

Study of the Pah

Session 12

Mentorship Class

Opening the Eyes of the Heart, Part 2

by

Da Pah Kwan Yin San &
Da Pahdasan'ka Barak Solarys San

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Da Hana Akeyasan Amy San: San'a'ke.

Da Pahdasan Kalynda San: We are all back. One by one.

Da Hana Akeyasan Ekaraia Gaia San: Everyone is silent. We were sharing a little bit here ...

Da Pahdasan Kalynda San: We were just talking among ourselves also. It is just incredible. It is really happening. This is something that is within our reach and that we are doing together now. It is incredible.

Da Hana Akeyasan Ekaraia Gaia San: Yes, immense.

Da Hana Akeyasan Amy San: I was just focusing on the low o, and it was incredible how quickly it feels like gravity changes or... So I mean, wow, this is really, really cool!

Da Hana Akeyasan Chachi Ram San: Yes, I think all of us had some experiences with that. I also felt like everything disappeared in that sound, basically, and it became, for a little while, timeless, formless, spaceless with this sound. It's awesome.

Da Hana Akeyasan Amber San: Just a few minutes of practicing! It was amazing. I found how easy it was – I didn't practice with the sound because there are people in the house, so, I practiced quietly, silently. I have never done that before playing with the elements in this kind of way. So, that was amazing in itself.

And I wanted to share two things. When I came back to the heart kakra via the spiral, it felt so complete! And then the next part was when I eventually stopped, I opened my eyes, and I could translate reality with my eyes, my surroundings, but there was nothing else.

Then, two thoughts came in – and they quickly left. All I was left with was translating my reality with my eyes, and having that incredible feeling. So, pretty amazing.

Da Hana Akeyasan Chachi Ram San: Yes, with the i you could really feel like all the elements being there, coming together. It was such a very different... You explained it as 'complete', Da Amber San. Kind of that feeling of everything coming together, but feeling all the other elements in there. That was just awesome.

Da Hana Akeyasan Amber San: I guess, not that mention that if we have done this in the opposite way, to create our experience in this Ekaraia, we have memory of this. And we are remembering and touching that memory and that consciousness, and bringing it back to our experience here to go the other way. This is pretty cool.

Da Pahdasan Kalynda San: Sounds good. Sounds really, really good!

Da Hana Akeyasan Amy San: I am game!

Da Akeyasan MuRa San: I actually felt like a monk.

Da Hana Akeyasan Ekaraia Gaia San: Like a monk?

Da Pahdasan Kalynda San: Okay, yes, I can understand that.

Da Hana Akeyasan Amber San: It's a good analogy.

Da Akeyasan MuRa San: It felt really familiar, and I felt like a monk.

Da Pahdasan Kalynda San: Makes sense.

Welcome Back!

Da Pah Kwan Yin San: San'a'ke imzaia'e!

Akeyasans: San'a'ke imzaia'e.

Da Pah Kwan Yin San: Beloved, beloved Akeyan'shi, welcome to see you all... Uhm, happy to see you all and welcome, I mean to say! See, it's already beginning to disentangle, this whole vibrational nonsense!

Da Hana Akeyasan Amber San: Yes!

Da Pah Kwan Yin San: Joining me for this part of the conversation in the physical this time is Da Pahdasan'ka Barak Solarys San.

Da Pahdasan'ka Barak Solarys San: Imzaia'e. Nice to be back here with you all again.

Akeyasans: San'a'ke o Da Pahdasan'ka.

Da Pah Kwan Yin San: So, we are going to not let this go on for too much longer, but I think it is still nice for all of us to perhaps have a bit of a chat. There is also some questions that were sent in last time already, and if any of you have any questions, I am going to keep you unmuted for the entire time – or any comments, or anyone that wants to share their experience with what I have explained or what we have practiced so far, or any clarifications, this is the moment to do all of that.

Let's see if there is nobody else in the waiting room anymore. No, everybody is here. Cool.

Okay. Who wants to get started? Pahdasan'ka, do you have anything that you want to take it away with?

Experiencing the non-vibrational State

Da Pahdasan'ka Barak Solarys San: Sure. I was quite surprised actually with how quickly you could start to feel the difference between the vibrational and the non-vibrational.

What I had was a question, really. Round about the second time around, between the e and the i, I could really feel like a lot of things disappeared, and it was almost like, especially on the e, that it was just the tone, that I could just experience that tone and I

couldn't really experience anything else. So, my question is, is that then, when that stops, is that when you feel like you are done with that purging, if you like, of that particular vibration level? Is that what is happening there, when you feel like you're nothing other than this tone, literally, or this expression?

Da Pah Kwan Yin San: Pretty much.

Da Pahdasan'ka Barak Solarys San: Is that then when that falls away, you move onto the next one?

Da Pah Kwan Yin San: Pretty much. I would say that is coming close to what I am trying to express. Yes, yes, indeed. It is the dissolving of those particular frequencies and, therefore, as these frequencies dissolve, the particular vibrations that are being held together by those frequencies that are dissolving... So, yes.

One thing that I might have not mentioned, but I did mention it in the email that went out yesterday, of course, the key here is that this White Space Training, this hono'lyn'vah, is all about being able to enter into tuition together in a timeless and spaceless environment. And in order to do so, that means an environment without the ego or beyond the ego; without the mind or sahvok, or beyond sahvok, and without the ultimate construction of the personality as you know it today. The identity, I should say, not so much the personality itself. The persona evolves. The personality evolves into the persona. The persona evolves into the so-called godhead expressions of the self. And those are still illusions. They will try to make you believe they are not, but they are still illusions. And eventually, that will evolve into the Creator Self – but that is more of an exit of the Ekaraia, rather than an entering White Space Training.

So, ultimately, that is what it is about. Everything that I have explained today might have come across a little technical, but it is about creating this opportunity to learn the metaphysical truth without the hindrance of sahvok, etc.. Now, remember, of course, that you entered this Ekaraia as an Akeyan'shi to eventually experience sahvok, not as a theory but as a practice because in the metaphysical domain, in Vahlyn, in all of those realities that you have heard about over time, of course, there is no such thing as sahvok. It is a theoretical study. Here the study is practical. So, that is the second thing I wanted to say about it.

Service to the Whole

And I guess the third thing I wanted to say about it, is that the highest, most abstract reason, of course, why we are doing this, why we are wishing to enter into hono'lyn'vah

together and not be limited by time or space or any of those things, while studying this and being able to return to the moment of actually leaving for white space, all of that is, of course, done with the intent to be in service to the whole, to be in a state of compassion and reach this state of ascension where you can be of service.

So, sometimes, when you get into that whole technical stuff, it is easy to forget the basics, and the basics is a great sense of Love that makes all of us do this together, to be of service. Because all of us, I guess, have come to understand together, much like Einstein would say, that you cannot fix a problem at the level of reality that created it. So, that is why, ultimately, these classes are happening.

And yes, to get back to Da Pahdasan'ka, to your question, every time you practice this, you dissolve more and more of these frequencies and vibrations, but what you are actually doing, of course, is you are refocusing.

Da Pahdasan'ka Barak Solarys San: Yes.

Da Pah Kwan Yin San: You are not actually dissolving. I want you to understand that. That may not be the right word to use because, ultimately, you are not deleting this reality. There is a back-up, and it stays in the cloud. Don't worry! Nothing can happen!

Da Pahdasan'ka Barak Solarys San: More reorienting of a perception.

Da Pah Kwan Yin San: Yes, yes. Focus. Would you like to say anything else right now about this?

Da Pahdasan'ka Barak Solarys San: Well, when I went downstairs here in Hana San Ka, the students were quite buzzing. So, I'm sure they have something to say about it.

Da Pah Kwan Yin San: Yes, I can tell! Hi everyone! Anybody would like to share, indeed, in studio 2?

Going Beyond Theory

Da Pahdasan Kalynda San: Yes, earlier I was already sharing with Da Pahdasan'ka, how you could just feel that everything was becoming real now, that it's not just theory anymore. You could really experience how the vibrational bullshit had to move for truth. And that was just an amazing feeling, the possibility to completely dissolve... Maybe that is not the right word, but at least the focus already on the vibrational, that that can just transform itself by doing the opposite movement of how we entered the Ekaraia.

Da Pah Kwan Yin San: Yes.

Da Pahdasan Kalynda San: Yes, that made me very excited.

Da Pah Kwan Yin San: It is, indeed really that simple. It is that simple. But you will see, as we go forward that everything, as I've already said in the other class, everything is going to be that simple. In fact, it is only going to get simpler.

The Simplicity of Dahlyn

The idea of complexity initiates from the thought of dahlyn, for most people. I get these emails from people a lot that people have difficulty with the idea of dahlyn and all these different terms and expressions, but that is the simplicity. The current language, the current expression, the current vibrational state is, of course, the complexity.

So, once that kicks in, once you truly begin to hit the simplicity of dahlyn, which you will see is a very simple type of expressing the self. You will see that at that point, you will truly get an acceleration. So, yes.

So, as I said, this is moment is open for any of you to share anything. Who would like to?
Da Grace San.

Da Hana Akeyasan Grace Gayasha San: I first want to... I can't get my words out... It is so beautiful what we all experienced, this way to be all together... I'm sorry. I'm getting tears now. Da'ka'ya for the opportunity and just for teaching us in any way.

I had actually a nice experience with the breath. Normally, this body is always out of breath, even when walking upstairs, but now, the tone could go on forever. I had to stop myself to stop because all of you stopped, of course. But it's incredible how you then realize what the mind does with the body. If you are really thinking of something, then it really... This does the opposite. It is really ... Thank you. Thank you all.

Da Pah Kwan Yin San: Wonderful to hear that, truly.

And again, I want to reiterate the simplicity, indeed, through this spiral of resonance the way into the Ekaraia reality is, indeed, the way out. Much like in this reality, you manifest bi-directional, two-directional roads. You go from LA to San Francisco one way, and you pretty much drive back the same way. So, this is, ultimately, what it is. You need the same gasoline for it. It is the same distance and the same effort.

Anyone else would like to share? This is the time.

Da Hana Akeyasan Chachi Ram San: Yes, indeed, the simplicity you are talking about, that is what became clear to me just by... It was so easy to just be with that sound within. And everything seemed to fall away... and be just there. Like you said, the breath just keeps going. It's hard to describe, but I understand the simplicity through that. That is basically what I would like to share about this. Thank you very much.

Da Pah Kwan Yin San: Da'ka'ya. Da'ka'ya.

Da Hana Akeyasan Amber San: I guess, I could share just this little bit. I just shared when we all came back together that I think it was truly fascinating, amazing. There are people in the house, so, I elected to do this silently from within. And I have never actually experienced going through the elements and the kakras that way on the path, doing it silently. So, it was amazing how quickly that just kicked in, first of all. Immediately, I could go forever without even having to think about the breath.

And the other part that was really wonderful, was when I created the spiral, I came back to the heart kakra, and I just felt like so complete, and I could feel the importance of that. And the interesting part, too, is when I came back and decided to open my eyes, I see the room around me, and my physical eyes are translating my reality, but that was it. There was nothing else going on, until like one thought came in. And I noticed the thought and I just observed it, and it left. And then one more thought came in, and I observed it, and it left, and then, there was no thought. So, I was just left with observing my reality with my physical eyes, feeling all of what this did internally. So, I just wanted to share that. It was really amazing. Thank you very much for this experience. Can't wait to do it more!

Da Pah Kwan Yin San: Wonderful to hear! Wonderful to hear! Anybody else that would like to share or ask a question?

Di'da'dja versus White Space

Maybe while we wait on that, I can have a look here at some of the questions that have been sent in, in the last couple of days. And we have the person asking the question here, Da Amy San. You asked me, "I have been pondering," you said, "whether or not there is a connection between the field of di'da'dja – or the quantum realm, in other words – and white space? Could you go into this a bit more, or is it possible to point out the difference?"

Well, there isn't an overlap there, to be brief. What I'll say is – because I can answer this very quickly – what I'll say is that di'da'dja, as you point out here, is, indeed, a reference to

the quantum realm, so, to the smallest of possible, unmanifestable abstract realities, let's say. And throughout the work in the last few years, especially in the material that is going to come out in the 'Fragments on the Pah', once they come out, I have spoken already to the direct students quite a bit about the opposite, in a way, of the quantum realm or of quantum realities, and I have given it the label 'plethoric realities'.

So, you have to consider, where you have quantum realities that are impossibly small dimensions for the human experience to comprehend, that you have plethoric realities, which are incredibly large realities, impossibly large for the human mind, if you will, to comprehend.

So, you could argue, for instance, that if you think about the life experience of an ant on the Earth, while a human passes within 5 meters of the ant, it is very possible that the ant is not going to register the existence of that human consciousness whatsoever, simply because its level of consciousness is not reading that higher level of expressive reality.

And in the same way, plethoric realities, such as, in a way, white space, hono'lyn'vah, would be one, are realities that from the human mind's perspective, or sahvok's perspective are too large to comprehend. So, they are just ignored. Or, in many cases, they are translated into reality as physical and limited objects. An example would be, if you remember the teachings from 2016, 'The Solar Activations', realities of planetary systems or of nebula based systems etc., are so vast that they bypass the human understanding altogether, and, therefore, the human observes them as a limited system, which is mostly lifeless. But they are levels of consciousness that are pretty much the same as the one that you are experiencing right now.

So, that is the difference between the quantum realities and the plethoric realities. So, with White Space Training, we are focused the other way, let's say, the other direction. We're taking a right to the plethoric and not a left to the quantum.

Da Hana Akeyasan Amy San: Da'ka'ya.

Da Pah Kwan Yin San: The quantum realm is studied a lot in the Study of Vibration, of course, because it is where the mind and sahvok make up their matter, if I can say so. So, yes.

Meanwhile, yes, Lisa San, I am going to invite you to unmute. There we go. San'a'ke.

The Feeling of a Bubble

Da Akeyasan Lisa Jansen San: Hi. Hi. Thank you. I feel like when – this is the second session we've had – but I feel like I'm in the white space with you already. It feels like the white space. So, when I just got up to leave the room when we had that break, it's like I had to kind of come out of the bubble and back into 3D. But I likened the chanting, I have been guided to do sounds for about 5, 6 years now, with the vowels - the bija - and I likened it to Samadhi. I usually have like... I call it like a blending with that unified field. There is no me, no nothing. So, I am wondering if that is a state that you feel during the practice, or is it after in the resonance? What is that typical effect for people?

Da Pah Kwan Yin San: I would say that that state that you are describing is actually... could be observed as the entry point, much like what Da Pahdasan'ka was discussing earlier. You could say that at that point, it is beginning to have effect. And if at that point you would then continue... And this was, you have to remember, this was only while practicing it using actual physical vibrational sound. So, if you practice it in the other fashion, then you will begin to detect, each in your own right – you know, like Da Pahdasan'ka described and you describe it in a different way – but each of you will begin to feel that beinglessness, that statelessness.

Da Akeyasan Lisa San: Sorry, I didn't hear because my phone wasn't even on the Zoom, but I didn't hear Da Pahdasan'ka speaking. So, yes, okay.

Da Pah Kwan Yin San: Oh, yes, Da Pahdasan'ka was indeed saying a similar thing in a way, right?

The Fingers in Relation to the Kakras

Da Pahdasan'ka Barak Solarys San: I certainly recognize the feeling of being a bit zoned out as well. It was a bit of a bubble to come back in to, or out of again, any which way you look at it. Yes, it is really just the tip of the iceberg, isn't it, because we just ran through the actual sounds, but spending some time on your own, expressing these through your kakra focus... Also, I wondered, would it help people to use the fingers, or is that too physical, as a beginning...?

Da Pah Kwan Yin San: No, that could be a way to focus on the various kakras. Maybe you can explain that for a second. I will make sure you are large for the recording here.

Da Pahdasan'ka Barak Solarys San: Yes, each hand will and each finger on it, will relate to a specific kakra. So, the low o sound with the color brown is the index finger, the third

kakra, the lowest kakra. Then your middle finger would be the a sound for the second kakra, with water. As you move up to the e sound, that would be your ring finger. And you can use your thumb as a transmitter through the body, so it would be like this: [index finger and thumb] o, [middle finger and thumb] a, [ring finger and thumb] e, and as the cycle completes the infinity sign, you would get back to i, which is all of them together in the pinkie, the little finger.

So, of course, we are talking about leaving vibrational things behind, including the physical body in this exercise, but it maybe helpful in the beginning.

Da Pah Kwan Yin San: Sometimes, a physical reminder like that can truly be of service to the practitioner indeed. Yes?

Da Akeyasan Lisa San: That's amazing because the physical, as you are describing it, using the physical senses to enhance it or activate it, I tap. I tap on the areas to add a little bit more vibration. So, I use tapping on each kakra.

Da Pah Kwan Yin San: Mhm, yes, again...

Da Pahdasan'ka Barak Solarys San: If you try to tap with the right finger on the right kakra, you really would feel the effect of it.

Da Akeyasan Lisa San: Oh, yes. Cool, cool! I love that. Okay!

Da Pahdasan'ka Barak Solarys San: You also can see it in the depictions still.

Da Pah Kwan Yin San: Yes. Well, I think that we could go on for a while still, but I also feel that we are past 10 PM here now, and it probably is a good time for us to call it a day or call it a night, depending on where you are – unless anybody still has anything very specific to add. Then, of course, I am always open to that.

I see that Dhyana has raised her hand here, so, I'll unmute her for a second. San'a'ke Dhyana San!

Expanding the Third Eye

Da Akeyasan Dhyana San: Thank you for this class. I was just wondering, with the pineal gland being the eye of the heart, as an artist, I have been going like ... traditionally when I painted that here, some of the energy came down and this would actually hurt my neck. And so, then I worked from the heart chakra, which I think has got much bigger capacity.

Then I was going with the idea that your third eye didn't need to just stay here [head], but my third eye could be here [heart]. This may be just fooling myself, that is what I have played with. Then I've gone like wow, your whole body could be like your third eye, that it could be sensing... Because, you know, I am trying to pick up on vibrational... whatever it is – some sensation, which isn't my ego and translating it vigilantly but using the heart as a main way to connect to source.

Da Pah Kwan Yin San: Yes, because you could even say that in doing so, as I said, as you begin to understand this, and you do – of course, you have been working with this for quite a while yourself personally, Dhyana San – so, you get to simpler and simpler and simpler states of it, you see? So, as I said earlier, ultimately, the three-kakra-system is created from the heart kakra.

So, everything that, ultimately, takes place or seems to take place in the head kakra or in the belly kakra, still will be the case to some extent in the hono'lyn'vah of white space, but once you are out of this Ekaraia, when this exercise is completely done and this visual, vibrational, physical expression of yourself is completely finished – because you have finished the sahvok study, let's say – at that point, of course, reentering the metaphysical domain very literally means, returning to the heart kakra, returning to the Akene. The Akonai'da ceases to be; the Adonai'ka ceases to be. The head and the belly remerge with the heart. The ego, the senses, and all of these things, all of the unnecessary, excessive, excess baggage, ceases to be.

So, what you were saying, Dhyana, is, indeed, very much the focus that you can, of course, immediately have.

This is the thing, while the techniques and the training that you receive is very specific, it is, ultimately, to work on through the sovereignty of you as the beingness that you are.

That is not to say that you can do that thing – that people in spirituality very often say: take what resonates and leave the rest. Unfortunately, with ascension training, there is no things to leave. It has to all be understood in a certain way, but the implementation of it, as you are describing through your art and through your process of how you are trying to perceive that part of the non-vibrational self, is, ultimately, very... I would say, 'unique', not individual but unique. And in that uniqueness, you bring expansion to the whole, of course.

So, thank you for your question.

Da Akeyasan Dhyana San: Thank you.

Da Pah Kwan Yin San: Maybe one last moment if anybody else has anything to say? Then this is the right time. Da Lisa San.

DNA not connected to White Space

Da Akeyasan Lisa San: I just have one quick question, and it might be a long answer. We don't have to answer it now, or maybe there is no answer, but does it affect your DNA in any way?

Da Pah Kwan Yin San: No.

Da Akeyasan Lisa San: No? Okay.

Da Pah Kwan Yin San: No, I would not say it does because all of that, both the vibrational, physical DNA – the two DNA strands that are physical – and the 142 DNA strands that are vibrational, energetic – ultimately, are again an unpacked way of expressing the totality of the heart kakra and how that then translates here. The vibrational DNA, for instance, the fact that telepathy, telempathy connections on levels beyond the physical are possible – and I don't mean Zoom meetings, but I mean the actual connections beyond the physical – that these things are possible, are all part of the vibrational DNA, but at the end of the day, that is simply part of the one Akene again.

So, no, there is no real change or transformation in the DNA, except for maybe the fact that it becomes meaningless during the time of hono'lyn'vah, during the time of White Space Training.

Da Akeyasan Lisa San: Okay.

Da Pah Kwan Yin San: But it is what you will focus on, not necessarily the DNA but the beingness that is here and now, that is talking to us now. That is the beingness, of course, you could argue, through that DNA that you will focus on as a gravity point in a way to return out of hono'lyn'vah, to physical reality.

Alright.

Da Hana Akeyasan Ekaraia Gaia San: I'd like to share something.

Da Pah Kwan Yin San: Yes, please.

Da Hana Akeyasan Ekaraia Gaia San: I had an extremely interesting experience as well after the second i. I couldn't remember it, I also thought about the DNA. It was just a thought, but I felt like two waves of something. And then I think I remember seeing only the spiral. When I started the singing, like a mix with the physical and non-physical body. And then, through my mouth, things were ejected again.

Da Pah Kwan Yin San: Just like I explained, indeed.

Da Hana Akeyasan Ekaraia Gaia San: And then a thought came, but it was not my mind; it was the i of the spiral. Then, because we started to tone again the higher o, and then... I mean, such an experience that I could speak about it for a while. The third time then, the i, I thought that from the spiral, it was like eggs. You know, these fluffy eggs like a turtle would have. It's not finished. It feels like... that is what I thought. So, I don't know but I wanted to share because you cannot miss this.

Da Pah Kwan Yin San: It is funny, these translations that happen in the vibrational understanding of what is actually occurring, isn't it? Da'ka'ya for sharing that.

On that light note, I think that we should that call it quits for today because I feel that if everybody here that has participated today still does have any time after this moment, I think it is best served by practicing what we have now passed on to you and what we, of course, will continue to talk about in upcoming classes, rather than, indeed, trying to explain what is going on. Because it is, of course, so unique.

Next time, we will be talking about the lemniscarian technique – lemniscate, infinity sign. It will be a practice that is done with two or multiple people together, as I have already said. It will be even simpler than this one.

There are a couple more after that, that we will discuss – maybe in that class; maybe in the third class. But after that, it is going to go full-blown into deeper practice with the whole thing together.

Pahdasan'ka, would you like to add one or two more points before we end?

The Importance of the Non-Physical Tones

Da Pahdasan'ka Barak Solarys San: Well, I think one thing is, it is important to keep the focus on the non-physical expression of these tones. If you think that we are going to be accessing a space, which is devoid of any physicality, and you would often, from white space and beyond, you are not going to have a physical body. So, the expression of these tones has to come really internally. That's one point I want to make.

But I also, on behalf of everyone, say thank you again for continuing to be a beacon of truth for all of us here to be guided by. I am so grateful. I know that I speak for everyone when I say, da'ka'ya.

Da Pah Kwan Yin San: Thank you for that. And, indeed, da'ka'ya to all of you. I know the level of distraction that this world and these vibrational states can bring with them. So, I do understand how easy it would be to ignore all of this, to not focus on this study, to decide that the subtle and the delicate fields that this is all about, is too subtle and too delicate and that that is not the world that you want to experience. But, these are not the choices that you have made. And I thank you for that, not only for myself, in name of myself and in name of all of Ascended Life, including my beloved teacher, Da Pah Lao Tze San, but also in name of all of humankind and all of consciousness.

Da'ka'ya ohami vish imzaia'e.

I will see you all very soon from now. I belove in you. Have a good day or a good night. San'a'ke.

Akeyasans: San'a'ke.