their hands you know, when you think about massage therapists, people who do raiki, you know, whatever, a lot of people send energy through the physic centers of their palms, their hands. So he's saying those gloves symbolize... the workings or talents or the tools of a healer and he's saying not necessarily that—you know, he's say even look at doctors. What do doctors do? They put the rubber gloves on so he's saying it's not that the gloves are... like you've gotta put the gloves on before you do anything or work on anything, it's simply again, I feel like they work with you a lot symbolically and I can only guess that that is because symbolism sits with you better. You know some people are visual learners, they have to read it and then they get it better if they read it; some people have to hear it for it to sink in. In your case, the way that they speak to you or the way that they try and get points across to you is through symbolism because you associate in your mind... you associate things and that's how you remember. So for example, you see the eye and "oh, that's right. I'm always in the presence of Divine mind" or see gloves "oh, that's right, I have the ability to send healing energy" so those kind of visual reminders are effective tools to help jog your memory and erase any confusion that you have. So that's why they work with you symbolically and that's what those symbolize.

Q: Thank you. That's very clear.

Dinah: So you might want to get like a little necklace or a charm or something... on your charm bracelet or necklace—a little eye or a little set of gloves—and you'd be off.

Q: To get a necklace with an eye and a glove?



- D: Well, that that... not that you have to do that, I'm just saying for somebody who processes symbolically, sometimes having those little visual cues can help them remember. You know, it can help them—oh, so every time you see a set of gloves you are reminded “oh, that’s right I can send healing energy” or any time you see an eye “that’s right, I’m always in the presence of Divine mind.” I have a friend for example who puts... she’s very visual so she writes things, reminders to herself or affirmations and she tapes them all over her house so when she looks in the mirror there is an affirmation hanging on the mirror, when she opens her refrigerator, there’s an affirmation about being connected to God on the refrigerator so she sees it over and over again all day long. For her it’s words, for you it’s symbols. So you might want to put symbols like that wherever you feel it would be good to have those reminders.
- Q: Yes, thank you. That’s a good idea, thank you. I may do those...
- Q: I have one more question, maybe request.
- Q: We’re leaving in early July to go over to Italy and we’re going to be spending the bulk of the time—almost all of the time—at different ancient Christian monasteries and the whole family is going, and the real purpose of the trip is for my kids that are 19, 16, and 13... and, I guess the request is that they watch over all of us but make this a spiritually abundant experience for the kids—if that’s a proper request to make. But the question is, is there anything that I need to do or is there any place that they would suggest or any activity to make the trip spiritually beneficial for the kids?

Spiritual Intention (Ostad)

Dinah: Yea, what Ostad is saying is use this trip to teach them about spiritual intention meaning he says... when you ask, okay now I got to make sure I get the right words here... when you ask from a place of vulnerability, you perpetuate vulnerability; when you request from a place of knowing, you perpetuate knowing. So when you ask to be kept safe on your trip, you sort of underneath that are affirming that there is underlying vulnerability which is something you don’t want to focus upon. So what Ostad is saying is before you go starting now as a daily practice or a weekly practice, as you discuss your trip with your family, uses those family discussions and then everyday while you are on your trip start the day with a family intention. Start your day by not saying—for example, he’s saying it’s all in the words and it’s all in the way that you pose it that will teach your children about what you want to perpetuate. So he’s saying for example, rather than asking for safety, you affirm that you always are. So instead of saying as a family before you embark on your trip, as you come together in like a family prayer, he’s saying come together and start this family intention and ask... he’s saying number one, one exercise would be to come together as a family as a group project and say “Okay, everybody take a piece of paper. I want you to write down five things that you want to get out of this trip—positive things that you want to get out of this trip.... You know, I want more knowledge or I want to have a greater understanding of what it was like for early Christians or I want”... you know, whatever it is that they want. Have them write it down and say “okay, now we’re going to affirm that we’re all going to be able to get these—to get our intentions met, individually and as a group.” And to be able to put those things out there in a very positive, very connected manner because what Ostad is saying is that when you affirm your connection, you automatically affirm your safety. So if you as a group and as a family



everyday say “Well **we are coming together under Divine connectedness, we are affirming that, we are going out on another joyous day of learning and communion with each other and with Divine** and with history, and so we affirm that as a family, our connections will all be met, we will be at exactly the right place at the right time, synchronicity will be with us at every moment, we will have Divine... opportunities before us at every turn—opportunities for growth and learning and fun and enlightenment.” And he’s saying when you affirm it as something that already is; you will teach your children about doing that from a place of strength rather than vulnerability. Can you see the difference?

Q: Yea, very clearly.

Dinah: Okay, so he’s saying really focus on that starting now so that you can really... you can really... You know he’s saying children are malleable, children are teachable; children believe what you tell them, children don’t need to be coerced or anything with these kinds of things. If dad says we need to look at this from a place of knowing that it already is, poof! They’ll say okay and off to the races they go. So you really want to instill upon in their minds that they are constantly connected to Divine and all they have to do is affirm that, be aware of their connection, solidify their connection in a positive strength-provoking way, and you will take the vulnerability out of their situation and out of their... consciousness. And he says that will produce a lovely trip.

Q: Thank you.

Amean: The subject and the material that the ascended masters speak about, it’s been spoken in many languages for many thousands of years, what element is... needed to further improve in order to make these messages become more practical? Where people can use it in their daily activities no matter what they do? There is some kind of element because through the repetition, people understand things but there’s also this aspect of not to be mystical, not to be abstract; it has to become very tangible so people—the minute they get in trouble they become aware of the fact that they can call on Divine for assistance or visit different temples to get assistance in their daily activity and these have been spoken for many thousands of years by many wonderful ascended masters, but what is that basic element, that needs to bring that message home that is becomes so practical where people can just practice it just the same way that they breathe air, just the same way that their blood pulses in their body so that it becomes very natural, that they don’t even have a second thought about it or they don’t even doubt about it, they just fall back to it as being their first thought that crosses their mind.

Intention and Attention (Master Quan)

Dinah: Okay. Who’s going to talk? I feel like Master Quan is going to answer that one, and what he’s saying is... this is my wording, not his wording, for lack of a better phase... his message is in not so many words, there is no magic bullet, there’s no magic bullet that you can shoot that “oh, okay now they’ll get it” if I do it this way. He’s saying the reality is that it’s up to each individual in the amount of attention and intention that they put on it because you’re right. He says it has been talked about forever and some people have... he’s also saying it has been twisted and turned quite a bit and so some of these teachings have been taught in a backwards and upside down manner, so some people have learned them... they’ve



learned the words but not the real concepts. You know, he says look at the people throughout history, you know, the people throughout history that have used spirituality as a reason to start wars and kill each other. So he's saying, yes it's been around, but it's also been something that has been twisted and abused, so he said... he's saying, part of it is that people need—some people, not everybody—but some people will need to unlearn what they have learned and that can only happen with time and intention and attention, and then it's a matter of rebuilding connection once they've unlearned the you know... maybe the way that they had been doing it. So he's saying what's important is that the message is there, that the thought is there, that the message is delivered over and over in many different ways, in many different opportunities, to many different people, in many different times, and he's saying at some point for those who are truly interested, it will click. But he's saying that you know, for example, you can take a child to swimming lessons and they can practice the breathing and practice the stroke; that doesn't mean that they're going to learn how to swim. It depends on number one; do they want to be in the water? Do they want to practice the strokes? Do they really want to step out from the shallow water and really try it or not? Because some people want to stay in the shallow end of just hold their breath or put their head under water but they don't really want to swim. So okay, well then they will become really good at holding their breath and sticking their face underwater. It's better than never getting in the water at all. So he's saying for each person, each little baby step is better than nothing for one thing. So you know there will be some people who never ever leave the three-foot area of the pool, and that's okay he's saying it took guts for them even to get in the pool to begin with. For some people all they're going to do is stick their big toe in the water but at least they're a little closer to the water than they were before... so for each person—even though for those people who know how to swim and dive and do all kinds of really lovely things in the water, you want to say “come on, come on, it's beautiful over here. It's wonderful; you can be so free if you just come to the deep end and do this wonderful stuff. You'll do it come on” that may or may not happen and so we can't—he's saying we can't look at that as a sign of failure, we can't look at that as “gosh, maybe if I had said it differently, maybe if I had stood on my head and spit nickels, maybe if I had...” you know, it doesn't matter. For some people just sticking their foot in the water is a really big step so we have to accept people in all of the areas that they're in and just know that maybe over time something will happen and five years from now they'll hear something and they'll make the connection to something they heard in a lecture now and it'll be five years from now, and then they'll all of a sudden dive into the pool unexpectedly. We can't... he's saying **there's nothing magic. It's all about each individual person's attention and intention** because some of them, they might verbalize the intention to get more connected to spirit, but they might not really want to put the time and energy into it. For some people maybe they do really have the intention of doing it like “oh, yea, I really want to do that” but then they don't put the time and attention on it. It's like “ugh, yea, I'd really like to do that but if I really have to do these practices everyday that ugh, no thank you. I thought it was going to be magic. I thought that somebody was you know, going to tap me on the head with something and poof! I was going to be a maser right away. If I have to work at it, ugh, forget it.” So he's saying it all depends on the level of intention and attention they want to give it, and we can't control that. So we have to trust each person's process and allow whatever level of progress they choose to make, and hopefully they'll remember that if at any point their intention and attention get to the same level, they can always come back and redo or re-learn or re-try and he says, you know at some point they could be off to the races really quickly because everybody blossoms in their own ways, their own times, and in their own fashion. So he's saying our job is to keep being here, to keep making their



message available, to keep communicating it in as many different ways and as many different examples as we can and trust that people will come to it in their own time. Does that answer your question?

Amean: Yes, thank you. It's all hard work.

Dinah: Yea, well he's saying again you've gotta remember that

Amean: No magic bullet.

Dinah: Right, no magic bullet but he's saying sometimes the fact that someone just stuck their big toe in, we've got to see that as progress because they're not sitting fifty feet away from the pool now; they've got their toe in the water—that's progress for them. You know each person's progress needs to be seen as... seen and celebrated as progress rather than "oh, crap they're still sitting on the shallow side—why aren't they over here?" It's all in how we interpret it and so he's saying really each person that even sits in one class needs to be celebrated even if they never come back because they've dipped their toe in and you never know when they might remember how nice the water felt and they might dive in down the line in the future. So he's saying, use each person's step—even if it's a baby step—**use each piece as cause for celebration**. Celebrate every step not only for the person but to protect your own level of burnout. Look for every opportunity to celebrate to protect you.

Q: I'm really respectful of the time but this has been going in my head for the last twenty minutes so... I understood the answer to the glove question but what I got on that, and I just want to verify this, that it has something to do with cleansing the intention before the healing is being performed. In other words as an individual as we ask for healing for whatever the subject is, as us requesting the healing making our intentions fewer and basically purifying the intention before we start the actual healing request.

Quality Control (Archangel Metatron)

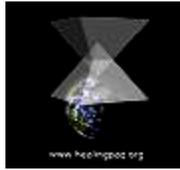
Dinah: Okay, let me go back to Metatron. Yea, yea. Metatron is saying certainly remembering to follow the pattern—yes that's part of it. He's saying just as... he's saying bottom line for that is quality control just as before for example, like when I call in the directions and create a sacred circle before I channel, that's my quality control. And the gloves can also symbolize that similar quality control of... taking the steps to create that sacred space.

Dinah: Thank you for that clarification.

Guided Meditation (Dinah)

Okay so I'll be the time keeper. We're already pretty much there as far as creating our sacred space so if you want to get real quiet, take a couple deep breathes. Okay, we will see ourselves.





Okay, so we're going to get comfortable and take a couple of deep breathes. We're seeing ourselves at the top of a very, very lovely mountain. We can see that as far as we can see, it's just lovely. We can see Divine and beauty everywhere we look. This is the mountain we've been to several times before; this is our sacred space. We have already created our Bridge of Light and the path. This is a bridge that we can go to meet the masters and to go to any of the temples from that bridge. So we are going to move to the center of our bridge easily, effortlessly, lightly, moving to the center of our bridge, knowing that when we get there, there will be a master to meet us at the center and from the center of our bridge that master will take us to the temple that we will access this evening which is the Temple of the Angels. So we are moving to the center of our bridge, we are accessing a master—knowing that that master's there even if we don't actually see them. We feel that energy is with us, we know that that energy of the master is with us or our guide and guardian angel is there, and we now feel ourselves moving immediately, easily and effortlessly into the Temple of the Angels. We find ourselves now in this beautiful, peaceful, serene place where we can access the Archangels and all of their wisdom and we will now sit comfortably in the Temple of the Angels and see what they have to teach us this evening.

Meditation

Very slowly thank the master or archangel that you have been working with. Thank them for the opportunity to be with them this evening. Let them know when you'll be able to meet with them again in meditation. As you are ready you can retrace your steps back to the Bridge of Light, back to the mountain and then back to your room where you are now.

You get to the point of being comfortable opening your eyes.

Meditation Experiences

Amean: That was so wonderful. Thank you so much.

Dinah: Great, great. You had a good experience.

Q: I had a great experience.

Dinah: Well do you guys want to talk about it? Do you want to share?

Q: I can share. When I was walking on that bridge towards the Temple, in the middle... I was hopping, I don't know, somehow I was hopping. I was not walking, I was hopping like a happy kid and then... Master Quan and Ostad were there and I just said "hi" to them and they held my hand one on each side, and I walked toward the beautiful temple which was further away. And when we entered, as usual, Archangel Metatron was sitting right there and I just bowed to him and said hi to him. He touched my head and then... and we walked for awhile inside the temple and we sat on the floor and angels were all around there. But when I... when I sat there I became a little girl. It was not me in this body; it was a little maybe 6 or 7 year-old girl. And then Ostad was—I was sitting on his lap and he was holding me with one hand and playing with my hair and the angels were around and Master Quan was sitting there too, and one of the angels came and gave me a pot of white daisies. And I just held them in my hand



and... I was so happy in meditation, but I was physically crying in my body. And when I came out of the meditation, my face and hands were wet, and I couldn't believe that. I was so happy there and I wanted to stay there forever—like when I was on Ostad's lap he was playing with my hair and I fell asleep and I was wishing I could stay there forever; I didn't want to go anywhere. And then when you asked us to come back, I just started crying and hugged them and said bye to them and came back, and exactly where I met them when I was going towards the temple, at that point I became me again—the adult one. And I came back. It was a great experience.

Dinah: That's wonderful. I'm happy for you. You know it's really important to remember that you can go there and access that energy anytime you want to.

Q: Yea, and the feeling that I had there was just love. The angels around, they were radiating some clear heart towards me. It was something like energy but it looked like bubbles of hearts, and it was wonderful. It was great. It was so peaceful and loving—full of love.

Dinah: That's great. You know, Amean suggested this to me awhile ago; I did not think of it. Amean brought it up to me and I've done it since then and it's wonderful. One thing you might want to try doing is going there before you go to bed at night, and before you go to sleep, and sleep in the Temple of the Angels... you know and really soak in all that energy all night long.

Q: Okay, sure I'll do that.

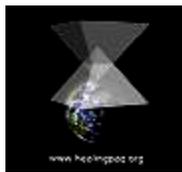
Dinah: Thank you for sharing that.

Dinah: That's right. How about you Amean? How was yours?

Amean: Mine was very soothing and very calming—just mingling and jumping around and you know enjoying the presence of such a strong vibration... you know of the surroundings as well as within me. So I was kind of more dissolved into the whole you know energy. It's like standing out and letting the wind blow, and you just become part of that wind and just enjoy the... you know the process—the whole process of the wind blowing. So it's like an aspect of the union. You just become part of that union and just go with the flow and the process. So in that regard it was great. And of course, you know, that's... since I woke up this morning and as I was doing my different work, I was just you know working on the project as well so I've just kind of been floating along the whole day as I went to do shopping and the farmer's market and everything. So this was like just adding onto that process of flowing with the whole energy vibration, but during the fifteen minutes I didn't really focus on anything. I just let go and without working on any part of the project but just being present and flowing with the process.

Dinah: Good for you.

Amean: It was great.



Dinah: You need some of that down time.

Amean: Yea, it's always fun to take a break and then go jump back into the game. You know I love playing so... How about yourself?

Dinah: Mine was just very peaceful... I actually, I had a little bit of advice from Archangel Michael who reminded me that all of these processes are much easier than we humans believe them to be. He specifically said you know, healing can be instantaneous as soon as the person's ready for it. It's the person you know, it's the human psyche that thinks everything has to be a long process... that it's... if our minds would open up to the possibility of things being instantaneous, then they really could be instantaneous and we wouldn't have to spend years in therapy or forever on... you know different things. We could have the intention and make the change immediately; it could be that fast. So he was just sort of reminding me about that and encouraging that sort of expansion of thought.

Amean: Yea, that's true and so wonderful, and kind of complements the discussion we were having earlier.

Dinah: Yea, lots of reminders in my life.

Amean: It's always good to have those tips—affirmations as you say.

Dinah: Right.

Amean: Well this was a wonderful session as always. I was really looking forward to it the whole week. So I'm glad that you could join us and participate in the process.

Dinah: Well thank you for asking me. I love doing it.

Amean: Yea and I love being there while you do it. So it's wonderful we had the opportunity to finish our class so well, and I wish you all the best and we'll talk again.

Dinah: Take care and have a wonderful week.

Q: Take care.