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Welcome (Amean)

Good morning everyone. This is Amean and this is our special session on expansion or talking to the divine at what they have for us today. In this session, we cover talking about the ascended masters and archangels and they actually talk about themselves and let you know vibrations need to be today. Today is also done by our dear friend, Dinah. Welcome Dinah I appreciate it.

Dinah: Thank you.

If we do a quick briefing, we started by saying we all have a unique connection with the divine through our heart, and in order to open it wider and wider where the opening of it is unlimited. There is no limit to how far we can open it, and in order to do that we can acknowledge our divine breathe through Ya-Hu and the breathing technique and also our thought through a prayer and circulation of those through the body. And as we always do the meditation, we also ask for participation from the many wonderful ascended masters who are from all schools of thought and philosophies as well as archangels, and essentially they're like our big brothers and sisters—that we can ask them for support and help. By no means are they a replacement or a middle/in-between or a middle being between us and the divine. We all have our own unique connection with the divine, and the fact is that through our free will and power of choice, however just like having you know physical big brother and sister (if we happen to have siblings), we also have non-physical or formless beings who are like our big brother and sister, and whenever we may need support or assistance, we can call upon them to be you know to be, to always go to those sites during the meditation and self-healing process or other healing process. And in such a stage, we become part of the process and just flowing with divine love, peace and happiness along with the ascended masters and archangels through this beautiful mosaic and river of divine love, peace and happiness. The more our heart is open, the more we'll be effective to ourselves as well as if we are... emitting energy to another loved one or even someone we may not care or love as much, then these wonderful beings support us. Having said that I'll just pass it to Dinah and she's going to you know, do the rest of this session, and welcome Dinah.



Channeling

Introduction (Dinah)

Thank you. Okay so the way that we always start and many of you have heard this many times, so I apologize for you guys for the repetition. But for the people who have not set through one of these sessions before I always want to just touch on a few points about connection and expansion so that as you do this for yourself, you can do it in a way that is productive and helpful and safe. The thing that... that I believe to be true—that I've heard and read and that I feel is true—is that we all have this ability to connect. And we all have... we all, it's all—all of us have this unique connection in various forms but the way that they're categorized is clairvoyance which is being able to feel the presence of spirit, clairvoyance which is being able to see the presence of spirit, and clairaudience which is being able to hear spirit. We all have these gifts; we all have the ability to develop them. Anything that I'm doing today, it's not a big deal. Everybody listening has the ability to develop this within themselves. The difference is that I have... I've been doing it for a lot of years and I sort of had the intention to develop it, and over many years I've done that and I would say that anybody can do that with the same kind of intention. The thing though that is important to remember when you are... if you decide to build your own connection and if you decide to explore this further for yourself, is that what Amean said is absolutely true. Our main focus is divine, our main focus is connecting with God, and that we do have these helpers along the way—the ascended masters and the archangels—but we don't... the thing that I really encourage people to pay attention to because this is a very common stumbling block is that some people sort of romanticize the idea of the masters and the angels—that they have this unique connection to these beings and that's true we do. But they're... they're not a replacement for divine. They're not a replacement for divine connection and so I would encourage people to... and I have found this to be very helpful. Go to divine first, go to God first, asks God for the connection, ask God for the right helper to come to you, and then wait and see who comes. But if you—if you go into the process just wanting to meet a spirit guide, it's sort of like... you know, it's sort of like taking a trip and only getting half-way there. You know, it's sort of limiting yourself if all you're doing wants to connect with a guide. Because a guide is great but the ultimate is divine. The other thing that—and you guys who've sat on these before have heard me say this over and over again—is that the other thing that I always point out to people is that when you make that connection, and if you do connect to angels, ascended masters, whatever, always have the intention to connect with the highest beings—the beings of light. Because as I've said before just because somebody's dead, it doesn't mean they're smart. And so you don't... you know I would not encourage someone to have their goal be to connect with any being that might be passing through because you're not going to be able to know if what they're telling you is accurate or helpful or really from the divine or if it's something else. So we always go into the process today with the intention of connecting with the divine, and we have the intention of having only the highest of energies, the highest vibrations surrounding us. And as we do that, we then... you know they always say “**energy follows intention**” so as we have that intention and we put that intention forth, then the energy follows that and we are divinely guided and we're divinely protected and I think that's really important. So personally I see that as quality control and I think quality control is a huge part of this process and it's also a part that... that I feel is important and responsible. You know I feel like we have the responsibility to have that high quality and that quality control connection so that we aren't... we aren't misleading ourselves or others. The other thing that we always talk about when we do these sessions is just a little bit about what channeling is. Often times when I receive information I receive concepts rather than individual words. It kind of goes back and forth depending upon who's talking to me. So sometimes you'll note there's a lag time because I'm getting a concept and I'm having to break it down into words. Sometimes I'll break it down into the words that I think are correct and they'll



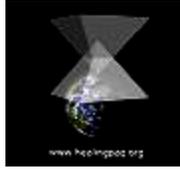
correct me, and they'll give me different words. So that's why sometimes it's sort of a dialogue that you're hearing rather than me just straight channeling because it's always being tweaked and fine-tuned. I think too that sometimes again with that lag time, it's just having to break that down so... don't worry about it, it'll come; it always sort of gels in its own way and its own time. So having said all that, the process that we go through every time we do one of these classes is that we all sort of get into a meditative state. And I'll sort of talk us through that, and then from there we access the guides and the ascended masters and we see what they have to say—we let them do their talking. And then we always open it up for some questions and answers, and then time permitting, we—typically I'll lead everybody through a guided mediation where we try and access our own guide or higher wisdom for just like 10-15 minutes, and then we sort of wrap-up. So it's a lot to do in just under two hours, but we'll do our best. So as we do this, does anybody have any questions before we start?

Preparation (Dinah)

Alright, I would encourage everyone now to get into a comfortable position either sitting or lying down so your spine is straight and the energy can move through you. Okay, we're going to take a couple deep breathes. Each breath breathing in we are mentally saying “ya,” with each exhale we are mentally saying “hu” continuing our Ya-Hu breathing. With each inhale we're aware of pulling in divine energy; with each exhale we are breathing out any tension, any concern, anything that we don't need. We're taking a moment now to see ourselves up on a mountain—this again is our meditation mountain. We're seeing ourselves on this beautiful plateau. This is a place that we can come to for meditation, contemplation, peace, connection. On this plateau we see that there is a very comfortable place to sit perhaps a chair, maybe a futon, some pillows. Whatever it is see yourself sitting or lying down in this beautiful tranquil place where everywhere you look you see signs of divine. Everything that you see reminds you of your connection with God. Now take a moment as you continue to do your Ya-Hu breathing. Remember a time in your life when you truly felt loved, when your heart felt as big as it could get. Perhaps it was holding a child, perhaps it was enjoying a beloved pet, walking in the rain, enjoying a beautiful sunset. Remember that expanded heart; feel that heart expansion once again knowing deep within that that is our true state. From this place of peace and love we say our favorite prayer three times. [*Prayer in different language*].

Under the direction of Pavarandeh, we each individually, and as a group, step into the diamond of full presence. This place of presence is available to us at any time wherever we are. While in this state of presence, we acknowledge our Crowns of Light that connect us to the angelic realm. We acknowledge our Shawl of Light that connects us with divine. We call on the seven archangels Michael, Gabriel, Raphael, Uriel, Chamuel, Jophiel, and Zadkiel. We ask that each of the seven archangels take one of the seven doors and form a circle of light and love around each of us and as a group. We call on the energies of the Temple of Love and Light, Temple of Masters, Temple of Knowledge and Temple of Angels. We call too on the Tree of Life. We ask that those elevated energies surround us. We call on archangel Metatron to oversee our meditation and to help guide our way. We affirm that we are now surrounded by divine light, divine consciousness and that only the highest of energies is welcome within. It is my intention to be a clear and perfect channel of truth, love, light and grace for all so be it.

Okay as we... relax into our meditation and our time of connection, we ask first of all who's with us. Okay. Once again we've got lots of beings who have joined us for our connection today. We have Ostad, we have Master Quan, Sananda, we have Prophet Mohammed, we have both of the Marys, we have.... Rabiya, Fatima,



Shams, Rumi. We have Baal Ha-Sulam, [unclear], welcome. We have [unclear], welcome. We have a Native American contingent also. Black Elk, Red Cloud, I also hear Chief Seattle, welcome. Okay, so

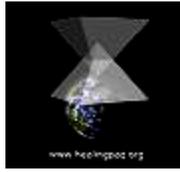
We ask as we move into this portion for divine energy, divine love and divine light to guide our connection and our communication. We ask that everything that is conveyed and discussed be directly from divine, so be it.

Our Individual and Solitary Connection with Divine (Ostad Pavarandeh)

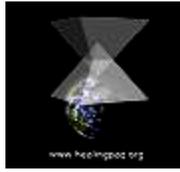
Okay, we're moving first to Ostad. Ostad typically starts us out. Ostad Pavarandeh was a wonderful healer when he was physical, and he has continued to... work with us and assist us since he's passed into non-physical. So Ostad how would you like to start us out today? As is always the case, I don't think we've ever had a session where Ostad hasn't started out by putting his hand on his heart and bowing. And as he bows, he bows to everyone who is present today thanking us for taking the time once again to create sacred space. This is a recurring theme and a recurring expression of gratitude that Ostad always starts with because as he always says he knows in these crazy times that we live in, creating sacred space takes... it takes effort and he's appreciative. He says all the beings of light are appreciative of that effort. So he wants everyone here to know that their efforts, their time set aside is noted by the ascended beings and by divine. Ostad is saying that the theme for today, the theme that he at least wants to discuss is... our connection with divine. He says our individual and solitary connection because everyone's connection is individualized; everyone's connection to divine is absolutely their own, it is absolutely their own perfect light, perfect signal, perfect expression. And that because of this he's saying... we on this side—meaning the non-physical side—he's saying we on this side want people to understand that **connection is the whole... it is the only truth. It is the whole truth; it is the only thing that we are here for on the largest sense.** He's saying certainly there are other things that... that encompass a human life. He's saying we're not diminishing those, we're not brushing those aside but he's saying we are saying to you that **the ultimate goal in this process is to be physical and yet divinely connected at the same time all the time.** That is what human beings are capable of, and that is what—he's saying we in non-physical are here to facilitate to the best of our ability. He's saying that we understand that trappings of humanity. We understand the... we understand the ways in which people can get off-track and we understand how it happens. And he's saying because of that, we understand how important the job is of non-physical beings because he says we have referred to ourselves as coaches and he says that's really how we see ourselves on this side. He says we see humanity as learning to play the divine game, learning to play on this divine field. And he's saying you know, there are different levels of... themes. And he's saying all of that's by choice. He's saying you know, you sort of have in—he's using an analogy for professional sports which is totally not my thing so I hope I get these words right. But he's saying just like when you look at... there's like the pee-wee league for the little kids and then there's the next level, and then there's like high school and college, and then there's the professional league. And he's saying as human beings choose to develop their spirituality, they move up in the leagues. And he's saying it's not that somebody else decides that for you; it's not like in professional football where you have to wait for a scout to find you and invite you in. It's not that at all. He's saying human beings choose the league they're in by their own... their own lifestyle, their own choices, their own functioning, and he's saying it's life on that spectrum that we've talked about so many times and so often. He's saying that as you choose how much you want to be connected, that determines what league you're going to move into and whether or not you can move up into the next league and the next one after that. But he's saying **ultimately in order to understand this game of life, the goal is to be able to live a human life, to be able to maintain human form, and to be able to be connected at all times and to feel your**



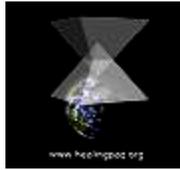
connection to divinity at all times and to feel the divinity that lives within you. He's saying you know like attracts like. He says now that is a very powerful statement from us and we want you to understand that. He says everybody has a spark of divinity within them. That spark of divinity is what guides you and what brings you home—what leads you home. It's like your divine compass or your divine magnet; it's like God is holding the super magnet and we all have these other magnets that keep pulling us toward divine. And it's up to us how big we want our magnet and our homing device to be. We can grow it or we can shrink it at will. And he's saying the way to do that and the way to facilitate your own process is by recognizing the heart. he's saying we have said this over and over and over, and he's saying we will repeat it over and over at ad infinitum because he's saying that is the key to this process—is **paying attention to the heart center, paying attention to the divine spark that lives within you and following that divine spark** because that really is your homing device and that really is what leads you up in the leagues of you know... of whatever level you're going to play at whether you're going to play in the pee-wee league or whether you're going to move into the professionals as far as your connection goes. And he's saying... that... that is done and facilitated by the amount of divinity that you allow to grow within you. He's saying the seed is there; the spark is there. It's up to you to determine whether or not you're going to water it and... help it to grow or whether or not you're going to ignore it. And he's saying as we say these things, we want to back up and we want to make sure that you understand that all of these things are not said with judgment, malice or disdain in any sense of any of these words. When we talk about the pee-wee league versus the high school and semi-pro and pro, he's saying it's not that one is better than the other, it's not that one carries judgment, it is simply a way of he's saying human beings intellectually need to have an understanding of the spectrum. And so because of that we use these analogies, we use these metaphors just to sort of give you these visual—this conceptual way to understand the process. But he's saying as we look at this and as we encourage you to grow your divinity as much as possible, we want you to understand that there is no judgment that comes from any league that anybody plays in because we understand that people are here doing the best they can. Further he's saying **we encourage you not to judge at all** because he's saying the thing that we say on the non-physical side of things, is that we understand the difference between reality and appearances. And so you might see somebody who appears to be divinely lost and really adrift, and in your mind after you hear a session like this you might say “oh boy, that person is definitely in the pee wee leagues.” He's saying we would beg you—not even ask you, he's saying we would beg you not to do that. We're only using these analogies so that you can conceptualize for your own personal pursuits and your own personal growth. But he's saying we on the non-physical side can see that what appears—what may appear to be someone who is totally adrift to the physical person/the physical perspective is somebody who is not that at all. You have to understand that there are many factors that work, many... many... almost like many subplots going on that physical beings cannot perceive. So while you may see someone who appears totally adrift in their life, you don't understand necessarily that they are perhaps in a larger... in a different way truly living out their own life's purpose. They may have come into this physical life specifically to learn about disconnection with divinity or to learn about connection with divinity on a different level or to learn about... living in a certain way so that they can then assist others when they move into non-physical themselves. So he's saying use this analogy, use these metaphors, use these examples only for your own growth and your own personal journey through your own personal process but do not use them to judge or to decide where someone else is on theirs because he's saying that is only between that person and divine and concerns nobody but that individual and divine. So he's saying while we give you these examples, we also have an understanding that sometimes these kinds of examples can then be turned around and we want to upfront encourage you to not waste time doing that because it's unhealthy and unproductive. So use this only for your own... your own advancement, your own deepening and your own journey up the spectrum to your own greater connection to divine. He's saying so having said that, when we talk about this, the way that we want to encourage people to



do this is once again as we've said before, focus on the heart and focus on the connection that comes from the heart. He says by speaking about the heart, we then want to explain to you—he says we've done this many times but we want to do it again because we want to make sure that for those people who haven't heard it that they get a chance to hear it and from those who've perhaps heard it ten times, we want to encourage you to get it in a little bit deeper way and in a little bit different way is the difference between the role of the heart and the role of the intellect. And he's saying we all know about this on some level—even those who are hearing about this for the first time. We know that there is the intellect and that it has its own role and we know there's the heart. He's saying most people are not really sure of what that role is. But he's saying we want very much to clarify that and we want very much to give you some food for thought. He's saying when you think about it, and when you think about “okay, so here I am, and I feel like I'm in the pee wee league and I really want to—I want to grow my connection to divine and I really want that connection to be my... my consistent focus and I want to get to the point where really everything I do is filtered through my consistent connection with divine.” If that is indeed the goal and if you really do want to move up the spectrum to the professional league where you are really connected to divine at all times, then he's saying that requires—it **requires you to trust the heart**, and to keep the intellect doing the stuff that the intellect was meant to do which was never meant to get in the way. He's saying at this point what happens is that... he's saying if you think about a homing pigeon, the homing pigeon can be taken anywhere, released, and it find its way home. That is what the human heart does. The human heart comes into this lifetime—into this incarnation, it is released into the lifetime and the **human being who listens to their heart has the ability to fly back to divine—has the ability to fly back home**. But what happens for **those people who feel like they've gotten lost or feel like they're adrift, is that they've allowed their intellect to get in the way**. And they've allowed their intellect to get to a point where the intellect actually takes over and he's saying now think about that. Think about what would happen if the homing pigeon did that. If the homing pigeon did anything but trust it would never get home. That's a big statement. He's saying we really want you to hear that: if the homing pigeon did anything but trust, it would never get home. The fact that the homing pigeon trusts implicitly—it trusts its natural instincts implicitly—is what takes it back home. That is what ensures that it is absolutely going to get from where it is to where it wants to be. That's big. That's what we encourage you to do. He's saying we encourage you to work on your level of trust so that you can grow your connection and get back home and so that every day while you're on this journey... you know the whole journey—our whole sojourn on earth is about that moving back home. So he's saying you can have that level of trust, that level of connection, that level of divine peace within you at all times just like the homing pigeon does. He's saying you know we can tell you beyond a shadow of a doubt the homing pigeon doesn't get freaked out, the homing pigeon doesn't stop on a building and think, “Oh, am I going the right way? Is this ever going to be... have I... did I maybe turn left when I should've gone right? What have I done? Oh my goodness... I wonder if I should turn back; I wonder if I should've gone left at St. Louis instead.” He's saying the homing pigeon doesn't waste time doing any of that. The homing pigeon moves and it says “okay I'm going back home—this is the direction I need to go” and it moves, and certainly it might take time out to rest, to eat, drink, whatever and then it's on its way again. We would encourage you to trust your heart to that degree but in order to do that, you have to learn to listen to it. The homing pigeon is different in that it never had to unlearn anything; the homing pigeon just knows. So he's saying with humanity most people have spent the better part of their lifetime quieting their heart. Basically when their heart's speaking they're say “not now, not now—I have other things to do, I have to do this, I have to do that, I have to... you know, I have to go out and... you know, do all these things.” He's saying we are not diminishing that; we are not diminishing the reality of physical life that says yes as a physical being certainly there is a livelihood that we all have to learn, there are bills that need to be paid, there are things that we have to do, but he's saying all of that can be done without ignoring the heart. We just don't know how to do that yet or perhaps we're in



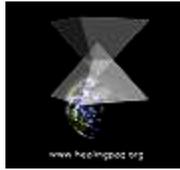
the process of learning. So he's saying what we really encourage you to do is to say, "Okay, intellect, I'm going to allow you to pay the bills. I'm going to allow you to drive the car because that's important—I want to get from here to there safely. You know I want to be able to get to work without blowing the stoplights, and I need to get up the steps without falling and I need to do all of these functional physical things. So intellect when I am doing functional physical things, I will trust you to do that. But when I am looking at my connection and when I am looking at getting through each day feeling connected, intellect I'm going to ask you then to be quiet because now I've learned that this is the heart's time to speak. And so I'm going to connect in with my heart every morning and I'm going to figure out what do I need to do to open my heart first of all because first **we need to acknowledge the heart** and allow the heart some time to move and stretch and grow because perhaps we've ignored it for quite a while now. And then we will—once we have sort of allowed the heart to awaken, then we will **encourage the heart to start talking to us**. And he's saying the way that you know... the way that you know that this is your heart, the way that you know your heart is opening is that you will get little twinges of things that bring you joy. And when you start hearing or when you start being aware of what brings you joy—solid joy he's saying—pay attention to that, honor that and do that for yourself because by validating the heart, you encourage the heart to talk more. So he's saying as we said in the beginning energy follows intention. If your intention is divine connection, then the... like that's the main intention then the sub-intentions that you need to get there are first of all to open the heart, next to listen to the heart and encourage the heart so that the heart can actually wake up and do its job. Because he's saying the heart has really been anesthetized for quite some time so we need to... he's saying we need to let the heart shake off its stupor. We've kept it asleep for many years for most of us and he's saying so we need to first of all let it shake it off and then encourage it to... speak it's truth, and then we need to validate that truth. So when the heart says, "I really want to go outside and enjoy that sunset," we don't say, "Not now—we have to get the dishes done." We say "okay, let's go," and we go out and enjoy the sunset and while we are enjoying the sunset we are remembering that connection to divine. So with everything that the heart directs us to do, Ostad is saying do that as a way of honoring divine. That's how we get the heart to move, that's how we get the heart to wake up and that's how we deepen our connection to divine. We follow the heart, we acknowledge what the heart is saying, and then anytime we... he's saying we follow through on **what the heart asks of us, we do it with the intention of honoring divine with that activity**. So whether it is... watching the sunset, giving ourselves an hour a day of meditation, taking some time—perhaps taking a vacation day from work where all we do perhaps is contemplate our connection to divine or whether we participate in classes such as this, whatever it is, whatever we feel lead to do by the heart, we not only do it, but we do it with the intention of honoring divine. And we do it—when we do that intention, when we... when we make the intention to do this and then when we follow through with it with that he's saying specificity where we say "**Okay heart I'm going to acknowledge that this is not only my heart talking, but this is divine talking through my heart. I'm going to follow it and I'm going to do it with the expressed intention of doing it for divine as a way of honoring divine and as a way of growing my connection with divine**." He's saying that's what we mean when by "**like attracts like**." By doing that you have awakened the spark within the heart, you have acknowledged it, you have tended to it, you have facilitated it's growth, and by doing that you... that tiny little spark that started out as just a little bitty seed is now maturing into a plant and that plant is what carries the DNA of divine, that thing growing in the heart—that light, whatever you want to see it as. Ostad's saying whether you see it as a light of divine or a lovely flower of divine or a beautiful bird of divine, whatever it is that is symbolic for you that is representational of divine for you, do that and do that with the expressed intention of growing that connection to divine and by having that intention and by doing it as a way of honoring divine. Divine says, "Great—you can handle that much? Let me give you some more. See if you can handle that." And then divine blows more love and more connection into us, and then you know as we receive that divine breathe and we allow that to grow



and we allow that to become anchored, Ostad's saying he's using the word anchored very... precisely because that's what we want to do. He's saying **we want to become anchored in the vibration of the divine**. And he's saying the reason that we want to emphasize the word anchored is because people who are anchored are not blowing from here to there and all over the planet and they're not... he's saying they're not worried about all of the "isms." They're not worried about... they're not worried about the... he's saying when we say "ism" what we mean is all the various vehicles to get to divine that are just fine. He's saying it's not that or the other, you know there's Hinduism and Sophism and Judaism and Catholicism, and all these other isms that... that are out there and they're all fine. He's saying one is not better than the other; one is not... We do not see one over another, what we see though is that people can kind of get lost in the isms and forget that again the bottom line thing is that connection to divine, and so... he's saying by doing this—**by really focusing on allow that divine breathe to come in and by allowing that divine breathe to grow within you, you become anchored in the only thing that is important which is your own individual path to divinity**. And he's saying by doing that, then all the other stuff just doesn't matter, all the other isms, all of the other distractions, all of the other... all of the other things that can either be helpful or hindrances based on whether or not they support you or distract you. All of that just sort of melts away because once you're anchored the only thing that is the concern to you is your connection to divine, your movement toward divine and your own individual growth toward divine. So he's saying that is our... that is our wish for you, that is our hope for you, that is our goal as the coaches, as the big brothers and sisters on the non-physical side, we hope that you'll be able to hear this, we hope that you'll be able to see that there is so much more than you can even conceive of as far as the love and the blessings that are waiting for you, but that the thing that you need to do he's saying you know, it's not that we need to redeem ourselves, he's saying it's not that we need to... he's saying it's not that you have to—for whatever reason he's saying a lot of people come into this lifetime feeling that they have to... they have this sort of underlining feeling of needing to be forgiven, needing to be... needing to search for something that... oh, what is the word Ostad? He's saying it's not forgiveness. Certainly it's a component in all of this, but it's really more self-forgiveness he's saying. **Divine already loves you, divine is already connected to you, divine already knows your own perfection, divine already knows your own potential; divine knows all this. He's saying you need to know it; we need to know it as physical beings**. So he's saying you don't need to be... you don't—you are not less than in the eyes of divine. Divine is waiting for you to fulfill your potential, divine is waiting for you to jump into the pool of loveliness that awaits. Divine has sort of this open invitation for everyone saying "come on in, the water is fine—just come, just jump, come on, let's go" and he's saying we are here to encourage you to do that, to encourage you to dive in and grow your connection with divine and continue your movement toward divine and to know that everything is perfect in your own process toward divine. So he's saying think about that, play with that as you go about your day and your week and your month, think about that, think about your heart—how much you're listening to it, how much you're allowing it to grow, to open and connect. And he's saying if you realize that you've shut your heart down again, don't beat yourself up. Just say, "Oh, I forgot. I'll try to open up again," and start the process over. He's saying **don't waste time beating yourself up feeling badly; just be**. It's all okay; it's all fine. Okay, Ostad, I feel like—okay, he's saying... Ostad's... I don't know that he's done for the whole session, but I feel like he's sort of bowing and sort of wanting to give people sort of that wish for movement, and I feel like there's more to come.

Human Existence is About Elevation (Metatron)

Okay, Metatron usually talks and he is sort of stepping up to the plate here. Metatron what have you to say to us today? He's saying with that—he's saying and this is pretty common for people who have not heard this



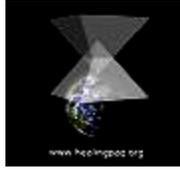
before. Usually Ostad starts the topic out and then the other beings of light sort of build on that, and Metatron is wanting to build on that by saying that... he says you know, that heart connection absolutely is the goal, that is absolutely the whole journey—that's the whole purpose for the journey is to be able to be in physical existence and maintain that non-physical connection. He's saying that's the loveliness of it. He's saying that is... that it's, you know, and many have heard this before, that perfection already is. Perfection already is there; it already is. He's saying there are so many plots and sub-plots and sub-sub-plots that are going on around us and that he's saying there's this huge matrix of learning that is part of physical form. He's saying this is like the grand school that beings come to so that they can elevate themselves on every level. **The human existence is about elevation.** The human existence is about coming in as a soul that is already divinely connected. The soul that comes into this physical form already has its own perfect connection to divine; it already has its own perfect divine spark. And it has come here to learn more, to become elevated on more levels, to become more aware of its own divinity, to become more aware of its own divine connection, to become more expanded, to become more aware. So he's saying all of this stuff that is going on around us in this world that can feel so chaotic, is really advanced learning; it's advanced schooling and it's advanced expansion. So he's saying as you view it, as you see it, as you engage in it, as you move in and out of it yourself, do it with as little judgment as you can because the **judgment really just impedes your own expansion.** So when you see for example, when you see the chaos that exists on the planet, he's saying understandably the human reaction is either fear or... because, "Oh my goodness, that's horrible and what if that were to happen to me? That would be awful and I..." and we start on this cycle of fear or the other part of judgment—and he says **fear is a form of judgment.** The other part of judgment that comes is, "Oh my God, isn't that terrible? That is just awful. Shame on them, shame on this, shame on that—that shouldn't be. That really makes me mad." He says it's... it's part of human nature to move into like righteous indignation you know, that people should know better and on and on and on. He's saying with everything that you see on the planet and in your lifetime, try and look at it only through the lens of love. That's a big statement he's saying we want to repeat that. He's saying whatever you look at whether it is a baby in a cradle, a child playing in the yard, a fire raging wild in the news, a war going on the other side of the planet, famine in some of these countries that are not that far away, he's saying **whatever you see, we ask you to see it through the lens of love.** And we will explain this. He says we talked about this before but we will explain this again because we feel that is imperative to your connection. He says Ostad just spent a very long time talking about how to grow your connection, and how to facilitate that connection. He's saying that is the only reason you're here. Keep in mind that is the paramount reason that you're here. When you see data and there is data everywhere. Again whether it's birds flying, the sunset that's lovely, the wildfires out west, the... war in Africa and many countries in Africa, whatever it is he's saying we do not dispute the fact that there is data out there that can be perceived as negative and frightening and unjust and all of the labels that humanity can put on them. He's saying we do not dispute that pain and suffering is out there. However, when people, human beings see it, and label it as that—as awful, as negative, as unjust or whatever it is, they add to it. He says **when we interpret something as negative, that vibration feeds the vibration—the very vibration that we are opposed to we are feeding with our own negativity.** So he's saying this is a level of mastery that we encourage every human being to have the intention to attain. To get to the level of mastery where you can look at everything through the lens of love and through the lens of perfection so that you can in your own abilities and your own place in the world see something and by seeing it and interpreting it and perceiving it through the lens of love, you are automatically dissipating the energy that you are concerned about. Do you see the difference? Metatron is saying **when you interpret it as negative, and when you get upset about it or by it, you feed that negativity.** But when you can see it through the lens of love and you can see it as something that is perhaps is a part of a greater matrix that you don't understand, and you can simply send it love, and you can see it as already healed. So you can see the wildfires as already



done, already put out. You can see the war as already calmed down, as already stopped, as peace already being built and being established—**when you can get that your vibration to be consistently in tune with love and consistently interpreting all data from the point of love, you become a healer at the greatest level.** You become someone who by their thought, by their words, by their very vibration facilitates peace and facilitates oneness rather than someone who is reactive and in their reactivity facilitates separation and anxiety. That is the difference. So we would encourage everyone as part of their connection, part of their journey toward divine and as part of their connecting process, we would encourage everyone to have the intention not only to as Ostad said grow their own connection to divine, but to grow their ability to once again have the intellect calm itself to the point where the intellect stops interpreting as good, bad or otherwise and have the intellect do what the intellect was meant to do which is again keep us functioning in physical form, keep us safe, keep us from walking into walls—all the things the intellect was meant to do. Let the intellect do that. But **the thing intellect was never meant to do was to be the judge and jury.** So Metatron is saying as we do this, as we have this journey of movement toward divine, he says we encourage you to put on the lens of love and that lens of love he says incidentally comes from the heart of course, and that as any data comes as it you, that you perceive it, digest it and file it with the underlying intention of loving it to the best of your ability. To see it, love it, send it love, send it knowingness of divine peace, divine kindness, divine perfection, and having the intention of healing yourself and having that vibration of healing be available to the planet because again he's saying **pay attention to the vibration you're feeding with your own vibration.** Whatever your vibration is not only affects you, but then it also affects everything else out there. So as you can pull your energy into center, and as you can filter everything through the lens of love, then you become someone whose energy and vibration radiates peace and lovingness and makes that available to all. So you become someone who helps facilitates health and healing and happiness rather than someone who adds to the problem. So we would encourage you as you see all of the data out there, know that it is just that—it is data, it is part of a greater matrix, it is something that divine knows about, divine has... what are you saying Metatron? Divine has like a beat on the pulse of everything that is going on out there. It is not meant—our job is only to connect. Our job is not to have to figure all these things out. So it's part of our own connectivity. We have this... this intention of he says a two-fold connection: divine connection and divine trust like the homing pigeon that they talked about earlier. And that as we do that, we grow the process of... within our own internal understanding and perception with the lens of love. He's saying by doing these things, by following this he's saying recipe of connection, he's saying human life can be much more simplified and much more enjoyable. So he's saying we give you this to sort of roll around with and bat it about and see how it shapes out for you personally. But he's saying we of non-physical really see this as an important piece of life on planet earth and we encourage you to see the wisdom in it and start playing with it. Okay Metatron, thank you for that.

Questions and Answers

Dinah: Okay, does anybody else have anything? Of course you know we could go on and on and on but anybody... you know most of the beings here have... always have loads of wisdom they can share. But knowing time is something we need to be aware of, what I'd like to do now—I'm just asking Ostad. He's nodding. If we can at least open the floor up for some questions, and then if we don't have a lot of questions at this point we can then go into our meditation part if we want to do that. So before we go on too much longer, why don't we do that? So let's open up for meditation—I'm sorry not meditation. Let's open up for questions if people want to ask questions. I feel like at least—I don't know who's saying this. But like there are at least two people out there that have questions who are sort of biting



their lip like “should I, shouldn’t I” feeling this sort of nervous energy like “oh, I don’t know if I should or not” keep in mind

X: I’m preparing to step into the world with what my heart tells me to bring forth. And it includes a description of the grand huge cycle inside these universes. And my question is actually a mathematical one. Is there a master who’s willing to answer this for me?

Dinah: Well keep in mind that it has to be filtered through a very non-mathematical person here, so I don’t know if we can do it or not but...

X: It’s simply how many processions of the equinox occur between each Golden Age?

Dinah: I don’t think I even understand the question.

X: Oh, but they do.

Dinah: Right. But it’s sort of like for the interpreter to be able to understand...

X: Yes, that’s fine. Okay. Thank you.

Dinah: Unfortunately my role as the interpreter I need to have a little bit of understanding in order to understand what they’re saying to me. So do you want to explain it a little more?

X: Well the 26,000 year cycle of the procession of the equinox is very clearly a becoming more dense, and then a becoming more light cycle. And it goes... it spirals around and around. And then there’s larger cycles becoming... being in a very exalted state all of the humanity, and the planet, and then densifying where we end up here, where there seems to be trouble, and then going back up where there does not—where the appearance no longer is that way because the troublesome aspect is as Amean would say... put dormant. And I’m wondering—because I’m going to be speaking to the public about this, and because the public really wants some specific numbers and I don’t have any, I thought I might take this opportunity to ask if there was a relationship between the 13,000 year downward cycle and the 13,000 year upward cycle that continues to go around in procession of the equinoxes and the huger cycle where we go from a complete Golden age to where we are now and then back again.

Dinah: Okay. I feel like Lao-Tzu is coming to the forefront. Let’s just see what Lao-Tzu has to say.

X: Ah, my old friend!

Dinah: Lao-Tzu what have you got to say about this? He’s saying... he’s saying we encourage you at this point and he’s saying now hear... he’s saying hear us out before you judge. He’s saying what we encourage you to do is to worry less about the details and more about the essence. He’s saying the actual details about this many years for this and this many years for that, he’s saying first of all its approximate anyway because it can’t be absolutely quantified because so much of it depends upon human... human reaction and action. So he’s saying the actual details and numbers mean less than encouraging humanity to get the essence which is connection.



X: Well thank you because the connection and essence I've got covered. I was just worried that people would really want some specific numbers.

Dinah: He's saying when they ask for specific numbers, that is the intellect getting in the way of the essence itself.

X: So don't okay... Great then—got it covered!

Dinah: And don't even go there.

Dinah: He's bowing. Thank you.

X: Dinah?

Dinah: Yes.

X: This is Ismet.

Dinah: Hi.

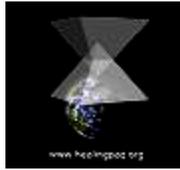
X: Hi. How are you?

Dinah: Good, how are you?

X: Good. I'm actually here with my husband too. And I love... I really felt very deep connection and when you first started with the three bismalabs, my first thought was I felt the presence of Prophet Mohammed and lately I've felt it more and more in my life, and I kind of deepened my practice—my spiritual practice—by remembering him more, and I guess if he's there I would like to ask how I can even further deepen my connection to him.

Mindfulness Is the Key (Prophet Mohammed)

Dinah: Okay. He's absolutely here. Prophet Mohammed... words of wisdom please. He's saying you're already doing it; he's saying **remembrance and awareness is key in all... in all pursuits and practices mindfulness is the key**. So he's saying you are doing that by deepening your daily practices. He's saying keep in mind that... he's saying—I see him putting his hand on his heart and saying that he is honored that you are remembering him on a daily basis. He's saying as you do that he's saying please keep in mind as you do that he's saying like when they said listening to the heart and going and watching the sunset for the sole purpose of honoring divine or connection to God. He's saying when you remember me, do it with the purpose of honoring God. He's saying you're already doing that and we understand that that is your point. But he's saying we really want... he's saying we want that to be part of your conscious awareness that you are... you are remembering me the prophet as a way of honoring God because he's saying then what happens when you say that sentence to yourself, then the



key is everything will start being a reminder of God. Do you see how that then generalizes? So he's saying... he's saying when you say to yourself that I am working really hard at being more aware of my connection to the prophet. He's saying blessed be—let that be. He's saying we're appreciative of that and we honor that, and he's saying we respect it and we... rise to the occasion of that remembrance, but he's saying then when consciously add to that statement as a way of honoring divine, then he's saying that then very easily generalizes so that everything you do little by little you can say you know "I'm doing this as a way of honoring the divine. I'm doing that as a way of honoring divine. I am... I am breathing as a way of honoring divine." He's saying as you do anything as a means of honoring the divine, it can then easily generalize into just about any activity, and then he's saying the whole... the whole of your day and the whole of your existence becomes much more tuned in to and much more connected to that path of divinity that you have so clearly chosen to walk.

X: Thank you. And in my... in my humble way, I ask for a divine favor from true Prophet Mohammed to the divine, that may God—I ask God to increase true knowledge within me and just be able to see things as they really are, and I would have immense gratitude if God would help me with that.

Dinah: He's saying absolutely and he's saying the... the key to that is to... to start being aware of interpreting he's saying just like he said as Metatron was saying earlier. Have the filter that you use be that lens of love and then true wisdom will come forth because he's saying what happens is that **wisdom can be blocked by our intellect because our intellect is so full of judgment**. So when we can separate the intellect and he says when we can... **when we can release the tendency to judge and when we can interpret everything through the lens of love, then absolutely true wisdom can flow like a waterfall into us because we are not blocking it with our judgment**. Do you see the difference?

X: Yes I do and I think... I think he's absolutely right about that. I think my judgments come in my own way and are my biggest stumbling block. And I guess I still... I will work on it harder and I will keep working on it. Insha'Allah — God willing. Maybe...

Dinah: He's saying the difference though—he's stopping you. He's saying **the difference is not to work on it; the difference is to allow it**. That's the difference. He's saying really open to that difference. There's a difference between work and a difference between allow. One means "I don't get it, I have to get it" and you're sort of beating it in your head over and over and over. The difference between that and allowing is to say "divine already has this like my... in my individual makeup I am already built to do this—I just have to open to it..."

X: I see.

Dinah: "I'm already built to be non-judgmental, I'm already built to perceive through the lens of love. I just have to allow it." So one is a... one is a contraction and one is an expansion. When we work at something we tense up and we... we constrict ourselves making it impossible to happen. When we allow and say, "Okay, it already is—I'm already connected to this perfect ability to interpret through love," then that's an expansion and we say, "Okay I already am and I just have to breathe deep and allow," then that's when we can open and really allow that true divine energy and that true divine healing to open and be born within us. So he's saying **open to the expansion of you rather than the constriction of the falseness of you**



X: Okay, okay. That makes... I think I understand. It actually makes a lot of sense. I was... it clarifies a lot for me and I thank you.

Dinah: Absolutely. Thank you. He's saying and I—he's putting his hand on his heart and he's saying you already are—you're already there, just open to it and realize it and trust it and grow with it. You're already there.

X: Okay. Tell him I love him.

Dinah: He says he knows. He loves you too.

X: Dinah?

Dinah: Yes.

X: Hi. This is Hatem, Ismet's husband. I've got a question for you. When you were talking about the homing pigeon and letting go of your intellect and trusting your instinct, I felt a very strong presence but that... I can't articulate any more than that. Can you shed any more light for me on that?

Dinah: As far as what the presence was that you felt?

X: Yea.

Dinah: Okay, hold on. Let me just ask Ostad. Can you please repeat your name?

X: Hatem.

Dinah: Hatem, okay. Ostad, can you clarify the presence that he felt? Okay I feel like... alright I'm just getting clarification. I'm feeling that the presence felt large to you because it really wasn't a single presence. What I'm... what Ostad was showing me was that it was really the presence of Prophet Mohammed, Rumi and Shams. And that the three... the energy of the three of them was with you sort of helping you to awaken that within you—sort of that “aha” like “oh my goodness” pay attention kind of thing. They were—as you were hearing that metaphor, you were... they were sort of dusting off the connectors for you so that you were realizing that that was something that you needed to pay attention to. So I feel like you had all three of them sort of around you helping you to hear that clearly and at a deeper level.

X: Okay, thank you very much.

Dinah: Thank you.

X: Hi Dinah.

Dinah: Hi.





X: Hi. I know you already mentioned that they are recognizing a couple of people that have questions but are doubtful about expressing it, and I believe I was one of them.

Dinah: Okay.

X: And so if there's time I'll just briefly mention it.

Dinah: Okay.

X: The reason is I can't articulate really my question and my gratitude much.

X: Much that was said by Ostad and Metatron was answers to much dialogue and conversation on this side with the divine and with them all, and so I'd like to first express my gratitude for all of that. There's much more conversations to go on and so I don't want to take that time. But there's a question if mother, a holy mother, is present?

Dinah: When you say—I'm not sure... who are you referring to when you say that?

X: Holy Mother, Mother Mary.

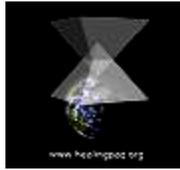
Dinah: Okay, right yes. Both of the Marys are here.

X: If Mother would grant us some wisdom about her work—the work that she wants us to do I'd greatly appreciate that if there's time to hear it.

Dinah: Okay. That's fine. We can go to Mary for a couple of minutes and just see... when we say both of the Marys, we... typically what I mean by that is there is Mary the mother of Jesus who is now known as Sananda, and then there is Mary Magdalene. So I... so you were meaning Mary the mother of Jesus, right?

X: Mother of Jesus. Yea.

Dinah: Okay. So Mary what... do you have any specific messages for Raha? She's saying that her message for you is one of... certainly one of love and one of mutual devotion. She appreciates the awareness and openness that you have to her as you move through your daily practices and as you move through your own journey to divine. She is somebody who is certainly aware of you and worked with you personally. She's saying that what she symbolizes for all, and she's saying really this is—she's saying this is not the totality of her being but it is a major component of her being which is the symbolic... oh, what is the word? She symbolizes gestation, she symbolizes the... the part of us that is sort of the egg, you know the part of us that is wanting to bloom, the part of us that is really wanting to burst ourselves—to burst our own being, our own awareness, our own journey, our own life into our connected self to divinity. You know she's saying **human beings, the physical birth is not as important as the birth into their spiritual journey**. You know, the physical birth is... she's saying it's relatively easy compared to the birth into spirit which requires you know she's showing me like the chicken sort of bursting out of the egg and all the work that the chicken has to do to get out of that egg. And she's saying really when



human beings are birthed into physical form, their birthed into this shell that humanity sort of places around them with this false sense of how to live in the physical world, and to be—to go into... to move into our journey toward divine, we have to keep chipping away at that egg and get rid of all that stuff that is not true and not helpful. And you know people put this stuff around us as a way of protecting us but it's really not helpful in our journey. So she's saying the birth into our spiritual selves and into our journey back home is a much more arduous process and is one we all need to be commended for. Because you know, she's saying the chicken works like crazy to get through that egg shell and she's saying and really it's an important part of its journey because it's exactly that that makes it strong. So she's saying as we all burst out of our egg as we are all chipping away at the egg of false beliefs that have been surrounding us rather than curse it, bless it. Rather than say "oh this is terrible," "oh this is harder," "oh this sucks," whatever it is that we say, she's saying chip away at it again **using that lens of love saying everything that I do to get rid of this garbage that I don't need is going to make me stronger as I move on my path to divine**. So she's saying bless this gestation process that we're all in and that you personally are in as you... as you continue to release the things that no longer serve you. She's saying bless it all and then move forward knowing that all of these things have made you so much stronger. So Mary is that...and she's saying blessings to you, and she's putting her hand on her heart and sort of bowing. I feel like that is the main gist of her message to you.

X: Thank you I appreciate that. So I guess my understanding is that she would like me to work on the people that she wants me to work on, and in the area of birthing them into the spirit because this is not about me, it's about the work that I need to do with her and for her in the world. So I take it that that is the work that she wants me to do in the world.

Dinah: She's saying **everyone has to break through their own egg**. She's saying keep in mind that you cannot... you cannot do this for someone, you can only be a coach as they do it for themselves.

X: Correct. Got it.

Dinah: So she's saying help them with the analogy of the egg, cheer them on with the analogy of the egg but she's saying never do it for them because then they will not have the strength as they go on their journey.

X: Correct.

Dinah: Okay?

X: Thank you, thank you very much.

Dinah: Thank you.

X: Love you.

Dinah: Okay, being aware of the time we as a group can—and I'm fine either way—if we have more questions we can continue with questions and skip the personal meditation or if the group as a whole would prefer to do a short guided meditation we can do that. So if we do have more questions, I certainly want to



honor those but we're at the point now where we kind of need to decide. Do we have more questions? Actually why don't we do this? If there are questions, if anybody can just say "I have one," we'll count how many I(s) there are and then that'll be our deciding factor because we don't—I don't want anyone to feel slighted if their question doesn't get answered.

Amean: Dinah, I have one question if no one else has any questions. Otherwise if someone else has a question, we will welcome that first.

Dinah: Anybody else? Okay, Amean it's all yours.

Amean: The question I have is; generally it takes a second to get someone upset or sad or angry, and it may take many hours, many days, many weeks, sometimes many months to try to get someone happy or in peace. What is... how could this be more balanced and why is it this way?

Dinah: Okay. Lao-Tzu is coming to the front here. Lao-Tzu do you want to jump on that? Okay Lao-Tzu is bowing and he's saying we're very glad that you asked. He wanted to... he wanted to address that. So Lao-Tzu what have you to say about that, that it takes—people can get angry very very very quickly but it takes a much more longer period of time for people to move back into peace and happiness, what have you to say about?

Amean: Essentially we have the same influence on others too. Like if someone is happy, by saying one wrong word I can get them very angry but if they're angry I may say many words or spend a lot of time to get them out of that anger—get them, you know calmed down or happy—and it's very challenging as if there's this underlying essence that has caused this lack of balance because something if we say it's balanced it means if it takes me five minutes to get someone angry it should take me five minutes to get someone happy. You can do this with children more often than adults but then what is that influence that has got us to be that way and how can we work on that essence of it?

Dominant Energetic Vibration (Lao-Tzu)

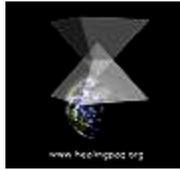
Okay, Lao-Tzu what have you to say? He's saying it really is related to their **dominant vibration**. And he's saying it's really a matter of choice and a matter of each individual choosing their dominate vibration. So he's saying to explain that what we would say is this... he's saying... let's say someone's tendency—like if you were to look at where someone lives on the spectrum of emotion. Let's say there's someone whose tendency is to live in the area of anxiety. So whatever happens during the day, they are typically on this anxiety spectrum—they are either more or less anxious but that is typically where they live. Now they might move up the scale into less anxiety and once in a while they might even come out of that, and jump into happiness or laughter or you know any of those sort of higher vibrational tones. But generally when whatever the event was that is over, they sort of fall back into their default which is on the anxiety spectrum. So he's saying part of what happens is you're right. He's saying with children, children tend to be much more neutral. They haven't clicked yet—now, not at all, but you know, many children are still at that blank slate and so they move up and down the spectrum very easily, they're very easily distracted. You might have to take away one toy because it's not safe or it belongs to another kid and they scream for a second. But the minute you present them with another toy, they're just as happy as they were two seconds earlier because they've been distracted and now this is fine. So



he says children move up and down that spectrum easily because they haven't picked their default yet and... they do have that distract-ability. He's saying adults unfortunately have number one, they've sort of gravitated to a spectrum where they typically are functioning some, and they have the issue of memory to deal with. So they are continually dealing with memory. So what Lao-Tzu is saying is yes, he's saying if you take a one-to-one situation and maybe you said one wrong thing that maybe someone was at a neutral point and you said something about hating pea soup and they made pea soup for dinner and now they're offended because you just insulted pea soup. He says at that point it is not just the thing that you said, it's the memory of all the other times their cooking has been insulted. So he says you have to realize that although it appears that one thing upset the person, number one you're dealing with where they tend to live on the spectrum anyway and number two that issue is tied into a lot of garbage that they carry with them that you know, that just came to the forefront because they have all this memory that they have never... been able to clear. So irritating them about just saying "I hate pea soup" not only makes them peevish now or upset because they made that for dinner, but all the other times that they're cooking has been insulted then leads to all the other times that they have felt inadequate and all the other times that they have felt that they have failed. And so he's saying it ignites this chain reaction, and that's what it's about. And so he's saying that's why it takes people much longer once that chain reaction of emotion has been started it takes people that much longer to move out of that chain reaction and into a more neutral vibration. And he's saying really that has nothing to do with you and everything to do with their choices. And he's saying that's really all about... earlier when Ostad was talking about whether someone chooses to you know whether their vibration is more in line with the... you know, with whatever level of mastery they choose—whether it's the pee wee league, the high school league, college, semi-pro, pro—he's saying the choices that we make are directly related to the league that we decide to play in. So he's saying people really can only choose to do that for themselves. So if someone gets pissed off and decides to stay pissed off and ugly for a day or two days or three weeks there's nothing you can do about that. That has to do with their level of chosen mastery and their level of divinity that they want and the connection with divinity that they have. And he's saying at that point the best that you can do is view them through that lens of love that Metatron talked about earlier and see them as perfectly connected to divine just like you would see a cancer patient as fully healed you know when you want to work on someone in that manner you... the healer sees the person as fully healed? If you see someone as chronically agitated, see them through the lens of love. See them as chronically happy and wait for them to find that path themselves. He's saying that's the best gift that you can give to them because it is all about personal choice. Does that makes sense or do you want him to...?

Amean: Thank you. That was great. So essentially what you're saying is there such a collective accumulation or some—those type of energetic vibration that is influencing us based on our potentiality.

Dinah: He's saying collective only for the individual. It's only... he's saying collective in that yes it is that individual and it is the... it is the sort of accumulated garbage that they have throughout their lifetime and that perhaps they came in with over multiple lifetimes, and they're—the only person who can decide to release that is that person. So yes **there is a larger vibration at work but it's really up to that person whether or not they choose to heal it or whether or not they choose to stay chronically irritated.** And the best that we can do—that anybody can do—if we... if number either we are that person you know, if I am the person that is chronically pissed off, I number one have to recognize it and choose to vibrate differently and say okay being chronically pissed off number one only makes me an unhappy person and number two I'm sort of adding to the negative vibration on the planet which I really don't want to do so I have the choice to vibrate differently and so I consciously can make that choice. But if I am someone who is not aware that I have the choice and I am just sort of living by default, then



the best that anyone can do who runs up against that person is to see them already healed and choosing differently and choosing to release the stuff that they are carrying with them and then to wait for them to get to the point where they can choose differently.

Amean: Thank you.

Dinah: Okay, does anybody else have any questions?

Saied: Yes Dinah I do.

Dinah: Okay.

Saied: This is Saied. In the same line as Amean was asking that question regarding when we... I really don't mean to upset anybody or judge anybody. I guess my question is as I listen to what Lao-Tzu was saying, I would like to know for those folks that are working with energy—particularly those who are taking these classes or doing other practices, as their vibration of love increases, as their focus on divine increases, when they cause aggravation or agitation or discomfort in others, I recognize what Lao-Tzu said about others. But what is the significance of and magnitude of energy inflicted by those that are working with the energy on others. Is the question clear?

Dinah: Okay, so people who are acting as healers who may... who may intentionally or unintentionally cause or facilitate irritation in others?

Saied: Correct.

Dinah: What is the—and then the second part of that, what is the what?

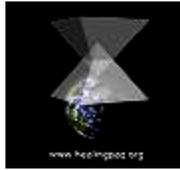
Saied: The significance of that because yes we recognize that we all have you know, things to overcome, to work on, to get over these judgmental attitudes and anger and anxieties and you know and so on and so forth. I recognize that side of it but as we work and increase our vibration and work from our hearts, we still have some accumulated stuff that we still need to work on. So on one end of the spectrum our energy is increasing. By energy I mean connection to the divine. But we still have some stuff left, right? So I just...I'm curious to know what is the significance—what is the magnitude of that infliction as the energy increases within an individual?

Energy Impact on Put a Pebble in Other People Shoe (Lao-Tzu)

Okay, Lao-Tzu. Okay, I feel like Lao-Tzu is going to talk about that. Lao-Tzu how, what is the... basically what is the impact of that when it originates from someone who has been dealing with their own connections, who has been facilitating their own connection and then they inadvertently cause, upset or facilitate upset in another? Lao-Tzu's words—his exact words are “that's part of the divine play that we're all a part of, that we all take part in.” He... he's saying that as we interact, he says we all continue to take on different roles. He's saying... he's saying even when I was physical he says yes I was a master, I was a healer, I was a... I was all these things and I was still a human being and I still had irritation and I still had... I still had times when I...



what is the word Lao-Tzu? He says I still had times when my vibration shifted up and down that spectrum. He's saying now granted in my lifetime because I... because I reached another level of mastery, my movement up and down that spectrum was not as severe or as great as some, but he's saying it was still there, it was still movement nonetheless, and he's saying what we all have to realize is that we all take on these different roles and he's saying and sometimes there are times when we are there as the healer and we are facilitating healing. And there are some times when we shift roles and we are there as the... as the irritants that too facilitates healing. So he's saying look at it this way. He's saying sometimes I... you know the person who is on this path and is acting as the healer, does come to the person and... does work at facilitating healing within them and helps them with their own connection, and then as they bump up against each other, as life goes on, then you know even though they might have just assisted the person with their connection with divine on one level, perhaps then they're the one that puts the pebble in the person's shoe on another level. And now the person's walking on their path and they have this irritant in their shoe and they're like, "What the heck, why do I have this? I thought I was just healed and now I've got this irritant." That irritant is part of divine play and causes them to seek healing on yet another level, and he's saying so the main thing as we go through this he's saying is to see ourselves and to give ourselves permission to be human, to realize that we do move up and down this scale, this continuum, and to be kind to ourselves both when we're the healer and the irritant. And say okay, yeah maybe I did put that pebble in that person's shoe and it was unintentional and I... you know, I will then do my best to he says to rectify the situation. So I'll go to that person and I'll say you know I think I put a pebble in your shoe and I'm really sorry for that. I, you know, I ask forgiveness from the person and divine. I offer healing on whatever level I can offer it and I forgive myself first and foremost for doing it because it was something that wasn't intentional to begin with and then I try and move with that person on the path. He's saying all of that is part of growth so he's saying none of it needs to be judged. None of it—we don't need to whip ourselves either you know, whether we are the healer or whether we're the pebble we don't need to whip ourselves. We just need to recognize where we are on the spectrum and say "okay yea maybe for the last week I did really well and I was the healer and this week I think I was the pebble and that makes me know that now I'm going to do a little bit better, I'm going to pay a little bit more attention to my vibration, I'm going to forgive myself, I'm going to ask forgiveness from divine and from the person, and I'm going to now vibrate at a little bit different level and choose differently." He's saying all of it is good and all of it he's saying what happens by doing that is that sometimes when we're the pebble, that happens as a way of keeping our ego in check. Whether we realize that we can be the healer and we can be the pebble, it keeps us aware, it keeps us focused. And he's saying that's the key in all of this. If the main thing that can come out of any situation is number one awareness and number two focus, then everything that came out of it was good and for everyone's betterment. So he's saying the bottom line once again as everybody talked about today, don't judge. **See everything through that lens of love and see whether you were the healer or whether you were the pebble, see it all as love and see it all as positive and good and continue to move forward. He's saying don't get stuck in it.** If you get stuck he's saying that is the critical issue. When you say to yourself, "My god, I've spent all this time working on being the healer, how could I have switched roles and become the pebble?" He's saying that's when you tumble down the ladder and that's when you waste precious time. He's saying the key to mastery is when you can say, "Yep, I was the pebble—now I got to fix it." You fix it and you move on. Then that is where you... you have shown that you can handle that level of mastery and greater mastery because you didn't get stuck and you didn't go backwards. You acknowledged truth and then you moved forward with it. Does that answer the question?



Saeid: Yes, but that raises one final question. So I guess what—I understand the pebble part. Could somebody who works with energy place a bigger pebble in somebody's shoe versus somebody who does not do energy work?

Dinah: He says potentially. Yes.

Saeid: Okay. Thank you.

Dinah: Yes and he's saying that's where the responsibility comes in because he says the greater... the greater access someone has access to energy, the greater their responsibility for... for maintaining that energy. What he's showing me is a picture of a body builder, and he's saying this is the same kind of situation. Somebody who lifts weights and you know, this muscle bund hulk of a person, they have a greater responsibility to watch what they do physically because their ability to cause harm is much greater. So for example if someone tells a joke and tiny little Dinah pats them on the back and says "oh that was funny," not much is going to happen or as opposed to this six foot two, three-hundred pound guy that can lift five-hundred pounds over his head. If he laughs and pats someone on the back he may send the person into orbit. So that person... **the greater access you have to energy, yes he's saying the... the greater responsibility you have to be mindful and that is where mindfulness comes in** he says where we have a greater responsibility to be aware of the energy that we send out because yes like that hulk we could do more damage.

Saeid: Thank you Dinah.

Dinah: You bet. Thank you, Lao-Tzu.

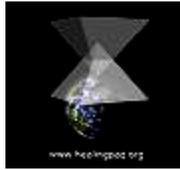
X: Dinah?

Dinah: Yes.

X: Hi, this is Raha.

Dinah: Hi Raha.

X: Hi again. You know, in the light of the last two comments and questions that were posed, I got a vision as Lao-Tzu was speaking and responding to the last two questions by Amean and Saeid. And what I got was that in terms of what Saeid was presenting—what is the impact—what I got was a picture of a baby that goes in total trust without knowing nothing else that goes to the mother for milk. It is that total trust and almost union with the mother and the need for food and milk, and that is the relationship between the healer and the person that is being healed. Or the impact of the healer—that's the way the person that is being healed sees the healer. Really trusting them with all of their life, all of their emotions and everything, and going there to get feed by a little bit of milk, and be happy and go on because they don't know anyway else. If they knew they wouldn't be at the presence of the healer. And imagine the mother instead of giving the baby milk, will give her or him something really bitter—something that would really... is unpleasant to the baby. The baby with all of its milk will not be able to take it beyond her... ability to process. That's the impact. If that picture could... could bring some of the healers in



the presence here the impact of what it's like to feel a little bit of a resistance outside love. Anything outside love will affect like that to the person that is in the arena to be healed. So that is... for Amean and Saied and other healers, that is really what people that you're working with see you as, if that might help you. And if a wrong word is said or a wrong action is taken, that is the impact that has because the baby would be totally lost, the baby does not know anybody else except mother. If she knew the father could heal her or give her the food, she would be somewhere else. She would not be at your side. So that is a relationship but in the light of what also Prophet Mohammed has taught me individually and I think Ostad can shed some light, is the communication—is the mutual communication. I understand that masters are great help in enlightening us with the whole process and the balance and the energy but like Lao-Tzu said I remember we are all human and we are on a journey. So in a human level as far as I remember from Prophet Mohammed teachings, when you hurt someone just go to them and talk to them and communicate with them. Because it is the divinity in that person that has been altered or affected. So the best knowledge and the wisdom comes from that person. See them as equal at that level and communicate with them because we each have a wisdom for each other that they can share and the situation can be healed or the relationship can be healed and they could move on with residual or ripple-effect thing. And again every two people I believe that come together have a wisdom for each other; so maybe there is a wisdom to be shared. So open communication could really heal it—that's what I got for when Amean was asking the question. So it's really the element of trust that gets impacted, and if, again, the baby gets something bitter, might never trust that mother again or that milk again. So that is the effect, but there is so... what came to me was the element of patience. So if you're working on an energy level to see that person healed and forgive yourself and all of that, then that's fine. That person will meet you somewhere in that mutual understanding, perfect communication, perfect love and perfect healing of that incident. But [unclear] complications, until that person like Lao-Tzu said, changes the default energy and meets you where you are and where you want them to be. So thank you.

Dinah: Thank you Raha. Okay time wise we are now at our limit. And I just want to be respectful of everyone's day so I think what we'll do is... certainly end our session but for anybody who you know, if you did not get to ask your question, if you did not get to speak, I'll stay a couple more minutes on the line so that people feel complete. For those of you who joined us and now need to move through the rest of your day and the rest of your journey, thank you for being with us. The masters are bowing again, thanking everyone for their time and again their desire to create sacred space and I see... all of them basically together saying blessings upon all. So for anyone who needs to move on, thank you for your time and have a wonderful day. For anyone who needs another moment to ask a question that did not get asked—if you have not had a turn to talk—I'll hang around for a couple more minutes. Thank you.

Amean: I just want to say thank you for all who've come. What we have covered so far is the breathe and the thought, and the role of the ascended masters and archangels, and next session is our rap-up; it's the ninth session and what we do is put all of these elements together to do a healing collectively so you learn first-hand how to do it yourself if you choose to do it for yourself or others. So the last session is really bring—I mean next session will really bring all these eight weeks together and collectively perform that such healing, and so you, you know, gain some different understanding in knowing how to do it. Love you all and have a wonderful week, and we'll see you in the class next Sunday. Bye bye.

X: I want to share with you that I felt a very strong energy and I'm just feeling wonderful today so I want to thank you and Dinah. That's why.





Amean: That's fantastic. I appreciate it so much—to share it with us.

X: Dinah?

Dinah: Yes.

X: Amean... Amean's question before brought up a question. When some...

Dinah: Who I am speaking to?

X: This is Jim.

Dinah: Hi Jim.

X: When you... when you have let's say hurt somebody or become the pebble in their shoe or whatever and they take offense to that, it's one thing when it's their choice but when it's like... when it's like the mother who has all the emotional blackmail available at her disposal to affect the children and to kind of... keep them in line with—they can't have an alternate thought without feeling the wrath or whatever and how they feel you know, let's see about and how they can interact with me so to speak without risking emotional blackmail and that type of thing.

Dinah: Okay so are you asking how—what to do about that kind of situation? To...

X: Yea. It's... it's, I don't want to make... you know, I've lost out on so much and I will probably continue to do so because... you know, I... yes I'm looking for guidance.

Dinah: Alright, so how to deal with a situation where children are in the middle and possibly taking the brunt, right—is that the gist of it?

X: Well, not necessarily taking the brunt, it's just... you know, they're being affected and my relationship with them is being affected or my ability to... or if my pursuit of a relationship with them causes other things to happen because of someone else's feelings.

Dinah: Okay, alright.

X: Make sense?

Influence of our Energy on Children (Lao-Tzu)

Yea, Lao-Tzu I think is going to respond to that. Lao-Tzu what do you have to say? Lao-Tzu is saying the energetic here is very important because your awareness of it is good. You are aware of the fact that the children in this situation are perhaps being energetically manipulated or being energetically influenced in a negative way. He's saying the best thing that you can do is to not add to this either intentionally or



unintentionally, and he's saying what he means by that is your fear of it and your condemnation of it and your judgment about it needs to be completely wiped off the map—wiped away. Because by feeling fear, pain, anxiety, any of these negative emotions, as you harbor these emotions in regard to this situation, you add to it. So you compound it, you complicate it by doing that. So he's saying the best thing that you can do in this situation is to trust higher wisdom to say number one, divine please help me erase in my heart any concern, any fear, anything that I have that is negative toward this situation. And then he's saying the next level of that is to see it only through that lens of love that they talked about earlier to... to see your children absolutely always surrounded by love, to see their mother absolutely always surrounded by love, to see any interaction with you coming in on the wings of love, to see love absolutely surrounding the entire situation permeating the situation down to the very core so that anything that happens is number one not compounded by your vibration and number two hopefully facilitated by your change in vibration so that you can open the gateway to a different level of interaction rather than adding to the current situation which to you appears very dismal. So he's saying do your best every day to send love, light and peace to the situation and the people involved. Do your best every day to see them surrounded by love and light at all times and do your best to see the path between you and them as a path illuminated by love and light, and surrounded by love and light continuously so that that path can emerge. He's saying **the true path of love and light cannot emerge as long as we are blocking it with our own negativity**. When we erase our own negativity, we allow that path of love and light to emerge seemingly out of nowhere but really not because it was there all along. You understand that?

X: Yes.

Dinah: Okay, he's saying that's your homework.

X: Alright, thank you.

Dinah: Okay. You bet. Is anybody else have anything? Do we have—Amean can you check how many more people we have online with us?

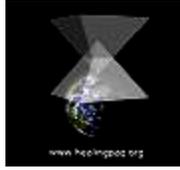
X: Okay I wasn't sure if I was muted or un-muted. I just want to thank you so much. I really appreciate it. I had an awful, awful back pain for months and I don't know I just—when you were doing the whole meditation, I kind of focused healing energy from Ostad in that area and it feels a lot better. I don't know it unknotted ... or I don't know what it was but I feel really relaxed and it feels really good. I just want to thank you for that.

Dinah: Oh, thank you. I'm glad. I'm glad.

X: Yea, really. It's been huge because it's been there for months and it just hurts my lower back on my left side has been hurting so much and it just feels so good today so thank you.

Dinah: Oh, thank you. And we'll all just go through the rest of the day knowing that that healing is working and all of that entire area is healthy and supported.

Amean: Ismet, there was some pressure on the limbic and center of nervous system.



X: Oh is that what it is? It's been awful Amean. I almost like a few months back, I almost called you and asked you can you help me when it's like, when I'm lying down it hurts more than when I'm sitting up but sometimes it just hurts a lot and I was just like oh my God, what is this 'cause I've never had back pain before.

Amean: It was on the limbic system and central nervous system.

X: Maybe... is there something I could do to work on it...

Amean: Yea when you do you meditation, ask healing energy for limbic system and center of nervous system and also you can develop your core muscles.

X: Okay. Like when I do my morning meditation and I you know, when I start out and I call on Ostad and everything, just basically maybe focus on that when I do meditation. Is that what you're saying when I do my meditation?

Amean: Exactly. When you do your meditation also ask for healing energy as your energizing/recharging your energetic body you can also ask for healing energy for limbic system and center of nervous system and... contract your core muscles slowly so they develop stronger.

X: Okay. Thank you so much Amean.

Dinah: Thank you, thank you for joining us.