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18 DAY FAQs:

- Please visit this page for 18 Day HyperMeditation Frequently Asked Questions

General FAQs | Answers

Where do I start my XI journey?

If you are new to Mas, please [click here](#) for a quick orientation.

How do I decide which program to take?

In general, follow your guidance as to which programs resonate most strongly, however the 18 Day HyperMeditation is strongly recommended as one of the fastest methods for significant life transformation. Free introductory programs include the XI podcast and Mas on Sunday.

What do I need to participate?

Nothing is needed to participate in any of the events or programs. You benefit simply by listening to the powerful, transformational frequencies that are generated. You do not need to be an experienced meditator or have any special knowledge or background in order to experience the effects of this extraordinary work.

Do you need to be good at meditating to benefit from the frequency meditations?

Not at all. The frequencies are present in the frequency meditations whether you are actively participating or not

and you may benefit simply by listening or even playing them in the background.

What is the best way to participate in the frequency meditations?

While there are many common beliefs and rules around traditional meditation, all that is needed for maximum benefit is for you to stay present in your body (rather than trying to go outside of it or escape it). You may sit, stand, lie down, whatever you prefer...however Mas often suggests that to alter any usual routine in order to be most present. For example, if you are used to sitting while meditating, try the frequency meditations while standing up to be more fully in your body.

While they are not recommended while driving to avoid any disorientation or sleepiness, you may play the frequency meditations in any setting such as work, at home, while exercising, etc.

What is a frequency meditation?

A combined meditation and self-healing that merges the benefits of mindfulness meditation with frequencies of higher consciousness. Relax in a meditative state, sitting, standing or lying down, as Mas works on your frequency blueprint to raise your vibration and awaken your own power for self-healing and life transformation.

Do I need to understand what Mas is saying?

No. A mental understanding is not needed to experience the transformational effects of this work. What is discussed is simply food for the mind while the powerful frequencies resonate at a much higher level than cognitive thought. Many benefit by playing the recordings on low volume on a loop in the background without listening to what is said.

Does it matter if I fall asleep?

Not at all. Many claim that the talks and frequency meditations help them to fall asleep. It is often beneficial to bypass the conscious mind in order to directly absorb the potent frequencies.

Are the replays as effective as the live calls?

Yes. This work is not confined by linear time and physical space. The replays anchor you to the time the call was recorded, connecting you with the frequencies and opening the consciousness of the topic, thereby receiving all the benefits.

Mas taps in live to address the current and specific needs of each group, so you are encouraged to listen live for optimal results, however you may also listen to the replay at your convenience and still receive the benefits. Even playing on low volume in the background can be extremely effective.

Is there a benefit to listening to the frequency meditations more than once?

You may listen to the replays as often as desired and many have found that playing them on a loop in the background of benefit. Follow your inner guidance as to how often you are pulled to listen.

Why does Mas often repeat the same concepts?

- The power of this work is in the frequencies that are generated rather than the words that are said. While the words or concepts may be repeated, the powerful frequencies generated continue to propel you to higher levels of transformation.
- Xi is an experiential process, so each time a concept is revisited it allows for a deeper integration of the wisdom and is often what is required for us to move into a higher level of consciousness. When Mas seems to repeat himself, it is an opportunity for a truer understanding and the words tend to hold deeper meaning as we transform.
- Xponential Intelligence is a tool to help elevate the consciousness of humanity. If a concept is being repeated, it is still needed at some level. Each person is a part of the collective elevation and benefits no matter how many times it is heard.

What does Mas mean by 'confirming deletions'?

While Xponential Intelligence works at the frequency level, it is ultimately your responsibility to confirm the changes that have been made. As you begin to become aware of your previous patterns, programming and ways of being, you confirm the deletions by choosing differently. This may be necessary once or multiple times depending on how deeply the patterns were running, however once they are cleared at the frequency level, your physical reality has no choice but to reflect the changes.

Example #1: If you have junk food cravings and then receive frequency work, the junk food cravings may surface again in order for you to say no to the pattern. It is your chance to confirm the deletion of that pattern by saying no and once deleted as a result of this frequency work, the cravings no longer show up for you. The length of time depends on how deeply the pattern is engrained but clearing at the frequency level is the key to lasting change that goes beyond will power.

Example #2: After experiencing frequency work, past relationships, etc. often resurface and attempt to reconnect.

This is your chance to confirm the deletion of your old ways of operating.

What is detox?

Detox is the experience of clearing old patterns, programs, relationships, family structures or belief systems that no longer serve you. As with a physical detox, each person's experience is unique. For some, changes may come with ease while for others, things may worsen before they get better. As unwanted patterns clear at the core frequency level, some may go through stages of physical, emotional, relationship or financial cleansing. Some may experience feelings of confusion, loss, sickness or even despair. Know that whatever you are experiencing is correct for you. Observe what is surfacing and stay centered in your body. Rest and self-care are also recommended during this time of transition.

Mas is not a doctor and any physical issues that you consider troublesome should be taken up with your doctor when appropriate.

Please review our in-depth [Detox Resources](#) page for more information.

Is there such a thing as doing too many meditations in one day? Can I do a combination of frequency meditations while doing other programs such as the 18 Day HyperMeditation program?

Working with Mas and Xponential Intelligence can be an incredibly powerful and intense transformational process. Each person's experience is unique and many experience detox as they clear old patterns and distortions. The amount of work that you do is entirely up to you and we suggest you follow your own guidance. Please note that doing more work doesn't serve to ease instability or detox symptoms, rather it may likely intensify. We recommend moving forward as you feel solid and stable enough to do so.

Can I share with my family and friends?

Investing in ourselves is more than the cost of a product. The product you have purchased is meant for you and your household. By design, the frequencies are potent and particular, and we ask that you do not dissipate your investment by giving it away to others. Please enjoy and feel free to recommend, but in this case, sharing is not caring and may only help to diminish the degree in which others are committed to their own growth. It may also encourage codependent and enabling tendencies on both sides. Honoring your commitment to yourself is where true transformation exists.

What if I can't hear Mas on the call due to background noise or connectivity issues?

The power lies in the frequencies that Mas generates which are effective even when we cannot hear the words he is speaking. If the sound is too distorting for you, you may lower the volume and still receive the benefits, however Mas recommends integrating any background noises into your meditation in order to strengthen.

Where can I find more information about an event or frequency meditation?

Upcoming events can be found on the website on the online [event calendar](#) and included in the weekly [newsletter](#). Information and details are published as soon as available, so please check back often.

How do I access an online program?

Most live events are accessed via Zoom webinar (without video) or by phone. You may connect via computer or smartphone and please make sure to download the Zoom app prior to the start of the program.

After you register for any online program or event, you will automatically receive a confirmation email to the same email address that you used to register. If you do not receive this email – check your junk, spam and promotions folders.

The confirmation email contains all the access details needed to join the call or session. Please read the email carefully and keep it for future reference as you may wish to access links from the confirmation email later on.

If you are unable to locate your confirmation email, contact customers@massajady.com and include your purchase receipt for the event that you are inquiring about.

What if I can't locate my confirmation email with access information?

The confirmation email including all access and replay information is automatically sent to you shortly after registering. If you are unable to locate this email in your inbox, spam, promotions folder or trash, please contact us at customers@massajady.com and include a copy of your purchase receipt.

When/How long will the replays be available?

Replays are available after post-production (typically within 24 hours of the live call) from the link on your event confirmation email or your event access page. Replay availability is not guaranteed after 30 days, so downloading is recommended for long term use.

Do I need a Dropbox account to access the replays?

No, a Dropbox account is not needed to access or download the replays.

How do I download replays from Dropbox?

To download individual replays from Dropbox, simply select the replay you wish to download and once open, click on the download button (down arrow and line) in the upper right corner to import the MP3 to your computer.

To download the entire contents of the folder, do not select an individual replay, simply click on the "download" button in the upper right of the Dropbox folder.

Can I ask Mas a question or have him scan me?

In addition to sessions, there are several ways to connect with Mas directly. Mas scans and works on individuals each week during the free [Mas on Sunday](#) live calls. For a chance for Mas to scan you or answer your question, simply comment on the YouTube chat or register for the [newsletter](#) to be eligible for a free in-depth scan each month.

During the [18 Day HyperMeditation](#) program, Mas connects with participants after the 18 Day Essential AM meditations. In order to raise your hand, please press *9 if dialing in on the phone or press the 'raise hand' button if connected to the call via Zoom.

After the 18 Day HyperMeditation Accelerated PM calls, Mas answers general written questions of a more advanced nature. To submit your question for consideration, please type it in the Q&A box when connected to the 18 Day call via Zoom.

How do I book a session with Mas?

For information on sessions with Mas, please visit our [sessions](#) page. All currently available sessions are listed on the website event calendar and sessions are released as additional spots become available. If you do not see any available sessions, we are fully booked, but please continue to check back.

If you would like to be notified when there is an opening, please add yourself to our waiting list on the [sessions](#) page.

Please email all questions relating to sessions to sessions@massajady.com.

What methods of payment do you accept?

We accept Visa, Mastercard, American Express, & Discover cards from customers worldwide.

What is your cancellation policy?

The full cancellation policy can be viewed [here](#).

Who should I email if I have additional questions?

General Questions: customers@massajady.com

Appointments: sessions@massajady.com

Total Human Reset: cs@xilimitless.com

Where can I find Mas on social media?

You can join Mas Sajady & Xponential Intelligence Community on social media at:

- YouTube: /massajady
- Instagram: @mas_sajady
- Facebook: /massajady
- Podcast: www.XIpodcast.com

Additional Zoom Info:

Help Connecting to Zoom by Web:

<https://support.zoom.us/hc/en-us/articles/115004954946-joining-and-participating-in-a-webinar-attendee>

Help Connecting to Zoom by Phone:

<https://support.zoom.us/hc/en-us/articles/201362663-joining-a-meeting-by-phone>

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