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Welcome

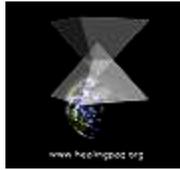
Dinah: Okay, thank you. Hi everybody. Before I start has everybody pretty much heard the basics about channeling because I won't go through that if everybody has that down? Is everybody at least familiar with the concepts of channeling?

X: Dinah, if you could do a very quick review, I'd sure appreciate it.

Channeling

Introduction (Dinah)

Okay. Just for the basics—for your own purposes then—channeling can take on a lot of different forms. Some body full body channel where the spirit inhabits them, some people do it differently; the way that I do it is I get into a kind of meditative state and I hear... it's sort of like I hear in my head not audio-torially; I hear it in my head as a thought and then I often I have to break that thought down into English. So that's why sometimes there's a lag time between what I hear and what I say. The other thing is that I... you know, when you channel basically what you're doing is opening yourself up to higher wisdom. It's always good when we do this kind of thing, if you're going to do it yourself it's always very good to **do it with specific intent, to surround yourself with the intention to only allow the most positive energy in**, you know to ask for that kind of protection as you do it so that you are guaranteed to really get wise counsel, and I think that's the thing that we're looking for when we go to spirit is wise counsel. You know I've said this before that **just because somebody's dead doesn't mean their smart**; so it's important to have the intention to seek out wise counsel and then trust your gut when you're doing this. You know if something doesn't feel right, set it aside; don't bother with it because



your intuition is your best guide when you're learning to meditate. So is that a good refresher—everybody feeling okay about that?

X: Yea.

Preparation (Dinah)

Okay, so what I'm thinking we can do today because I think just about everybody has had a little experience with this, I would encourage everyone to get very comfortable. You know, it's good to breathe deeply, be aware of your breath, and what I'll do is I will verbalize what I do for myself when I meditate and channel so that you can join me and you know, you can hopefully access the masters as well, and then when we're done talking with the masters then we'll go on a journey ourselves and see what information we can get for ourselves. Get very comfortable; take a couple deep breathes. As we do this we'll begin to cast our circle of intention and protection beginning with the East. We welcome the guides, guardians, grandmothers, grandfathers, beings of the East, wise ones of the East, we welcome the winged creatures—the creatures of the air, we ask that the East show us as we go through our evening tonight, show us the wisdom of rising above—seeing things from a higher, broader perspective. We welcome you so be it.

Moving to the South... We welcome the beings of the south—the grandmothers, guardians, guides, wise ones of the South. We welcome the desert energies, we welcome fox and coyote, we welcome all the beings of the desert. We welcome the element of fire, we ask that the wisdom of the South help us in lighting our path—helping us to see as we journey down the path that is our lives, so be it.

Moving to the West... We welcome the beings, the wise ones of the West, we welcome the creatures of the West, the element of water, we welcome whale and dolphin medicine, we welcome the teachings of the water which would be to help us to learn that we can go with the flow—we do not have to swim upstream. Welcome, so be it.

Moving to the North... We welcome the element of the North, the element of Earth, the wise ones, beings, the grandmothers, grandfathers, guardians of the North, we welcome White Buffalo Calf Woman, we ask that the wisdom of the North, the grounding of the Earth, the teachings of the Mother be with us this evening. Help us to learn to live gently upon the Earth with respect and love so be it. We welcome the element of above, the wisdom of Father Sky, again we welcome the element of below, Mother Earth, and we welcome the wisdom that is within.

We call on the archangels Gabriel, Raphael, Uriel, Michael, Jophiel, Chamuel and Zadkiel. We ask that each of you take one of the seven doors—the seven directions that we've called in. And we welcome Metatron to our circle. Okay, now to yourself or aloud, you can say your chosen prayer three times.

We now have the intention of stepping into the diamond, asking the energy of the diamond to be with us, using the energy of the diamond to magnify our purpose and accentuate our connection to divine. We acknowledge the Crown of Light that each of us has. We use that Crown of Light to align ourselves with the angelic presence, and we now affirm that we are ready to access our guides and guardians and the elevated masters. It is my intent to be a clear and perfect channel of truth, holy wisdom, love and light for all, so be it.

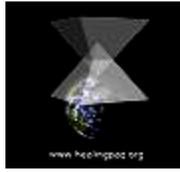




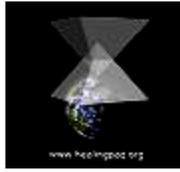
Okay... So let's see who is with us this evening. As usual we have sort of a full house. Ahh, I've been aware of Lao-Tzu for a long time on and off, but he doesn't come real often but I see him here tonight. Welcome Lao-Tzu. Rumi, Shams, Ostad Parvarandeh—of course. QuanYin, Mary, I just heard the name Rabiya, welcome. Fatimah—I heard her name—welcome. Rebecca welcomes... many beings. We have lots of company this evening. We're going to go first to Ostad and let him begin. I don't know if I said Rumi before but I know Rumi is here.

Trust and Connect to Divine (Ostad Pavarandeh)

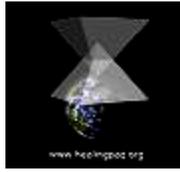
Okay Ostad, what would you like to talk about? Well, Ostad's got this big smile on his face; Ostad is a happy guy. He actually started talking with me about this this morning—about what he wanted to talk about today—and I feel like he is... first of all again—as always—very happy, very grateful, thrilled to see people wanting to move forward spiritually, wanting to pursue a higher consciousness. He's been wanting to... he's saying it's about stepping out of the self and **stepping into connection, stepping into a higher vibration, a higher knowing, a higher awareness**. He's saying you know, without a spiritual focus, without a spiritual... he's saying like being grounded spiritually. Without that spiritual base he's saying people just kind of float around like leaves—blowing here, blowing there, feeling really no sense of connection or direction. And he's saying what we as a group are doing and what each one is doing individually is moving toward that connection, moving toward that ability to move—again he's saying—out of the self and into the whole. And that's the thing. That's the thing that is so gratifying for the masters is to see people realizing that they are part of this bigger whole. So he's saying first of all he's saying congratulations on having that awareness, he's saying congratulations on whatever step you're on in the journey, whatever place is on your path, they're happy for you. They're wanting to offer their support to you... they sort of show themselves to me as like seeing us you know, walking in a marathon or something... a long path and they're at the finish line cheering us on. And so he wants to say we—basically we are here for you. He's saying the earth healing, the self-healing, the healing others, all of that—all of that ability—or the teachings that you're learning, the skills, the skill set... that's what it is, the skill set that you're leaning. It's all there as tools, tools to help you move forward with this process. He's saying but the lovely thing about this, is that there's another layer to it, and that's what is so thrilling to them. He's saying yes we want you to know about self-healing, yes we want you to know about offering that healing to others, yes we want you to be able to connect to earth healing because absolutely without a doubt the earth needs healing, the earth needs divine intention, the earth needs divine intervention. He's saying so that is one level and they're thrilled that you're doing it; he's encouraging people to continue he's saying but the loftier goal, the higher goal is about connecting to divine and he really wants to stress that. He's saying—you know—in past lectures, in past discussions, they have moved this discussion from individual kinds of thought to really wanting to stress the interconnectedness among living beings—people living upon the earth—but he's saying more than that even... you know there is that vibrational interconnectedness that they've talked about before and most of you have probably heard it, but he wants to move above that today and he wants to really stress that connectedness to divine. He's saying all of this—every goal, every step you take in your journey—it might seem that you're going from this point to this point and that that is the goal, but the point that is beyond that, the whole reason for the journey; he's saying the whole reason for life itself is to grow in your connection to divine. That's the key; that's the goal. And he's saying that's what all of this is about, so he's saying... you know he wants you to think about this individually. You know, what... the teachings that you have learned, you have learned about using divine energy to call in healing for yourself, to call in healing for others and to direct that



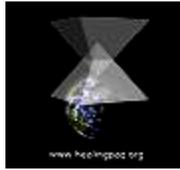
healing into the Earth Chakra system, and that's wonderful. You're learning how to call on that energy to—call on the divine energy and then direct that energy with intent. He's saying... he's using the word profound; that is a profound skill, that is a profound goal and connection to have, but he's saying beyond that they want you to realize that the purpose of all of it is to connect to divine because when you have that connection and not just a little bit of it, when you have that awareness of divine, that connection to divine, than everything else falls into place; it all makes much more sense. What he's saying at this point what we've learned—as far as using this skills—he's saying it's like having... it's compartmentalized I guess is what he's saying. So it's sort of like when you think of it, we you get up, we do what we need to do in the morning, we go to work and then we're in work mode, we get done with work, we go back home, then we're in our home mode—we do what we need to do around the house, and it's very typical for human beings to have sort of this compartmentalized life where we go about this activities and each activity is something unto itself. You know work is not... work is not something we do in our private life and our private life is separate from maybe our social life, and he's saying those things—we see separation. But he's saying when you move into divine, when you emphasize and accentuate and become aware of your constant connection to divine, there is no separateness anymore; everything becomes doing what you do, learning what you learn, being aware—it all becomes about growing closer to divine and that's the goal. He's saying so you know, do... he wants to encourage everyone, to do what you do, do what helps you to become aware of divine, and he's acknowledging that that's different for everyone. For example, for some its meditation, for some it might be a walk in the woods, for some it might be singing beautiful music, whatever it is do what you need to do, what helps you to connect to divine. He's saying as you do that, try and open your hear to that because what happens—and this is a very subtle difference but you know I think many people have heard Amean say this and he is wanting to really stress this as well—when people are first learning this process, when people are first learning to open to the masters, it's sort of like their awareness then, their goal—the goal becomes connecting to the masters, connecting to the angels. And he's saying we are just one more step; we are not the goal. The goal is divine and he's saying it might sound like splitting hairs or being picky but he's saying it's not because you know, many people, he's saying... become... he's using the word infatuated. They become infatuated with connecting to the masters or connecting to the archangels. He's saying yes we are here for you, we are living beings. He compares the archangels and the masters to like Big Brothers and Sisters. You know, they have gone before us, they know more than we do, they are more experienced than we are, they are there to help to teach us like big brothers and sisters teach the younger ones. They—you know—for anyone who is a big brother or sister or has a big brother or sister, you know that typically younger siblings learn from the older ones and that... you know, they feel sort of protected by the older ones and that's wonderful, he's saying that is our job, that's what we do, we are here to encourage you, to teach, to welcome you, to cheer you on, and he's saying we do that with loving open arms. And so, you know, we welcome your connection, we welcome your communication, but he's saying be aware that we are not the goal, be aware that we are simply helpers in your process to connect with divine. So he's saying make sure that you keep that in mind because what often happens—especially in this day and age—people lose the focus on divine because... he says because divine is harder to conceive of and divine/God/divine/whatever has been for some maybe misrepresented or maybe not represented at all, some may not have much of an awareness of divine—maybe it hasn't been part of their life until recently, but he's saying, you know, the masters and guides and archangels are more easily understood and recognized because they have more of a form, more of a personality, more of a... more of an ability for, you know, for people to be aware of, but he's saying... okay he's saying that today in this day and age, people sort of try to access divine in a way that is not helpful for them. As an example what he says is that, you know, people have a tendency before they become more aware, they have a tendency to use divine like a drive-through window like MacDonald's. They think of divine and maybe pray for a little bit and say “please give me this” or “please



grant me that” or “please...” you know, whatever, and “I’ll have a big Mac” or something you know. **And so prayer becomes putting in an order instead of a communication and connection that it was meant to be.** So he’s saying what happens or has happened to people because they haven’t been gifted with the fullness, he says... the fullness of divine really is or what divine is really capable of, they kind of see divine as this drive-through window that may or may not give them what they want. And so they go, you know, they’re craving a Big Mac and they go to the window and they say “God, please give me a Big Mac” and then, you know, but as divine sees us, divine thinks for your highest good maybe a Big Mac isn’t the thing that you need, and what you find yourself with is a salad. And so he’s saying, you know, so you get the salad in front of us and we thought we wanted a Big Mac, and then we use that as thinking well okay we don’t have a connection to divine or divine hears other people but not me because I asked for a Big Mac and I got a salad and so... you know, I’m all done... I just don’t have the ability to connect with divine because I asked for a Big Mac and I got a salad instead. And he’s saying that concept, that “I’ll put my order in and see what happens” is so limiting and short changes us in such a way that it... he’s saying that it really... what is the word... He’s saying it is not for our highest good. He’s saying what they want to encourage today is encourage... they want to encourage communication with divine—not the drive-up window, not the ordering—but the asking and the trusting and the saying... you know, asking divine to help you reach your highest good, to ask divine to help you to move toward what is in your best interest—not your immediate interest, not your immediate craving—but to talk to divine about, you know, “this is what I think” but I’m trusting you to help me know what’s right and to help me move into my highest good. And when you start building that trust he’s saying, that trust in divine is the part that makes communication possible. So he’s saying, you know... he says if you get a salad rather than a Big Mac, instead of saying that the salad then is proof that God doesn’t exist, if you had the trust—if you built the trust—you would say okay, I’m going to trust that the salad is in my highest good and that’s really what I need for right now so I’m going to enjoy the salad and I’m going to trust that the next step is going to be even more fulfilling. He’s saying that is how... okay he’s talking about how this is a reciprocal thing; this is an upward spiral. The more... you, we, become connected, then the more we can do what we are here to do which is to heal ourselves, others and Earth. So it’s sort of like this upward spiral where you connect to divine and in your connectedness you access higher energies and you can really help heal everything—yourself, others, the Earth—you can help bring that healing intention on a much higher, much broader scale and then, you know, everything around you becomes a little bit better, you know, it raises up just a little bit more and then as you see those things raise just a little bit more, you can grow in your connection to divine. And then, again, everything else moves up just a little bit, and then you move up a little bit, and it’s like this upward ladder that if you have this connection, you can move forward and you can help everything else move forward to. So he’s saying that above all else, remember to have this ultimate goal, this ultimate connectedness, this... this trust in divine, this awareness. Have that be something that you strive for, have that—you know, don’t limit yourself to just harnessing divine energy and focusing only on the immediate goal of healing what is in front of us, have that be a part of the goal, have that be a step in the process and have connection to divine be the ultimate because that is what will raise all of us. He’s saying, and I don’t remember if they’ve said this before in any of the other sessions, but what he’s saying is as you move up, as you improve your vibration, as you improve your connectedness, then everything else around you can move up a little bit too. So he’s saying it’s really, really important. He’s saying okay... the other thing that he’s saying is the trust is imperative as well because... what sometimes happen is... okay I need an example here... okay this is not the best example but it’s the one that they’re giving me. In the healing process, sometimes as we go through this, as we grow in our connection, sometimes what happens is things that are less pleasant, things that we might prefer to avoid come to the surface to be healed, so he’s saying... he’s encouraging everyone to trust... he’s saying again trust, trust, trust; that’s the message of the evening kind of—you know—trust and connect. The double message; there’s always a



focus or a theme. He's saying as the stuff comes to the surface to be healed, trust that that's what it is, trust that an illness is not about divine abandoning us, an illness is about okay this is a vibrational pattern that I have within me that has risen to the surface to be healed and bless that process, bless that healing. You know, what happens is that is being brought to the surface because divine knows that is not helping us, divine knows that it is really sort of this stumbling block within that is not in our greatest good so divine is helping to pull that out. And again, this is the example that is not all that pleasant but this is the one they're giving me... when you think of a boil or pimple or something like that, in order to be healed unfortunately the icky stuff has to come out, and so while it might hurt to pop it and to bring the icky stuff forward, it's not something we can avoid because that is how it gets healed—to bring the infection outward, to bring the vibrational pattern that is not helping us, bring that up, bring that forward and release it and bless it and let that go so that... again, we can—because what healing is... **healing is from the inside out and we have to remember** that so as we send healing energy into something or someone, sometimes it can appear as though “oh my goodness this seems worse,” this seems like... “gosh am I doing it wrong because this seems worse” and he's saying it's not that; it's the releasing of embedded negative vibration or less-constructive vibration, for anybody who does reiki if you've heard of reiki—it's a hands-on healing technique. When they teach reiki they teach that; they teach that as you are... as you work on somebody some of that stuff—some discomfort might come to the surface. I've also experienced a Native American healer who says the same thing that as someone is receiving this healing from the Native American healer he says the same thing, that for several days after a healing you're never quite sure what's going to come to the surface so be kind to yourself. And that's what Ostad is saying today that as you bring these higher vibrations into your life, into your heart, into your being trust that if discomfort comes up that it's okay, that all it is something that is being released. Release it, bless it, thank divine for allowing you to be aware of it, for allowing you to bring it up, and allowing you to release it... and know that it's part of the healing process. He says that unfortunately in the west we can see healing as... like a, you know, again, that sort of drive-through window or quick-fix kind of thing; he's saying, again, you know healing is not paint that we paint on someone or paint on ourselves and then expect everything to be lovely. You know that might be how you protect a piece of wood but it's not how you heal or protect a living being. So healing—he wants to really be clear about the fact that healing takes place from the core out. We move from the inside out to the surface. As we do that we must be prepared then for anything that is not in vibrational harmony with health and healing to come up to be released and that's all good. So he's saying, you know, we are... what we have learned, what we have done, where we have gone in this journey; he's saying this is just the beginning. This is just the beginning of where you could go, where you could... where you could catch from; he's saying this is the jumping off point. He's saying remember don't let this be the end, let this be the beginning, let this be the beginning of your deeper connection to yourself—learning about who you are, what your skills are because everyone has the ability to connect to divine in a very deep.. He's saying that in itself, again, is just... you know... connecting to divine could be a lecture that could go on forever. You know the guides, the masters could say... you know, and people have, you know millions of books, millions of pages have been written about connecting to divine. So he's saying see this as just the beginning of your journey so that you can open yourself up for the depth and breadth for this... he's saying this journey that has no end, this connection that has no bottom. You know, there's no bottom or top; there is no ending to what you can do with divine. You can become more and more and more connected in a way that none of us at this point could probably even fathom. The guides know because they are at another level; the masters—they're at another level. They're... he says, you know, we have the ability, we have the... he's saying we have the gift at this point, you know, we are... seeing ourselves not as... you know, we don't have the physical body, the physical illusion. He's saying the physical body gives the illusion of physical separation and so he's saying we don't have that to deal with. So just by virtue of that, of course, they have this deeper knowingness and deeper connection. But he's saying

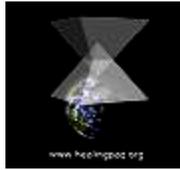


even the guides, even the masters, they... because they're... divine is infinite. Divine is... there is no ending. So he's saying we in our wisdom, we in our step of the journey, we in our capacity to know, know that... he's saying we have... oh I'm not even sure what words to you. He's saying that we too have the ability to grow in our connection to divine; he's saying we haven't reached the end. You know, it's not like now we're masters, now we're ascended masters, we're where we're going to be. He's saying no, no, no. Every being, every aware... every entity—physical or non-physical—has the ability to grow in connection to divine, and there is no end, there is no... So even for the non-physical beings he's saying there's no stopping, there's no end goal; it's all about deepening this loving... this loving embrace that we feel with divine, he's saying that we are aware of, that we feel every minute of every day. He's saying that awareness, that knowing, that connection can be had by physical beings as well, and he's saying the more that you can know that now, not only will your life be better but your journey after this life and, you know, whether or not there are future lives or whether or not it's spirit from there, you know, who knows... but he's saying whatever your being's intention is, remembering your connection now is what will—he's saying—catapult you. He's using the word catapult... will catapult you, he's saying, to beauty beyond expression—those are his words. So, you're cheering section for the night, that's their message. Their message is about this really wanting you to know what the ultimate goal truly is, wanting you to know that you're just taking steps toward that and wanting you to know there is this wonderful journey to be had as you grow in trust and connection to divine. Okay, Ostad. Okay I feel like, you know, certainly these kinds of things; these kinds of discussions... the masters could go on and on and on. But at this point he's saying that it's okay to take a breath and open up if anybody has questions, comments, we could do that at this point.

Question and Answer

Amean: Dinah, I have a question. I'd like to hear from them first-hand in respect to the progress that we have made so far in the process of healing because my observation is the current and previous students have... participants have really accelerate. What I'd like to know is from the master's perspective whether they also see that improvement on the earth side?

Dinah: Okay, Ostad, what do you see as far as progress? He's saying there has been progress absolutely there... He's saying the... okay this is hard to break into words. From an energetic perspective okay—we are working on this the chakra system, the realigning of the energies—he's saying from that perspective absolutely there has been progress. He's saying that... okay... and he's saying Amean you're aware of this... that the chakras themselves, the chakra system, each of the chakra lines, it's like the health of the chakras is improving—that's what he's saying. The health of the chakras is improving, the health of the... the connection points—they are improving. And he's saying that is absolutely related to the work that people are doing with their intention, with their awareness; he keeps using the word immense—immense progress has been made. He's saying... and he's saying thank you for that. That not only are... are the... you know, not only is the chakra system improving, not only is the energetic connection piece improving, but the system as a whole he's saying. You know, we look at the individual parts, the individual chakras and they are functioning better. He's saying when they look—when they view the system as a whole—there is improvement. And he's saying... he says blessed be for that. That is tremendous. On one hand he is encouraging everyone to continue with that because it does help, it has helped, it will continue to help support Mother Earth in her health as we go through these earth changes. He's saying and that is precisely why they're talking about this connection to divine tonight because that



connection is what can strengthen another level of the whole process—that we as humans elevate our vibration... you know that whole interconnection thing that they've talked about so many times. You know as we elevate individually, we help lift the whole just a little bit more. And he's saying that that... that is why they're encouraging us so that we can not only help the organism of the earth and the chakra system of humanity, you know, and humanity's consciousness, but we can then take it a step further, move ourselves closer to divine, move everything else closer to divine. So yes it's a good thing he says. Does anybody else have questions?

Q: This is Suzanne.

Q: Hi. And I was wondering if they had any specific feedback to me.

Dinah: Okay, Ostad. Are you—are you at all involved in music or is music something that uplifts you?

Q: Yes.

Dinah: Okay 'because he's saying—what I heard for you is music... that focusing your attention on uplifting music is something that is good for you, positive for you. He says you shouldn't see it as an indulgence; you should see music as something that helps in your connection. And use that—he's saying especially when you're meditating or when you're working on sending healing energy to the earth. Music will accentuate or elevate your intention that much more.

Q: Great. Thank you.

Q: Hey Dinah? Could you ask—I keep running into the same blessing over and over. And the blessing is “May your Iman or may your faith be strengthened” and I'm trying to understand our role as well as the divine's role in that occurrence.

Dinah: Is this Ed? Okay, say the blessing—can you repeat your question?

Faith (Ostad Parvarandeh)

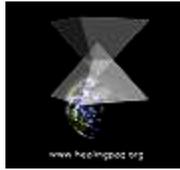
Q Yes. The blessing is “may your faith, may your Iman (faith) be strengthened.” The question is to better understand our role—my role—human beings role and the divine's role for that occurring.

Dinah: Okay, Ostad says that... he's saying sort of like good question and that is what tonight is about.

Q: I know. It's funny... yes.

Dinah: He's saying that's sort of the message of the day. What he's saying is this and he's reminding me of this—I just went to a retreat last weekend and we had discussions about this—that in our society today we are busy, busy busy busy. Moving about and feeling like we need to be doing all the time and producing all the time and multi-tasking, you know, how many times do we hear about multi-tasking as though it's some kind of badge of courage rather than this... the fact that, you know, the busier you are,





the more difficult it is really to maintain a quietness inside and a connectedness to divine, so he's saying what divine's role is... he's saying divine or God just is. He's saying to—there... you know, **divine is sort of beyond definition, beyond having a role because divine's role is everything**. You know, divine is there to provide comfort, divine is there to provide support, divine is there to provide love, divine is there, you know ... he's saying every positive anything that you can come up with, that you can conceive of, any positive vibration that runs past your brain—you know lovely music, good food, happy conversation, babies laughing, you know anything that you perceive as lovely and beautiful—the sunrise, the trees in full bloom, beautiful flowers, all that stuff. Divine—that's all of that—infinite.... there's an infinite number of things he's saying that are all divinely inspired, divinely given, divinely provided—all speak of comforting and uplifting, and helping humanity and so all of that is about strengthening faith if we would just slow down enough to see it. And so he's saying when you talk about may your faith be strengthened, a lot of people—he's saying, you know, divine's role is to just be because divine provided all the good stuff and divine makes that good stuff readily accessible, readily available; it's always there, it's always present. We have to be quiet enough to see it, to notice it, to rejoice in it he's saying, and so **divine's role is to be and our role is to be with divine**. Does that make sense?

Q: Oh yeah because that's a little bit of the answer in obscure ways that's been popping up in different places.

Dinah: Yea, yea. It's—he's saying—it's all about opening to it. You know, it all... it's all there, it exists, it already is so our role in intensifying our faith is to open to it and to see it as it is which is always there and always available, and you know, we have that choice, we have that ability to take part in it, to realize that we are always connected to it or not. It's humanity that sees separation 'cause there really isn't any—that was part of this retreat that I was at also. It's really a profound awareness once you take time to ponder it that it really is all there and the connections really are all there; it's up to us to jump in the pool or not.

Q: The answer I've been getting is awe and wonder leading to faith.

Dinah: Yea, yea, yea. Noticing it and being aware of it does produce that awe and wonder and that's what helps you to take the next step he's saying. But if you don't take time to see it—you know, if we're so busy talking on the phone, typing on the computer, you know sending out faxes, just... living these crazy busy lives... then there is no... there is nowhere to take time, we don't have the time then, we don't give ourselves... we don't give ourselves he's saying, the time to have the ability, to have that awe and have that wonder. So you know, it's up to us to put some of that multi-tasking aside and go and sit and watch the sunset or go and sit under a tree or you know, go and listen to beautiful music, just put all that aside and realize that okay that craziness is part of... you know it might be a piece of our lives—a piece of our day, but it doesn't have to be all of it. You know, it can just be like doing the dishes, putting the laundry away, engaging the craziness for a little bit, but seeing it as just a piece, not the whole. **The whole is about the awe and wonder that's always there.**

Q: Thank them for the answer.

Dinah: Ahh, he says you're very welcome. I see him putting his hands together and bowing.



Q: Dinah this is Saeid here. From the get-go, when Ostad started talking about the trust, I kept getting the message that this trust is developed as a matter of a faith, and the masters themselves—even though they're not bound with a body right now—they are also practicing what they're suggesting to us within the body in a non-physical. I just want to see if that is the message—the correct message. And I also felt that Rumi wanted to talk about this so see what you can pick up on this.

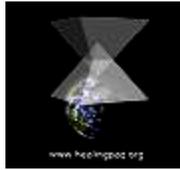
Trust Develops as a Matter of Faith (Ostad)

Dinah: Okay, Ostad says absolutely—absolutely. That's what he was saying before that yes, the masters... the masters have not reached the end of the line; they're growing as well. They have... you know, they're... it's a—when they talked about diving into the pool, you know, about jumping into the pool of wonder and awe, he's saying you have to realize that this is a pool with no bottom, a pool with no edge, a pool that goes on to infinity. There's so much to explore that it's impossible to know it all because divine is infinite. So he's saying we have the delight—he uses the word delight—you know, it's not... to them, they don't see this as yet another task and I think that's part of what he wants to really emphasize and he—I think that's why he was pushing you to say that because he's saying that they do not see this as a task. You know, to them it's not like do the laundry, wash the dishes, oh and got to meditate—darn it! One more thing is on the list. You know, it's not that for them; it's—sometimes that's how it can be for us. But for them it is a delight, you know, that—he says that we on this side realize that you know, there is... he's saying to us the fact that there is all this bounty to explore, all this faith to deepen, all this love to enjoy and grow in, he's saying this is a gift you know, this is a gift beyond what is conceivable to human beings. He's saying you know, to know that every bit of love that you can experience—for every bit that you experience, there's a zillion times more waiting for you... he's saying... it's like being at a smorgasbord with no end, you know? I mean you can just partake of this beauty and this good food and this wonder, you know, it's like a celebration that never ends. And he's saying that is how we approach faith, that is how we approach spirituality and that is how they encourage us to approach it as well—not as a task but as a delight, as something that... wow! I get to do this, I get to wake up and know another level of divine and I get to know another level of love, another level of joy another level of beauty that every day—even the hard days he says; every day is a gift to explore. And every sort of faith is just... it's one more bite of a cake that never goes away. So he's saying, you know, we encourage you to see it as this delight and a gift rather than a task because he's saying human beings have the tendency to do things as tasks and assignments rather than gifts.

Dinah: So okay, that is what Ostad has to say. Now we can move to Rumi and see, Rumi do you have something you want to say? Rumi's energy is different; Ostad is... Ostad is sort of like the chatty grandpa—you know loving to talk, loving to tell stories. Rumi is much more quiet. And, Rumi what do you want to say tonight?

Stillness (Rumi)

He's saying that's exactly...okay, his stillness—his stillness is his example. His stillness is what he's encouraging. He's saying not that there's anything wrong with the chatty grandpa style because that's a gift as well, but he's saying what he is encouraging tonight—what he wants to encourage tonight—is that quiet... that



quiet existing, that quiet connection. He's saying again he agrees with what has been said so far with the business and the multi-tasking and all that stuff. He's saying for everyone what he encourages is to take some time to just be quiet, and he's saying, you know, it doesn't necessarily have to be deliberate meditation in the lotus posture, you know, sitting for long periods. If that is not what appeals to you, don't force yourself to do what appeals for you because then you're back to creating a task. But he's saying that quietness... stillness—he's really emphasizing stillness—is where you can find a deepening and a broadening of your connection to divine. So he's saying, you know, even if it's in the bathtub, you know, if you can... many people have this need for business day in and day out. He's saying if you can at least—you know, some people think okay, you know, if they're taking a bath, they don't feel "oh shame on me for being still" because everybody sees bath time as a necessity. So even if it's just a couple of minutes in the bathtub, be quiet, be still and know that that is how you can build your connection. Trust that time. So if you take a five minute bath, take a twenty minute bath and give yourself 15 minutes of just quiet being or if—you know, if you can give yourself 15 minutes before you go to bed or when you wake up, the stillness he says is where you deepen your connection to divine. And that's where the gift is; he's saying that's where the bounty is, that's where the... richness—he's using the word richness—that's where the richness is. He says the richness is in the stillness. So, he's saying, it's almost—what he says is it's almost like unlearning what we've learned... for many of us. He says life does not have to be about producing, life does not have to be about multi-tasking, life is ultimately about learning, growing, and becoming close to divine and the quiet is how you do it. So do whatever you can, do whatever you need to do to give yourself that permission to be quiet, and he's saying you know it's not like you have to take it overboard. You don't have to be quiet every second of every day, you know, he's saying certainly there is a balance. But he's saying if you give yourself that gift, you will never regret it.

Guided Meditation (Dinah)

Anybody else? Okay, well, if we don't have any current questions, then I think what we'll do is we'll move into our guided meditation if everyone is okay with that. We're already hopefully in kind of a meditative state. I would encourage you to get comfortable and we're going to do something a little different... Ostad suggested this this morning, so what I'm going to do, I'm going to just guide you through this, I'm going to talk you through it, when I get you to where we're going we'll do—I'm just looking at the clock... it's almost about 20 after—Amean, what do you? I can't remember what we did last time... do we give everyone about ten minutes or you want longer than ten minutes to be where we're going?

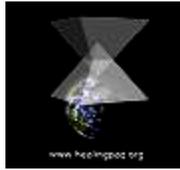
Amean: Let's give everyone fifteen minutes.

Dinah: Fifteen? Okay, I'll be the clock watcher.

Amean: And where do you have in mind to go?

Dinah: We are going to go the Tree of Life.

Amean: Oh, you read my mind! So we are in sync. I'll see you there.



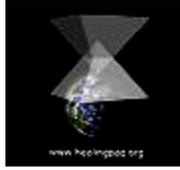
Dinah: Okay, so what we're going to do.... I invite you again to get comfortable, take a couple of deep breathes.

Tree of Life (Dinah)

Alright everybody... okay... alright everybody as I said get very comfortable... very relaxed, once we get to the Tree of Life I'll give you fifteen minutes and then I'll call you back. What I'll do is just, I'll come in very quietly, and give you a little bit of a prompt to come back and then if anybody has any questions we'll discuss them.

So, okay what we're going to do is breathe deeply. If you've done this before then you know our goal is to... at this point the first piece of our journey is to get to our mountain top so we can build our Bridge of Light. First of all, do exactly that. See yourself at the top of a mountain—it's a very safe place, it's a very beautiful plateau, lots of room to move around, lots of just safe space to be. As you're at the top of this mountain you can see that you can see forever, you can see infinitely—it's gorgeous. So see yourself at the top of this mountain; this is the place that you can come to at any time. It is your meditative spot, your spot to communicate with divine. So as you go to this place on your own in the future, feel free to decorate it with things of beauty, things of joy, things that remind you of who you are spiritually... this is your spot, enjoy it and come back to it as often as you can. Now, we're going to create our Bridge of Light by sending light out of our heart center and anchoring it to a distant star. So as we do that we're going to stand now, staring out into forever knowing that there is a distant star waiting for our Bridge of Light. We're going to call on the colors of the chakra system and we're going to send those colors out of our heart center. The Chakra colors are red, orange, yellow, green, blue, indigo, violet—these colors are moving out of your heart center. As you send these colors out of your heart center, you're seeing that they're moving forward towards that star and they are intertwining and braiding in a beautiful way—really beautiful—creating this strong, sturdy lovely Bridge of Light. It's got a wonderful place for us to be, it's got beautiful sides on it that feel very safe. This is a lovely place that we will use whenever we want to access our guides. So we send that light from our heart center out to that distant star knowing that it is anchored fully, safely, permanently on that distant star. We take our end, and we send that light from our end deep into the mountains so it's anchored in the mountain on our side. We send that light into the mountain knowing that the mountain will keep our bridge safe and anchored. And now we are going to walk half-way out onto our bridge of light, and the intention is once we get to the half-way point we will be able to see a guide that is coming toward us—one of the guides or archangels that is coming toward us to take us on a journey this evening. So I would ask you to walk easily and effortlessly out on to your Bridge of Light to the middle, and wait there quietly for a moment to see who comes to you. Trust that someone is with you even if you are not necessarily aware; trust that there is a guide, a master, an ascended being who is with you now. If you are aware of whom it is, if you are aware there is a being, ask the being for their name. If you are not aware that there's a being with you, simply trust there is and know that you will be guided to the next phase of our journey.

Okay, at this point, your guide is going to move you now easily, effortlessly, and instantaneously to the Tree of Life. In the blink of an eye, you find yourself standing before the Tree of Life; this is where love and compassion resides—where you can access this energetic anytime you need to. While you are there you may very well meet one of the guardians of the Tree of Life. Know that that person is there with loving intention and know that you can now access this love and compassion and any teachings that are just right for you this



evening. So sit quietly now with your guide, with the guardians of the Tree of Life and enjoy whatever it is they have to teach you.

Channeling.

Very slowly as you seem ready—as you feel ready, thank your guide for lessons, information that you got this evening. Journey with your guide back to the Bridge of Light, back to the mountain and then back to the room. And I'll give you a minute or two to do that.

Okay, again as you feel ready, slowly come back to the room.

Dinah: Okay, so if anybody has any questions.

Technical Talk.

But if anybody has any questions, please feel free... I would encourage everyone to sort of keep this kind of meditation in mind because it can be a very useful tool when you want to connect with your guides. So we've been talked through it this evening. The Bridge of Light exercise is, again, to give credit where credit is due, is from the book "Bridge of Light" by Launa Huffines, and there are several exercises in it. Frankly this is the only one that I remember. But it is a really good exercise to help you to move into that sort of higher vibrational state of mediation, so when you want to do it for yourself, you just have to follow those similar steps in your own mind and you can this for yourself anytime you want to. Does anybody have anything they want to share with the group?

Meditation Experiences

Q: Hey Dinah, I'll just share something really quickly is... while I was standing at the Tree of Light, the fear that life and abundance is limited—the question kind of popped up so they made me climb a tree and the tree didn't have an end, so that was kind of the way they showed me that that was a silly, absurd assumption on my part.

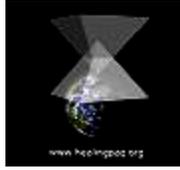
Dinah: Nice, nice... Yea, yea... abundance is there if we want to access it. Thank you.

Q: You're welcome.

Q: Hello, Dinah. This is Shahab. How are you?

Dinah: Good how are you?

Q: Good, good. You know I was compelled to go inside the tree and look up through the trunk and... I just felt... this energy that was kind of a light energy that was coming through the top of the tree through the trunk as I was looking at it.



Dinah: That's lovely. So, you know, in essence then you were in the hub of love and compassion; you were right in the center of it. That's a really lovely gift.

Q: Thank you.

Q: Hi Dinah, this is Louis.

Dinah Hi.

Q: I would like to share something. I was guided by Rumi and the archangels Gabriel and Michael. They took me directly into the trunk, and you could say the upper part of the tree and they showed me my family—my wife, my children, as well as people that I have been in contact for several years. They gave me this notion that we are here to know about love and the first instance that we have to recognize the divine love is through our loved ones, through the people who have reached us or have given us the opportunity to feel the first instance of love, and then to move on to recognize him and his divine love. That's it.

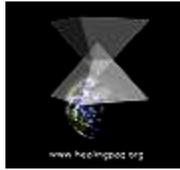
Dinah: Thank you. That's lovely. And you know, I think there is a really important message in that because it's easy to do that if... it's easy to think well of course that we want to recognize our families as people who initially taught us about love—that's easy to do if we come from a family that was a loving family. For those individuals who maybe had more of a challenge within their family of origin—if maybe there was more of a challenge regarding love and compassion or support and understanding, that might be a little harder concept but an important one anyway because I think it's important to have the faith and understanding that even if our beginning time was somewhat challenged, that too can provide some really good valuable lessons as well—that the lessons we're learning and the understanding of love can come from the good stuff as well as the harder stuff. Thank you for sharing that.

Q: You're welcome.

Q: Dinah, this is Saeid here. I don't know why we had to come back, but I'd like to stay there a little bit longer.

Dinah: Well, you can always go again.

Q: I think I'm going to do that as soon I hang up the phone, but I just want to share my experience because... As I was taken to the tree I had been there once before—a few years ago—but I didn't know what it was. And my guide told me you know this is where you've been before. And the tree wrapped around my body like cloth so I became the tree and just like somebody else had the same experience, I entered into the tree and I climbed up inside the tree and there were so many universes—little, you know, big universes but they were so small inside this tree that it was just unreal. And as we kept going up higher and higher, there were more and more and more universes that... was something other than what we understand as a universe—you know this universe that we live in. And then beyond that there were beings that I was shown—that these people were the beings. That these were the people that had lived within these universes; now they are in the tree and they're living... It was beautiful...it was just



going on and on and on, and then you said okay come back you know. So I think as soon as I hang up I'm going back there to see how far it goes.

Dinah: Ostad says that the reason that so many people had similar experiences tonight—as far as like experiencing the tree from the inside and moving inside the tree and having that similar experience is... well, and then you took it a step further and were shown he says infinity. He says that's what that was about—to teach about infinity and connection, and so you know to be able to go inside the tree shows what it is to be able to... he says to go inside someone else's experience. So what he says that's about, in order to have love and compassion this is big. **In order to have love and compassion, we have to be able to step inside someone else's experience.** So you know, as somebody irritates you or... does something that ticks you off, the best way to move into love and compassion he says is to try and put yourself within their experience as you did with this tree and to see from their perspective. And if you take the time to do that you can move immediately into love and compassion rather than irritation or judgment. So that's, he says everyone had—not everyone—many people had similar experiences tonight to get that message across when in doubt step inside someone else's experience so you can move into love and compassion.

Q: That's beautiful.

Dinah: Thank you Ostad and thank you Saeid.

Q: Thank you and thank you Ostad—he's laughing.

Q: Dinah?

Dinah: Yea?

Q: This is Shasta. How are you?

Dinah: Good, how are you?

Q: Good. I just wanted to share briefly, I think it was the first session we had in the intermediate class where... I think I went to the Tree of Life right away that I had... I had seen all the universes and the stars; everything was hung on the tree. And then I had gone to the Tree of Life again another time when I had climbed.—when I had first saw the Tree of Life the first time I couldn't see the top either. And then the second time I had climbed right to—I guess the top of the Tree of Life—and there was like a glowing... wheel or disk at the top of the tree and I remember touching it with my hands and spinning it into motion. And then this time... well, just before I had started the meditation, there was this glowing rose light dancing around my room here, and I had gone into meditation and I think it was Metatron that met me on the Bridge of Light, and I was just shown this big beautiful heart and that... well the message was with... that **I was the Tree of Light and that my heart—like my heart center—was like this big kind of glowing heart sun and that it's like we're not separate, that we're all the Tree of Life, and that we're not separate and that we... that our heart center is the love and compassion and that we move—that's who we are, that's the divine us.** Does that make sense?

Dinah: Yea, absolutely. Lovely, thank you.



Q: Yea, that's all I wanted to share. Thank you.

Dinah: Thank you. That's beautiful.

Q: Oh, sorry Dinah? This was something else too. Sometimes when I... when I'm going to Temple of Masters and it's like different... masters are like wanting to share and speak to me, but it's like I can't—I'm not quite... I'm not hearing everything or most things. It seems like there's been messages from Jesus and messages like for everyone from Mary and for everyone, but I couldn't hear them. One thing I did hear—and I'm not sure this is right—I wasn't going to say this but Ostad calls me “my daughter.” Is that—is that right?

Dinah: Yes, that's right. He's saying don't doubt your ability to hear the messages. He's saying for right now you hear... at this point you hear with your heart. You know, that's why you got this message of the heart and the you know the big glowing heart kind of thing. He says you know the... for right now your gift is clairsentience, your gift is the ability to perceive with the heart. He says you have the ability—most people can develop the gift of clairaudience or the ability to hear internally, that'll come. But don't assume that you are not getting the messages. The fact that you are aware of the masters and you're aware that they have messages is a great first step and your heart is getting them even if your internal ear is not at this point; your heart is. And that is... your heart is growing as a result of that. So you're getting it and your other senses will grow as you continue to do that.

Q: Is it true that I was his daughter in past lives? Was there a connection there or is that... what is that?

Dinah: I'm not aware of an actual family connection; I'm not aware of a necessarily daughter connection. I believe what he's talking about is you know sort of like “my child.” Saying as a parent—anyone who's a parent might go up to any kid and say “child where are you?” There is this parental feeling that he as a master has towards you and so he's emphasizing that by calling you daughter letting you know that he feels that parental connection to you, that parental love for you.

Q: Okay, yea. Thank you for making that clear. Yea, thanks.

Dinah: Yea you bet. Thank you for sharing.

Q: Dinah, I just want to add something. I was just being informed that Shasta is her name correct? Yes, keep calling up on Metatron when you're meditating—call his name and he'll be there.... Or she'll be there or he'll be there, whatever.

Dinah: Thanks Saeid.

Q: Sure.

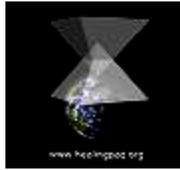
Dinah: Anybody have anything else?





Human DNA is Changing (Ostad)

- Q: Dinah it's Shasta again. I just wanted to ask something else about... I think... I was taken one time by the masters like on... into this spiral, and I was also shown something about I think it was DNA... and our DNA... and that we it was like... that we have more than two strands of DNA or something. Does that make any sense?
- Dinah: Well, I have personally been aware that—I've read and heard that our DNA is changing. And Ostad is saying yes our DNA is changing; I'm not quite sure how. It's something like it's changing to enable us to elevate and access energies he says more readily and more internally—you know more deeply, internally. So, I think what they were showing you is the fact that yes these changes are occurring. You're talking to the wrong person as far as like the number of strands and all that because I don't... you know, all things science, I'm like "wahhhh." You know, I'm... I don't know whether or not number of strands are changing, I just know that yea there is a change happening, and what Ostad is saying trust that, trust it's for the good—for the betterment.
- Q: Okay, thank you.
- Dinah: Well I think at this point it seems like we're kind of winding down, I'll turn things back over to Amean and Amean and I'll be the last ones to hang up today but Amean if you want to do any kind of wrap-up, go for it.
- Q: Dinah, before you do that, I want to make a comment on that spiral move if I may because I've had that experience before. It's a cleansing process where we are taken into that and the DNA and the chromosomes are essentially detoxified within the body and then even when we are working on somebody in the form of a healing, we can take that person into the spiral and it does a detoxification of the body. So if that makes any sense.
- Dinah: Cool, that's great.
- Q: It's almost like a part of that Saeid was like that... I was taken to... it was like at the beginning of creation or something—our original divine being or something like that.
- Amean: Well for the other folks who've been quiet so far it's your opportunity if you like to share anything with the rest of the group. That way by sharing your information that you have gained, you're strengthening the information you get by sharing it because it gives you the ability that you are trusting in it. So when you start sharing it, it's really an indication that you've elevated your trust with your own intuition, with your own connection and that's why you're willing to share it because you trust it—you trust it more I should say. On the other hand, if they are any personal questions you have or other types of questions you may have, this is the best opportunity for you to raise them.
- Q: Amean or Dinah, I had one question: is the guide that I had, if I heard correctly, it sounded like what was shared was Salaud, does that... and that's new to me. Does that make any sense? Like Salad but Salaud.



Dinah: Hang on, just a second. Let me check in with Ostad. It's not a name that I'm aware of, but he said that that is a guide that has been around you. He is... what my sense is that he's not necessarily a master; he's sort of like a personal guide. You know for example, I've been doing this ten-fifteen years, as I have continued to grow I've had different guides that have been with me. Some come and go, some have stayed throughout the whole time I've been channeling and while they may not be ascended masters, they are guides that are sort of like lifetime guides for me. They're there to kind of help me when I need help and I feel like that is what this guide is for you. He may not necessarily be an ascended master but he is someone who has been around you and I feel like is kind of a life guide for you.

Q: Thank you.

Q: This is Lucille. Can you hear me?

Dinah: Yes, hello.

Q: This is Lucille. How are you doing?

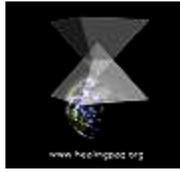
Dinah: Good, how are you?

Q: Okay. I just want to tell you what I experienced this time. I was in front of the Tree and the tree started lighting up really strong to the point I could not see the tree anymore; it was just very very strong white light. And when it comes to love and compassion that you was talking about, and it comes to my mind to a situation that I've been through many times before—that people do things to me without asking and I don't like it but I don't say nothing because I don't like to confront them and make discussion or a problem bigger than what it is. So it comes to a point that I start talking to the person right now I have some kind of situation like that, and I was just talking to this person and explaining what was bothering me and how, and I can feel the love and compassion that we are talking about. And resentment or anything bad, it was just really good. When I finished talking, I just come back to see the tree again, and that was it.

Dinah: Good, good. Thank you for sharing that. And Ostad says that it's important to remember that as we develop love and compassion, we have to remember it's okay to have love and compassion for ourselves as well as others and that as you build love and compassion for yourself, it's okay to have boundaries, to say if something that doesn't feel good. That can be done with love and compassion as well. So it's important to remember that you can... as you build your love and compassion for others, you can have love and compassion for yourself and you can lovingly say if something is not okay or if you feel uncomfortable with something that can be done and said with love and compassion as well. So it's okay to stick up for yourself.

Q: Thank you.

Q: Hi this is David.



Dinah: Hi.

Create the Space (Ostad)

Q: Hi, I guess I'll just relate my experience maybe and... I think it was Shams who came to help me and I just heard maybe him saying over and over again "create the space." That's about it.

Dinah: Okay.

Dinah: Well I feel like what Ostad is saying is that's a suggestion, sort of a multilevel suggestion as everything is you know. Whenever you get into spirituality, everything is multilevel. You know what you do always has a lot of other implications like you know when say you toss a stone into a pond and you get all those ripples? That's what this is and so when the suggestion was "create the space" I feel like what Shams was saying is you know, do that in your daily life physically. You know, create a space to be quiet in—like a space within your home. Create a space physically to be able to access quiet, create the time in your day to access quiet, and then once you go into that space, create the space within your mind to be quiet. He's sort of giving you this multi-level suggestion so that you can begin to access this more deeply.

Q: Okay.

Dinah: Does that make sense?

Q: Yea, 'cause I'm really busy and I've been kind of doing the healing as I'm driving or you know working or something... you know... that does make sense.

Dinah: Yea, create the space has lots and lots of levels. So, you know it might be a good idea to like sort of put little sticky notes with reminders you know maybe on your dashboard, on your mirror in the bathroom, you know "create the space." You'll know what that means and it'll be a good reminder to give yourself that time physically, time wise, personally, all that stuff.

Q: Thank you.

Q: Dinah, Parvin is here.

Dinah: Hi.

Q: Hi, I want to share my experience. I usually when I sit for meditation or like last time when you guide us through Temple of Master, it was very busy. But this time when I started to go towards the Tree of Life, I met Mevlana and I walked with him quietly and we reached the tree and she was there. It was a big tree but no leaves on it, but there were just fruits like pomegranate and apple and then we just sat there and I think Buddha was there because there was another master there. And we just sat there quietly and we did meditation and it was so quiet, so peaceful, and I heard nothing and I did nothing and



then you called us back. It was the first time—this experience was the first experience for me to be so quiet and peaceful.

Dinah: Great. Well now you know you can go back there anytime you want.

Q: Well I think I need that. I need that peace.

Dinah: Thank you for sharing that.

Q: You're welcome.

Saeid: Dinah, I want to go back to what David said because I just heard this if I may. That space is a space within the heart for the stillness that Rumi was talking about, so it's to have that space within the heart at any given second, to be able to go to the stillness and receive and be able to decipher, and be able to you know make decisions as we deal with things on a daily basis. 'Cause I was shown similar because I know Dave turns; I was shown similar to the fact that when he does turning, he's creating the stillness within his heart.

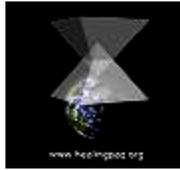
Dinah: Thank you.

Q: Hi Amean, Dinah. It's Paul

Dinah: Hi Paul.

Q: Hi. I have a personal question which doesn't really come into the sharing category I don't think. But I'd like to take the opportunity to ask it. I don't get all these experiences of meeting beings and masters when we're doing this meditation. I do get an inner sense of peace and that inner quiet that Rumi referenced, and I can experience inner light in different ways, but I don't really have that sense of connecting to different masters or of being in front of the Tree of Life, and I guess my question really is... you know I've been working with this approach for a while with this type of meditation and I'm wondering if Ostad has any opinion of whether or not this is the direction I should pursue it at this time.

Dinah: Okay, let's see what Ostad says. He says that this is not an uncommon phenomenon for people who are clairsentience—and that's what you happen to be which is more that you perceive energy... you perceive the energetic, you perceive the vibration rather than hearing with the inner ear or seeing with the inner eye. Your, you know your gift is in perceiving vibrationally, so he's saying it's really up to you whether or not this... he's saying not everybody has to sit down and commune with the guides in this manner. If it intrigues you, he's saying certainly go for it and develop it to the extent that you want to develop it because you know the tools are there. He's saying if it's something that feels like "eh, it's not worth it" then don't push yourself to do something that feels like... he's saying if it feels like work then you're barking up the wrong tree because this kind of thing is meant to feel joyful and rejuvenating and replenishing—not like one more task. So he's saying your personal situation—because you are clairsentience, because you get more from vibration, then it would be just as fulfilling if you choose not to develop in that manner. He says it would be just as fulfilling for you to take a long walk in nature or sit by a moving stream or you know, do something—he says you are very affected by nature and that



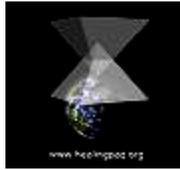
that is naturally replenishing and rejuvenating for you, and you could get just as much from that if you choose to do that instead. So really it depends on whether or not you want to do it. You know some people see this as like a fun project, and if it seems like an intriguing project, great, go for it. If it seems like a pain in the neck, no, don't; go for a walk in the woods instead.

Q: Yea certainly about what you're saying about connecting to nature is very fundamental to my being as well as the comments that were made to the question about music before are very significant for me as well. And I really appreciate the differentiation and recognition of the sentient nature which I hadn't really clarified in my own mind to tell you the truth. But when you said it—when Ostad gave that direction, it was very clear. Yea, at the beginning it started as an interest to see what was on so to speak, but you're right, it's sort of becoming for me—it's not a question of is it a pain in the neck, it's a matter of I'm really not connected to this type of experience so it's kind of out of synchronicity with myself.

Dinah: Right. He says what you could find—what you would as just as enjoyable is developing your clairsentience rather than developing your inner eye or inner ear. And the way that you can do that he says you may or may not be aware of this, but as someone whose primary gift is clairsentience, when you walk into a room, if you tuned in—if you listened with your heart which is what people who are clairsentience do whether they know it or not. When you walk into a room, if there were five people in the room, you could take one look around the room, you would know who was happy, who was sad, who is anxious about something, who... is like ready to break something, whatever, you know. You can sense people's mood instantaneously whether you're aware of it or not. So he's saying that could be a fun project for you rather than doing this, is to develop your clairsentience 'cause he's saying as you do that, as you up the ante with regard to perceiving where people are at, with regard to their emotions, you can then take that a step further and perceive where they are with regard to their health. And that would be, you know, that would be the more fulfilling ladder for you... is to really focus on first learning to perceive with the heart where people are emotionally and next see how that then translates into where they are with their health and then you can help with the healing on another level in that manner. So he says play with that; you'll have a lot more fun with it.

Q: Interesting. Thank you.

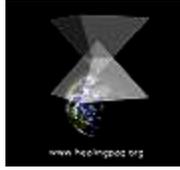
Amean: Any other comments, questions, sharing experience? Well, I would just like to make two or three points which are quite significant. One is... every time you sit into meditation or every time you consciously decide to perform a healing—whether for yourself or others or Mother Earth—its okay to set your goal to have a healthy fun happy outcome. But besides that, don't set an expectation as to how you want to see that experience or feel that experience or hear that experience or know about that experience. Because what happens is we have a tendency to try to predict the outcome of a situation, and because working with divine and working with divine energy, it's so infinite. When we set it to a finite viewpoint, then we may miss the fun, we may miss that joy and happiness. So every time that you do participate in that process of either meditating or sitting in—you know, quieting your mind—or performing some kind of healing, just enjoy what you're doing, have fun with what you're doing without setting an expectation of what the outcome should be. Without setting that expectation, then each experience becomes a new refreshing experience, so that's very important not to set that expectation. In a sense, don't capture the formless which is divine energy into a form and expect it to get there because it may be manifesting itself to you in different ways based on what your new



experience needs to be. So it's very important not to freeze it into any situation and expect that all times.

Amean: The other point is that like Paul, you know, I'm not really clairaudience or clairvoyance, sometimes I even wonder if I'm clairsentience or claircognition, but the reality is that when we here other people's experience, it opens our mind to being limitless and that's very important, to recognize that we live in an environment, we live in an universe that's limitless. And the experience may come in many forms and many possibilities. So personally when I hear these things from others I really enjoy it; it's fun for me because I don't have that type of vision or I don't hear the way others may be... so it's joy for me to hear it. At the same time I don't map any of it back to me. In a sense I'm not comparing myself based on those set of values because the divine is not comparing me based on those set of values. So again that comparison that we may make in our mind—in terms of letting the ego and survival energy category arise or intellectual and advancement arise and we make that comparison and based on those comparison we try to evaluate certain things. Those basically just slow us down from our own progress so the key point that is there every moment, every second is an opportunity to have fun, to be in peace, to be in serenity, and to basically enjoy the vibration that is within us, it's without us or outside of us, and also maintain that connection through that vibration within us as well outside of us. So it's very important... all these dialogues that you folks hear from others, don't judge it back to yourself and try to find a position or a location for yourself based on those judgments because they don't apply. The divine doesn't apply that and once you overcome those type of judgments then you can see every opportunity as an opportunity for having fun, enjoyment and through that having fun, through that enjoyment, you can actually help yourself and others much stronger.

Amean: The third point I'd like to bring up is the fact that we never went to Tree of Life, neither did we come back from the Tree of Life because it's infinite. So neither psychically nor energetically we ever mapped ourselves to some other position or location or even vibration. The key point is the fact that we just sensed the vibration that has always been there and it will always be there, and no matter how we feel, it is always going to exist. By sensing that vibration then we just have a memory of such vibration, and those memories will help us to recognize that we are part of the whole, we are interconnected with the whole, and no matter what we are doing, where we are, what we are up to, that connection is always going to be there. And we can always just jump on the wagon and strengthen our sense from it, and as we strengthen our sense from it then what happens is we in a sense as Dinah was saying earlier, we start swimming or floating with that vibration, and as we are floating with the vibration, a sequence of vibrations that are experience occur that can be very different for each individual and it's just a matter of acknowledging such vibrations. For example, whether I acknowledge or not, my heart is always pumping, my pulse is always pulsating, 24 hours a day, seven days a week. Same concept exists with our presence on the Tree of Life, with our connection with the divine and by just becoming aware that it's there—just the same way we become aware of our pulsation of the heart by maybe looking at our wrist and see the heart is pulsating—by just becoming aware of that, it provides an opportunity for us to elevate our knowledge and our understanding of this unity and how we can use this unity, use this interconnection, interconnectedness to help ourselves, to help others and to help Mother Earth and many planet—I mean plants and stars and galaxies and universes beyond you know that. So in a sense, you know, the awareness of these various vibrations and recognizing that they're always there to help us and always there to be part of it, helps us to be able to you know live and work and do all of our daily multi-tasking and activities with more joy and more happiness. So with that said I think we had a great, one



more time, great intermediate class. It was wonderful; you folks are great and all the participants, when I checked, they have really accelerated and progressed in this concept of self-healing and using those practical techniques to also contribute and participate in healing your environment and our Mother Earth. And I hope that we continuously recognize that for every moment of time that we are struggling, we are occupied with some disappointment, some annoyance, some challenges that we have to overcome, we can overcome that challenge, we can overcome our obstacle as we are hugging Mother Earth, as we're hugging divine compassion and love, and as Mother Earth and divine compassion and love is hugging us. It's like going through a storm in my mother's arm rather than going through the storm all by myself. We still have to get through that storm but we don't have to feel alone as we are going through the storm, we can feel the warmth of our environment, the warmth of Mother Earth, the warmth of divine love and compassion be with us to go through the storm. And at the same time we still have to go through the storm because it's just a storm and it's a pass-through. So with that said, I hope that you know I have you in future free seminars if you folks feel these are good, valuable, practical technique. Please, please share with others....

Amean: We aren't here to move on our own. We don't have a center. We are here to collectively help each other. We work with any organization and welcome any opportunity we may have to share divine knowledge with others.

Amean: We do our best to provide as many practice grounds as possible throughout the week, throughout the month for you folks to jump in, jump in the field, do your practice and see the benefit of joy and love and peace that is readily available to all of us without any subscription, without any price to pay from a materialistic perspective. It's all provided to us—the divine love, the divine compassion, the ascended masters and archangels' love and compassion—just for free and all we've got to do is ask for it. All we've got to do is recognize them all there and ask for it and they will be there readily to help us.

Amean: So love you all.