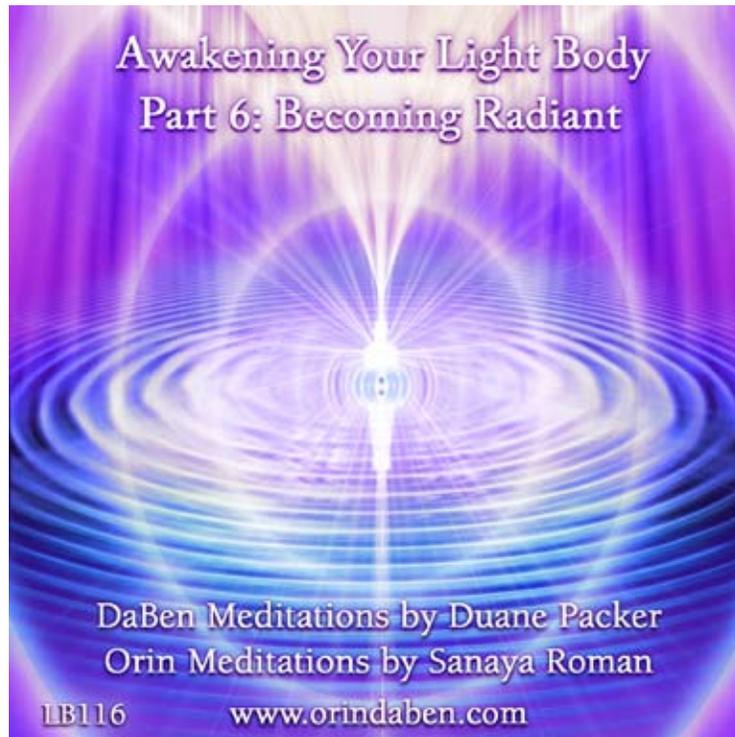


Awakening Your Light Body Part 6

Becoming Radiant



DaBen Meditations by Duane Packer
Orin Meditations by Sanaya Roman

Written Material to Accompany
the Audio Course

Includes Transcripts

Table of Contents

Audio Program Index	4
Getting Started	5
Observation and the Vee	6
Vee-Cone	12
Vee-Ball and Flower	18
Vee-Pollination of Flower	26
Transforming Your Personality	33
Building the Cord Upward	34
Journey to the Nodes	37
Saha and Vee	41
Experiencing the Absolute	42
Journey to the Temple of the Masters	43
People's Comments and Reactions to the Fullonia, Saha and Vee	44
Exploring the Light Body Core and Cocoon	46
Final Instructions and Growth Snapshot	51
What's Next?	53
Message from Orin and DaBen	55
Transcripts of Audio Journeys	60
Sponsor's Guide	93
Graduate Light Body Courses	116

Website Links

To view these important pages on our website, you will need to be connected to the Internet when you click on the links below.

[Links to Articles and Free Things to Do](#)

[Suggested Light Body Study Sequence](#)

[Orin's Path of Self Realization](#)

[Complete Listing of All Orin and DaBen Products](#)

PDF Tips

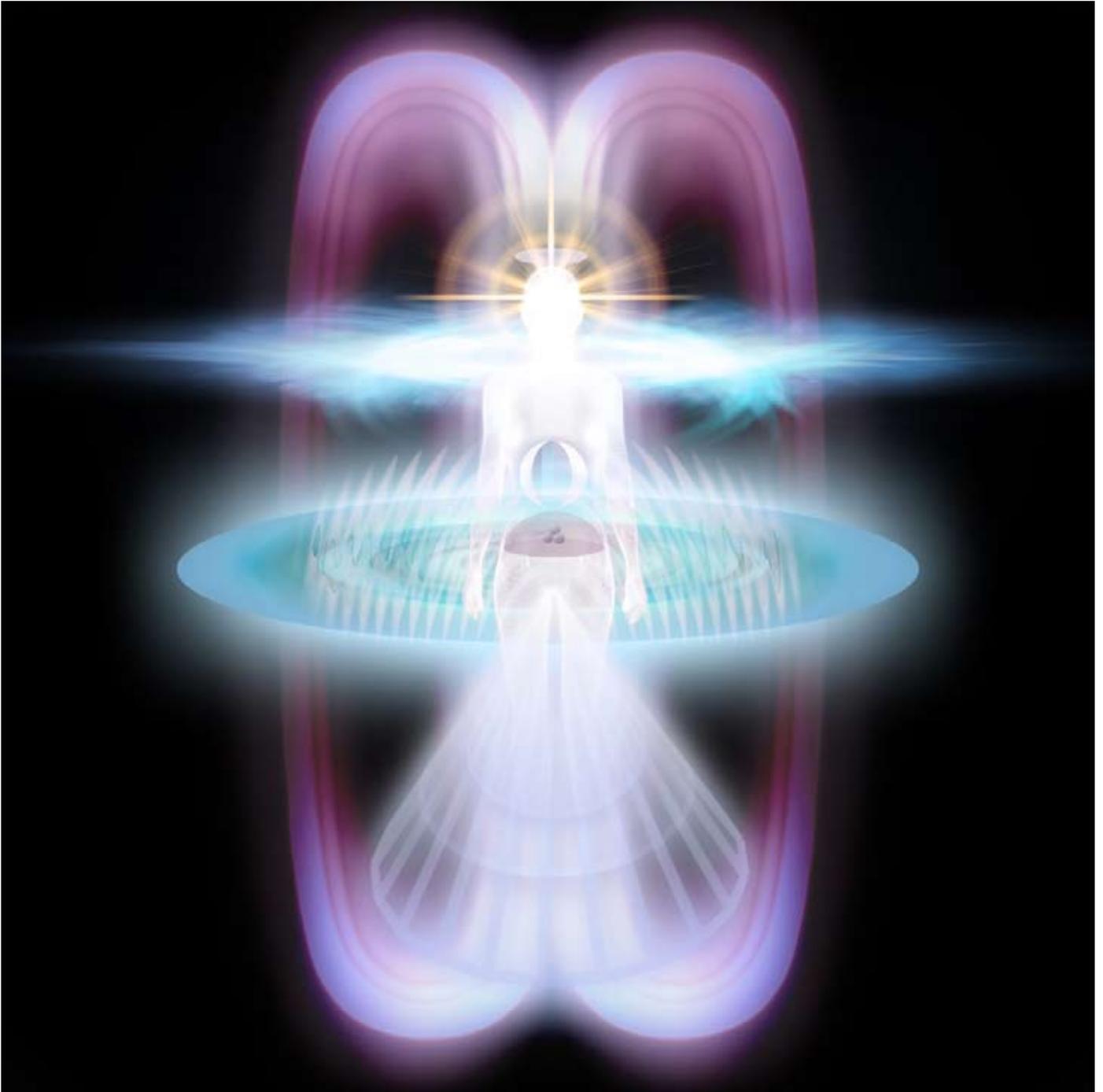
[Read additional tips](#) on our website.

You can click on the [purple hyperlinks](#) to go to the indicated pages within this document. [Blue hyperlinks](#) will take you to our website at www.orindaben.com, if you are viewing this document online; or if your computer automatically connects to the Internet.

To navigate this PDF document file use the Bookmarks at the left side of your screen. If they are not visible, press the F4 key to show them.

Vibrational Energy Body

Visualization Aid for Renawre Cocoon with Centers



Please Note: Colors were used to make it easier to see the centers. Colors used are for illustration purposes only and do not represent the colors you or others may see, if any, when picturing the light body. In addition, each person visualizes the light body in different ways, so if your inner sense of the light body varies from these pictures, let however you visualize the light body be right for you.

Part 6 *Awakening Your Light Body Course*

Becoming Radiant

DaBen Meditations by Duane Packer

Orin Meditations by Sanaya Roman

Music by Thaddeus

Index to Audio Journeys

Below is a listing of all guided meditations, talks, and times. Thaddeus music is listed after each journey and can be ordered by going to [Thaddeus' Music Listening Room](#) on our website.

To listen to the audio journeys, you will need to purchase them from *LuminEssence* at www.orindaben.com and download them using your Member ID and password.

Program 1	DaBen: Introduction to Vee <i>Music: Sacred Journey TH056E</i>	28:59
Program 2	DaBen: Vee-Triangle Forming <i>Music: Illumination TH061E</i>	29:01
Program 3	DaBen: Vee-Ball and Flower <i>Music: Spiritual Sun Opening TH046E</i>	28:45
Program 4	DaBen: Vee-Ball and Flower Second Journey <i>Music: Sacred Ceremony TH057E</i>	28:24
Program 5	DaBen: Vee to Pollination of Flower <i>Music: Pole Star TH037E</i>	28:36
Program 6	DaBen: Vee to Pollination of Flower Second Journey <i>Music: Ever-Unfolding Expansion TH066E</i>	27:35
Program 7	DaBen and Orin: Transforming Your Personality <i>Music: Sea of Light TH039E</i>	37:42
Program 8	DaBen and Orin: Building the Cord Upward <i>Music: Lord of Love TH065E</i>	33:11
Program 9	DaBen: Journey to the Nodes <i>Music: Liberation TH067E</i>	28:18
Program 10	DaBen: Saha and Vee <i>Music: Light Emerging TH033E</i>	28:35
Program 11	DaBen and Orin: Experiencing the Absolute <i>Music: Spiritual Sun Lifting TH047E</i>	35:04
Program 12	DaBen and Orin: Journey to the Temple of the Masters <i>Music: Spiritual Sun Vortex TH051E</i>	38:09
Program 13	DaBen: Light Body Core and Cocoon Journey 1 <i>Music: Master of Light TH029E</i>	27:51
Program 14	DaBen: Light Body Core and Cocoon Journey 2 <i>Music: Strands of Light TH017E</i>	19:53

Suggested next course:

[Radiance: Self-Exciting LB131](#) OR [Radiance: Filling in the Frequencies Course 1: Frequencies of Vision LB121: Awakening Your Light Body Expanded LB931](#).

For an overview of all Light Body courses, visit our website and read our [Suggested Study Sequence for the Light Body](#).

Read up to date information on our website about all of our [light body basic course materials](#). For an overview of all of Orin's courses please visit [Orin's Path of Self Realization](#).

Part 6

Becoming Radiant

DaBen Meditations by Duane Packer
Orin Meditations by Sanaya Roman
Music by Thaddeus

Getting Started

- **Please read the "Observation and the Vee" section that follows before listening to the programs in this course.**

☛ READ BEFORE LISTENING TO: Any Program.

Observation and the Vee

Congratulations on completing the first five courses and welcome to the sixth and final course of the *Awakening Your Light Body* audio series. The next center you will learn, the Vee, can experientially be a quantum leap beyond the Fullonia and Saha. To experience the subtle energies of the Vee requires focusing your awareness in a different way than in the other centers. As your ability to sense the subtle energies has greatly increased, so have your skills of exploring and staying conscious as you run the energy. These skills will be useful and provide you with hints about how to focus your awareness in the Vee. As you explore and make the most out of your experiences in the Vee you will be further developing your qualities of observation, passive waiting, inventiveness, patience, and concentration.

The Vee is a very intricate center that has many stages. The early stages are generally associated with distinctive images, sensations, and feelings that identify each stage. Later stages blend into one another. The experiences you can have in the Vee are infinite and can be completely different each time you venture into this space. You can also go from one stage to another without experiencing the stages in-between. While the Fullonia and the Saha assist you in reaching your soul, the Vee takes you to your soul and even higher levels of reality where your soul's soul, or your Monad exists. As you travel into the dimensions the Vee opens up you will begin to view the universe through the "eyes" of yourself as you exist at these higher levels.

The most important thing you can do as you explore in the Vee space is to observe. If you feel nothing is happening, do not try to make something up. At first you may get "nothing." Observe the "nothingness." How thick or thin is it, how much light is in it, can you move in it, does it have a substance, and so on? Draw your energy inward, get as small as you can imagine yourself to be, then start looking about. It is as if you are doing a scan inside your head, looking around to see where something is going on. Eventually something will come into the screen of your mind. Keep looking until you see or sense something. This something can be a sense of a color, a movement, a change in pattern, a feeling-sense, a change in your inner light, or anything of this nature that has attracted your actively waiting awareness. These images may come, then leave, then come again. At first it may not seem as if they are anything worth paying attention to. However, if they come back, or if you begin to notice similar patterns, observe them more closely. As you observe continue to enhance your experience. To enhance your experience you can occasionally drop back into the Fullonia, pump up the Saha, or work from the Renawre cocoon to create an even greater degree of harmony in your vibrational energy bodies. Doing these things will not always enhance your experience of the Vee, so observe if what you are doing is enhancing your experience. If it is not enhancing your experience, be inventive and try other things.

Concentrate on whatever your experience is as it becomes more and more enhanced. Keep your thoughts from wandering. To experience the Vee you need to be very alert and actively waiting. You might think of how alert you are when you wake up in the middle of the night, thinking you hear a noise. You begin to listen for anything unusual, with all your senses keenly alert. You are not sure what you are waiting or listening for; you are simply waiting to see if anything happens. Watching in the Vee can be like taking a warrior stance; you are actively waiting so that you are ready when something happens. You scan all your systems, waiting for a feeling, sensation, visual pattern,

lines, planes, figures, or even recognizable pictures to appear. If you keep watching for a period of time, you will begin to realize there is something happening that is not just a fleeting image because it keeps coming back. You can say, "If this is the image I am getting, what can I do with it?" Keep trying things, be inventive, and after awhile you will realize that something you are doing is influencing your ability to experience the images. At this point you somehow intuitively know what to do. Just continue to become your experience. Fall into it, follow it, and flow with where it leads you. If you sense you have lost your experience, just hunt around in the Vee space until you find it again. Or, drop back to the Fullonia and then come back up into the Vee.

As you explore the Vee you may notice once again that the imagination works as a "sense" in these energies. You are not imagining, as in "making up," what happens; you are observing and sensing what is happening with your imagination. Practice this imagination sense by finding the place where you are just watching and not trying to control what is happening.

Sanaya: When DaBen was first teaching me the Vee he would sit with me and simply say, "I am transmitting now." That was it—no images, sounds, or anything other than just an energy transmission. I was expected to follow DaBen's energy transmission without any verbal guidance or knowledge of what to expect. This was very challenging! Each time DaBen did this, it seemed like I went through the same process. At first I would think, "I am not getting anything, he is going to finish before I have gotten it." Then I would think, "It is all right if I am not getting anything, just get very still, wait for something to happen, make my consciousness very small, do an inner scan, look into the nothingness." I would wait for a second or two (I like immediate results) and then decide that I was probably not going to get anything after all. Usually after that I would switch to the thought that DaBen was not transmitting strongly enough and that was why I was not getting anything. A few seconds later I would totally give up and decide it was all right not to get anything. About that point, images would start across the inner screen of my mind. As I focused on whatever image was there, it usually led to the next, and the next, until I had a complete experience of the energy and the spaces the Vee opened up.

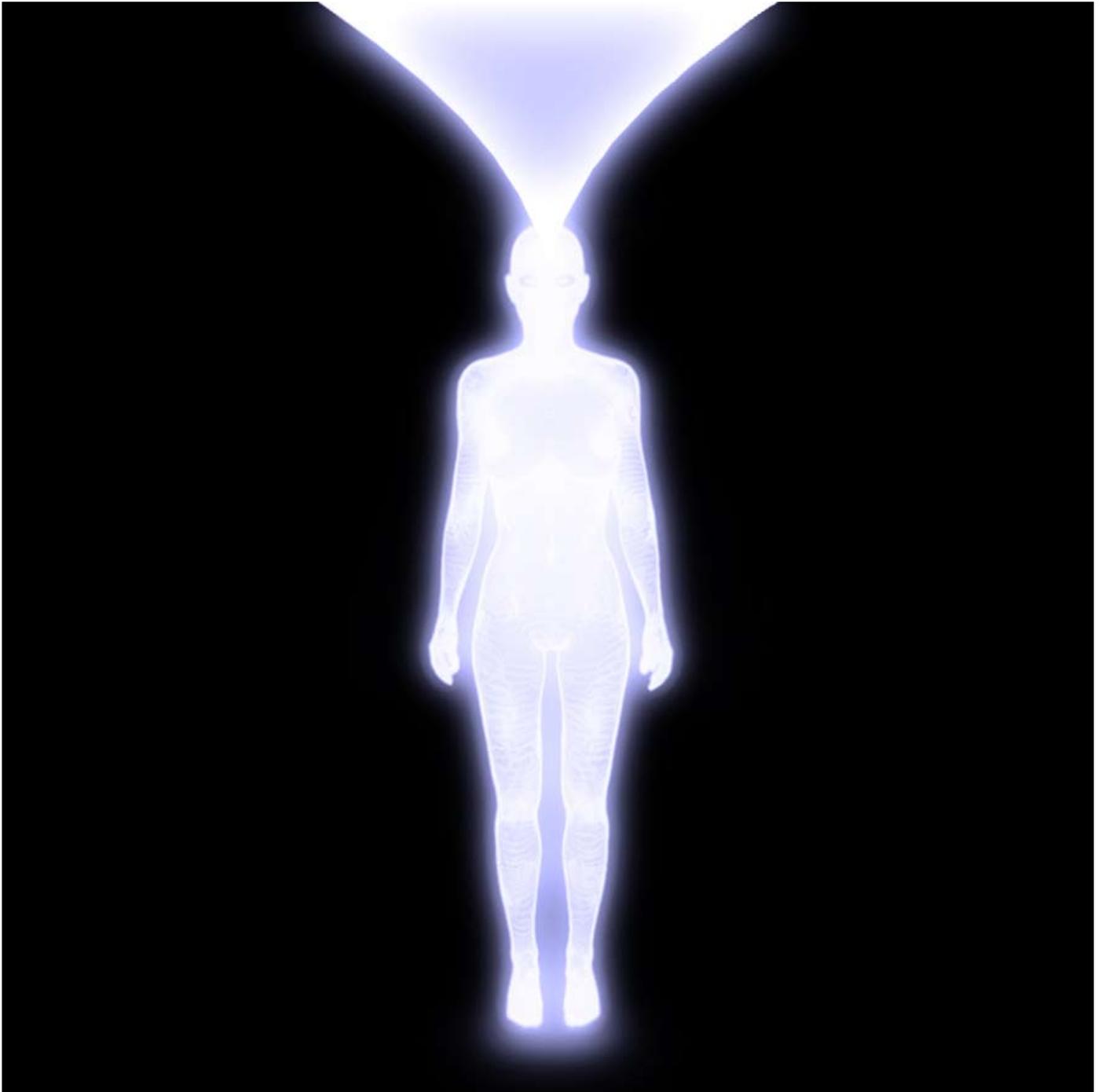
Duane: Inventiveness and observation are important in the Vee. Observe, but do not judge your experience. Do not try to figure it out, make rational sense of it, or draw conclusions. Just observe what is happening, as if you are collecting observations. When I was first exploring the centers, I would make a list of what I had directly observed, making no judgements and drawing no conclusions. I wanted to keep having direct experiences, not mental ones. One of the challenges of the Vee is that you want to be fully mentally alert, but have no thoughts at the same time. You are looking for the balance between the mind chatter and the mind not really present; aware but not interfering. It is important to work with your mind chatter if it is distracting you to the point where you are not experiencing the energy of the center. Some people find the mind chatter grows more intense in the beginning stages of the Vee. Love your thoughts when you notice they have sidetracked you; do not fight, resist, or judge yourself. Return to a state of observation and active waiting. If you are still having trouble with interfering thoughts, you can work with balancing your Traeo/Dinia, getting the Traeo to float with the Dinia plane. Or, you can get the Renawre cocoon as balanced as possible.

Mind chatter at a certain level is not bad; it allows you to stay in touch with ordinary time and space, keeping a level of consciousness at the same time you are exploring that edge of awake/asleep and taking your consciousness into levels your rational mind has not explored before. You may notice that in the later stages of the Vee your thoughts are present but not intrusive. They are easier to work with. Whereas in the other centers you can get lost in thought and forget your experience, in the later stages of the Vee you usually notice that you are starting to sidetrack with your thoughts before you have gotten very far away from the experience. Thoughts become more like background, present but under control. Enjoy your experiences.

- **Listen now to Programs 1 and 2 and record your experiences in the Journal Notes. Then read the information that follows on the Vee-Cone.**

Vibrational Energy Body

Visualization Aid for Vee



Please Note: Colors were used to make it easier to see the centers. Colors used are for illustration purposes only and do not represent the colors you or others may see, if any, when picturing the light body. In addition, each person visualizes the light body in different ways, so if your inner sense of the light body varies from these pictures, let however you visualize the light body be right for you.

Journal Notes

Program 1 Introduction to Vee Journey by DaBen:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 2 Vee - Triangle Forming Journey by DaBen:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

☛ **READ ONLY AFTER LISTENING TO: Program 1 and 2 by DaBen.**

Vee-Cone

You have now experienced the first stage of the Vee. The first stage of the Vee is the experience of the triangle or cone of down pouring light. The bottom of the Vee cone ends somewhat indistinctly in the area of the Fullonia. The cone does not have a definite ending point, it simply fades away. It can stop above your Fullonia, or extend down below it. The cone reaches up to infinity, although you may not be able to "see" it more than a few feet above your head. In this stage you regulate the amount of light you take in. Notice the walls of the cone and the light you are receiving through the cone. Through your observation you influence the light you are bringing through so that it is just the right amount and intensity for you.

You may or may not have profound experiences or visual images in the first stage of the Vee. In some ways the experience of the first stage may feel plain or ordinary after all the movement and activity of the Fullonia. Your ability to get visuals, patterns, inner pictures, or strong sensations will come in the later stages of the Vee as you learn how to organize the energy you are experiencing in the first stage. To experience the Vee you will need to be able to hold the Fullonia steadily. If you are not experiencing the Vee, dropping back to the Fullonia can enhance and intensify your experience as you enter the Vee and then come up to the Vee again. Or, go to the Renawre cocoon and adjust your vibrational energy body centers. Then come through the Fullonia back up to the Vee. Using the Saha as a pump to heighten your awareness of the energies of the Fullonia can enhance and intensify your experience as you enter the Vee. The Fullonia acts as a doorway to the Vee space. When you are stable in the Fullonia you can enter into the Vee. If you are not stable in the Fullonia, the doorway to the Vee will not be stable.

The Vee is a very powerful space that should be explored with reverence and respect. Only go to the Vee at those times when you feel ready. You may want to spend significant time in the Fullonia space, or in the vibrational energy body centers before moving to the Vee space. With an awakened light body your goal is not to go to the highest center you can all the time, but to work with whatever center is appropriate at the time. Unlike grade school, where you never return to explore things you learned in first grade after you go to second grade, you will want to continue to explore your vibrational energy body centers. Become more skilled at harmonizing, balancing, and experiencing them. Your increasing skill with the lower and upper centers, as well as your ability to steadily hold the Fullonia space will open up places you can go in the Vee. Each center generates a set of frequencies, and each of the frequencies is valuable in its own right. The individual frequencies of each center and their combinations can produce an infinite number of expanded, higher states of consciousness. As you continue to explore and play with the centers you have already learned, you will have more profound and recognizable experiences in the Vee.

We would like to share some of the experiences, comments, and questions asked by people in our classes after they first experienced the Vee.

Comment: I experienced the cone as having walls like thousands of little mirrors that kept changing their angle to reflect the amount of light I was receiving.

Reply: (All responses by Duane unless otherwise noted.) The cone does have a connection to the amount of light you are bringing in from the higher dimensions. Some people see the walls as very ethereal, almost undefined; others see the walls of the cone as streams

of light. There are infinite ways to picture the walls of the cone, so let any image you receive be the right one for you.

Comment: I kept seeing Egyptian pyramids and objects.

Reply (Sanaya): This has been a common comment. People have commented at various times that they received images and symbols in the Vee cone that have an Egyptian nature. We have not found a reason for this. Just enjoy whatever you are experiencing, for each time you work in the Vee you may have an entirely different experience.

Question: I kept expanding and expanding until I merged with and became light. My energy got more and more fluid, radiant, and brighter. But I feel really shaky right now.

Answer: Coming back from the Vee space takes a little more skill than returning from the other centers. This becomes particularly important when you reach the later stages of the Vee. We will talk about what I call "landing" in more detail later. For now, come back slowly through the Renawre, then the Ranthia, then the Nu'a. This helps you integrate that fluid, expanded, higher frequency energy you were experiencing with your body and energy systems.

Question: I almost lost consciousness. Things were happening, but I cannot remember them. It feels like I am waking up from a dream.

Answer: In the Vee you are traveling into even higher dimensions than you can access from your other centers. These dimensions of subtle energies exist even closer to the sleep side of the awake/asleep border. Also, many of the things you are experiencing are beyond your intellectual mind to sort out and make sense of. If you are having trouble staying awake or conscious in the Vee, be sure you are sitting, alert, not having eaten a full meal, and are not tired when you do these journeys.

Question: I had a lot of mind chatter, which really surprised me because I have not had trouble with that before. Is this normally a problem in the Vee?

Answer: Your thoughts take on a different quality in the Vee space. You need to find a balance between having your mind present so you are conscious of what is happening, and yet have no thoughts as you actively wait for something to happen. As you continue to practice with this space your thoughts will get quieter. Do not worry about the mind chatter, just keep enhancing your experience and it will go away.

Question: How do you breathe in these spaces? I felt like I was holding my breath.

Answer: Your breathing will probably be very quiet and almost unnoticeable. Some of you will not even notice you are breathing. You do want to breathe, but do not try any particular type or rhythm of breathing. Let yourself discover your own natural knowingness of how to breathe in these spaces, and do not worry about what is happening with your breath. As you keep harmonizing and balancing your energy your breath will become part of the experience that takes you higher without your doing anything directly to change your breathing. As you become more familiar with these spaces you may experience an automatic breathing. Some of you may wish you knew how to breathe a little differently so you could hold more of this expanded space. You will need to open your upper chest to contain more of the breath in these spaces. That is why we have recommended stretching before you do these journeys, particularly those stretches that open the chest, shoulders, and neck. Do not worry if you forget to breathe; your body will remember. I am beginning to think we do not need to breathe

as often as we do. The rhythm of your breath in these spaces is much, much slower than the rhythm that we use in this reality. I generally do not even take a full breath in the Vee space, all you need is to breathe into the upper part of your lungs, just the slightest movement.

Question: I felt a real sense of ecstasy and then floating. I could not see the cone. Is this all right?

Answer: This is perfectly all right! You do not need to visualize the cone. Simply experience a sense of receiving light, or the floating, blissful sensations you can have here. Remember each person's experience will be unique. We have touched only on the smallest fraction of experiences that are possible. There will be as many ways to experience these centers as there are people experiencing them. You may want to combine the floating ecstasy feeling you had in the lower centers with the spacey, expanded feelings of the upper centers to achieve all new levels of ecstasy and bliss.

Question: As we came back, I touched on my Nu'a. It seemed different than before. What happened?

Answer: This is a good point. We do not want you to think that your goal is to get totally "out there" and as high as you can every time you run the energy. The lower centers are quite important, and you will want to continue to build your strength and understanding of them as you work with the upper vibrational energy and light body centers. Once you have experienced your Fullonia and Vee, you will be able to experience all your energy body centers in new ways. With your expanded awareness you can have all new impressions of the frequencies and energies you can reach just from the Nu'a.

Question: I was floating, experiencing the cone, and generally feeling wonderful when my thoughts came in and said things like, "This is nice, but so what? How are you going to use this? Is any of this real?" Can you comment on this?

Answer: You are going into dimensions that go beyond the places your rational mind is familiar with. It recognizes at some level that what you are doing is going to transform it, and your mind tries in whatever way it knows to stop you or at least slow you down. One of the prices of admission into these spaces is that you are going to have to keep evolving your mind and dealing with its resistances and doubts. As we said in the past, do not fight or resist the thoughts your mind gives you. Simply thank them for whatever good they are trying to do for you, and continue with whatever you are experiencing.

Sanaya: One of the things that helped me when my mind would tell me that spending time in these spaces was nice but not practical was the many books I began reading on enlightenment written by or about different Eastern and Western Masters. One thing they all agreed on was that enlightenment meant living in higher states of consciousness. All the practices, from Yoga, meditation, devotion, focused concentration, and so on, were to teach people how to achieve enlightened states of consciousness. Orin has said that we can only awaken others to the degree we are awakened ourselves. As you play in these higher spaces, you are learning how energy operates in the higher dimensions. You are bringing these higher frequencies back into your physical, emotional, and mental energy bodies. You are literally building these high, refined frequencies of light into

your aura. Everything you think, feel, manifest, and create will begin reflecting these higher frequencies. Orin has said that the inner work we are doing in these spaces is making an enormous difference in the amount of light we can hold and radiate. As we awaken our light bodies we are bringing through higher frequencies of light and helping make them available to others who are awakening. We are contributing to the light that is available on the planet, and assisting humanity in taking its next evolutionary step—the awakening of its spiritual shimmer, the aura of light. As you become more radiant, people around you can shift simply because you are holding them in your awareness. As you experience the later stages of the Vee you are entering into infinity. As you continue you will gain a greater understanding of how reality works in these dimensions and how to navigate in these spaces. These are the higher dimensions your soul exists in. Beyond your soul exists your Monad that has been called your soul's soul. We will be exploring your soul and your Monad in a journey by Orin with DaBen later in this course.

Question: I got overwhelmed. First I felt anxious, almost fearful. This turned into excitement as I continued. I seemed to go back and forth between a feeling of excitement and anticipation, and a feeling of anxiety. What happened?

Answer: You were opening to a greater energy flow than normal. Fear and excitement are two sides of the same polarity. Anytime you feel fear you can also feel excitement. It is your choice. They both represent the same energy. You can apply this to other areas of your life as well. Anytime you feel a bit fearful about something, examine if there is not an element of excitement you can focus on as well. You can change the denser expression of that expanded energy flow from fear into its higher vibration of excitement simply by changing your perspective. Look at why an experience might be exciting and the fear will disappear, for you cannot hold both of them together.

Question: I did not see walls to the cone, they appeared more like membranes that slowly dissolved instead of folding down. They felt soft and fluid, almost unreal. I seemed to be in a grey space. My thoughts got really mundane, for instance I started thinking about what I needed to buy at the grocery store tonight. I could not seem to get out of the grayness. What was this?

Answer: Several of you mentioned feeling like you were in a grayness. There is a void in the Vee space, but it is lighter than the void of the Pieah. When you find yourself here, make yourself smaller and smaller and start looking around. In this grayness you will find movement. When you get attracted to a movement, a pattern, or image, follow it with your inner eyes and senses. To most of you the Pieah void may seem like a blank, a dark nothingness. The void of the Vee contains more light. You are outside of time and space to a much larger degree in the Pieah void than you are in the Vee void. You can reach some of the same places from both the Pieah and Vee. You are taking a lot more of your consciousness with you into the void of the Vee than into the Pieah void.

Question: When the cone folded down, I began to go unconscious. I was fine until then. This happened in both journeys. Why is it hard to stay conscious as the cone folds down?

Answer: At the point where the cone folds down you are at a stable point. If you go too fast through this stable point you enter into some of the infinity of the Vee space. The more skilled you are with the vibrational energy body centers, the smoother this

transition will be. You can experience a great deal of motion in the higher places in the Vee and sometimes when that motion starts you can lose consciousness.

Question: I am not sure I felt the walls fold down and the tension point DaBen was referring to. Can you tell me more about this?

Answer: You are not always going to feel the tension point, particularly if you are not harmonized in your vibrational energy bodies. Spend as much time as you want in the cone of the Vee, then very slowly imagine the walls falling down until you feel a little tension at the point they form a plane. This is one of the stable points of the Vee. Keep holding the walls in a plane until you either get the sense that you are being drawn up through the hole in the flattened cone or the cone inverts and falls down around you. Sometimes you go right through into the next stage of the Vee and do not notice this stable point. It is fine if this is your experience. However, you will learn more about Vee spaces if you can find and play with this stable point at least once.

Question: I saw wings that lit up. What was this?

Answer: You are seeing where the Vee intersects with your Renawre cocoon. This happens when you get enough harmony in your vibrational energy bodies. You begin to see those intersecting points and you get a sense of wings; light coming along the edges of the intersection.

Question: I had some pain in my upper back. It came when the walls of the cone folded down. What did I do to create this?

Answer: You are beginning to bring the light body into your Renawre cocoon, but you are not doing it evenly. If you feel pain in your back or shoulders, go right into the area of pain and include it in the energy you are running so you get a better balance. You may notice that the pain is different than ordinary pain. I labeled it "exquisite pain" the first time I experienced it because it felt like every nerve ending I possessed in that area multiplied and came alive. As you get used to these spaces you should not have back or shoulder pain.

Question: I felt drawn up through something, then it felt like I was flying. I thought my arms were going to literally lift me off the floor. Is this normal?

Answer: You are beginning to experience the next stage of the Vee that happens after the walls of the cone fold down.

- **Work with Programs 1 and 2 until you are able to experience the Vee. We suggest listening to each journey at least three to four times. It is not the length of time you spend on the journeys that is as important as your experiences in this center.**
- **If you are having recognizable, identifiable experiences, and have met the above criteria, listen to Programs 3 and 4 and record your experiences in the Journal Notes. After you have listened to Programs 3 and 4 read the information on the Vee-Ball and Flower that follows.**

Note: You may want to review some of your journeys from Part 5 to gain more skill with your Fullonia. The more stable your Fullonia is, the more you will experience the Vee spaces.

Journal Notes

Program 3 Vee-Ball and Flower Journey by DaBen:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 4 Vee-Ball and Flower Second Journey by DaBen:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

☛ Y AFTER LISTENING TO: Programs 3 and 4 by DaBen.

Vee-Ball and Flower

After the walls of the Vee cone fold down you are ready to experience the next stage of the Vee. As the walls fold down, there are several ways you can move upward through the opening of the flattened or inverted cone. You may be drawn up rapidly, move slowly through the opening, or need to use that tension to boost yourself up in a manner similar to flying in your dreams. Once you are drawn up you may be aware of an orange ball, like a sun. Then as the ball starts to dissolve, or your awareness is drawn away from it, somewhere underneath you a flower begins to emerge. It has many petals that begin to slowly unfold. As the flower unfolds more and more completely, it becomes the base upon which you then have infinity to play with. You are buoyed up by that unfolding. You may feel as if you could stay there forever, watching, feeling, sensing this flower unfold. Many of you will not experience the visual image of a ball or a flower. You may simply be aware of movement, or a sense that you are skimming along a plane.

Besides these visual images, which you may or may not experience, you may begin to sense and travel into what feels like infinity. Once the walls fold down you are drawn into a vast, infinite universe. The Universal Mind exists in this infinity, yet it is different here. It seems as if all the potentials are here but they are somehow more realized than in the infinity of the Pieah space that is beyond time and space.

As you may have now experienced, the Vee is a very intricate center that has distinctive early stages. You will not always experience these stages sequentially. You can go from one stage to another without experiencing the stages you have passed through in-between. The Vee opens the doorway to many higher dimensions. We have found no limit to how high you can go in the Vee or how many places you can discover. There is a very freeing nature to the experiences you can have in the Vee. With the Vee you truly begin to lift the veils, and you have to be willing to see things as they really are. Your experience of life-force energy may be greatly enhanced. You have begun to reach the places described in the Yogic literature as the thousand-petaled lotus.

There are two stable points in the Vee that you can experience. A stable point is a place you can remain in, a state of consciousness you can hold with a fair amount of consistency. It has a recognizable and stable frequency pattern. For instance, the vibrational energy body centers have fairly recognizable feelings, sensations, and energy patterns associated with them that you can find each time you go to these spaces. The stable place of the Fullonia is that pinpoint of light, finding it smaller and smaller as you put your awareness on it until it explodes or you begin to expand. The pulsing stage of the Fullonia is also a stable point. However, the places that open up after the pulsing can be so varied that there is no one recognizable, repeatable experience.

The first stable point of the Vee is the cone. The second stable point is the tension point where the sides of the cone fold down, right before you lift up. At the point the sides fold down to make a plane or invert, you may notice a tension building. As that tension releases, you begin to lift up into another dimension. These are stable points you can return to both on your way up through the Vee, and as you are coming back from the higher spaces of the Vee. Explore what this tension is like right at the point where the sides of the cone fold down. Sometimes you will pass right through this stage without being aware that you have. Do not worry if you cannot feel the tension or stay in this stage for long. After the walls fold down and the ball emerges your experience generally moves very rapidly. You might even experience a sense of rapid movement.

The ball is not a stable place, for it will begin to fade, and a flower will emerge. As the flower starts to develop and blossom, the process of the blossoming becomes another stable point in the Vee.

As you get to this point in the Vee you are not in control. You are simply along for the ride, following where the energy takes you into an infinite number of energies, dimensions, and experiences. Although you cannot control where you go once you are in the Vee, you can influence somewhat where you might go by how you enter into the Vee and by having a memory of having gone to this place before in the Vee. You do begin to get a familiarity with the frequencies of the different places accessible through the Vee. After awhile you begin to recognize certain places and have a knowing of how to get back to them.

Following are some of the experiences and comments people made after experiencing this stage of the Vee.

Question: I experienced the flower as a lotus flower. It seemed like there was a ball of light nestled in the center of the flower and columns of light carrying me upward. It was a wonderful experience but it got so intense it bordered on uncomfortable. I felt like the top of my head was going to come off if I continued, so I backed away. Should I have gone forward and continued?

Answer: This is a good description of physically experiencing the space of infinity opening up. Just go as far as you feel comfortable. Do not push with these energies. Winning is not seeing how far out you can get, but enjoying the experiences you are having. If things get too intense, if too much is happening, or if things are going too fast, you can drop back to the flower, stabilize there, then go further. You have a natural knowingness in these spaces. If you get a sense not to do something—do not do it! Follow what feels inviting and joyful.

Question: I was drawn upward and the experience was wonderful. However, I ended up shaking. It has stopped now, but what was this from?

Answer: As you go through the stage of being drawn up through the cone, it is as though your physical, emotional, and mental vibrations are being brought up too. If you are not able to fully expand into this higher vibration you can get muscle contractions. It is a birth process of sorts. As your energy systems get used to this higher vibration you will not have this reaction.

Question: I started up, then fell back, then started up again. I could not seem to stay in the "up there" place, I kept falling back. How can I work with this?

Answer: You can work with your Saha, or drop back to your Fullonia and come up through the Vee again. Or, you can open up your Nu'a cone to bring through more energy. Play with what enhances your experience. It does require concentration and observation to stay here, so work with your ability to concentrate on what is happening.

Comment: I was just waiting for something to happen, thinking, "I am waiting, when is something going to happen," and then I felt a sense of a shaft or column rising. I suddenly got an incredible feeling of infinity. I thought, "This is as high as I can go and still maintain a focus." I got a sense that I was a part of everybody, everything, every thought, but still maintaining my own identity. It was incredible!

Reply: You will begin to sense the oneness that spiritual masters talk about in this space. You can learn much about infinity and oneness from this Vee space.

Question: When the orange ball came I got so sleepy. And then there was the mind chatter. It was a strange experience—my mind was chattering away while I was falling asleep. What can I do to stop this?

Answer: Go back and balance the whole Renawre cocoon and perhaps balance the Traeo and Dinia as well. This is part of the challenge of the Vee—to balance between keeping your mind alert and present, and silencing it enough without falling asleep so you can remember your experiences in these spaces.

Question: As we went up I felt a little nauseous. How can I prevent this in the future?

Answer: Slow down the pace at which you move into the Vee. Spend more time in the cone and in the place where the walls fold down before you let yourself be drawn up. You can be drawn up very quickly once you start, sometimes more quickly than you can easily handle. You may have a feeling of vertigo. Perhaps the acceleration was too much or too fast for you to integrate. Go back to the vibrational energy bodies and get as nice a harmony as you can there, then start up again. As you go up to the Vee you are rapidly increasing your vibration and taking in more light. You do not want more light than you can handle all at once. Take the Vee at a pace that is comfortable for you.

Sanaya: What has helped me is to stay in the Vee cone and play with adjusting the amount of light coming through. I continue until I have a felt-sense that the flow of light through the cone is just right.

Question: I luxuriated in that wonderful sense of watching the petals of the flower fold down for some time, then suddenly I burst through to another level. I had a sense of all light; all frequencies. I stayed there for a while and then a guide appeared to help me. He indicated to me that I should come away from the light and go someplace else as the light was too intense for me. Is it normal to meet a guide in these spaces?

Answer: You can definitely meet guides in these spaces. As you go to the next stages of the Vee and even during this stage, you can request a guide if you are feeling lost, having trouble understanding your experience, or if you are not experiencing anything. Sometimes you will have a sense of guides, and sometimes they will help you without your being aware of their presences. We have discovered that guides are always with you in these spaces whether you are aware of them or not. You are always being watched over and taken care of in these spaces by very high, loving beings.

Question: I had a sense of hands reaching out and touching me in the heart area. (We heard this comment a number of times with variations, a sense of feeling that the heart center was activated in some way.)

Answer: As the lotus flower starts to blossom you may sense that a guide or high being is present. If they touch you it is usually at the Fullonia, which is the doorway into these higher spaces. It is usually to assist you in balancing your energy in some way so that you can open up to these higher spaces.

Sanaya: I too had this experience. When I travel in the Vee I have been asking to see any guides that are present and helping me. One time I was just going up after the sides of the cone folded down when I felt a sense of hands and light around my heart. I "followed"

the hands with my inner eyes and met a very beautiful being. He transmitted what felt like a welcome to me. I did not know what to do. It seemed this being wanted to transmit energy to me, so I received it. Then I went into a mental debate about what I could offer back. I decided to transmit energy back, but when I did this the being disappeared. I asked Orin about this, and he said that most high beings simply want to transmit energy to you. They do not want anything back other than for you to experience their gift of energy. As you experience their energy you add your own energy to it, and that is your gift to them. I have met this being several times, and he has stabilized and expanded my experience in the Vee. I have never been able to talk with him, only receive energy transmissions that leave me feeling wonderful.

This brings up another point. You may meet many beings in these spaces as you run the light body energies. Your light is growing brighter, clearer, and spans more dimensions. Many beings are drawn to your increased light and growing radiance. Often all they want to do is enjoy the light you are generating. You can choose to acknowledge or work with them or not, it is your choice. They are always high beings, for if they were not they would not be able to exist in these dimensions.

Question: What do you do when you meet other beings in this space?

Answer: I greet any life-forms or beings I meet in the Vee or Pieah space with great respect. There is always a sense of celebration upon meeting each other. You recognize your divinity and their divinity. Depending on the flow, I will sometimes offer to assist or just be with them in whatever way I can. Sometimes I will learn a lot that I can remember, and sometimes I will not remember anything. Offering assistance or assisting almost always enhances my sense of presence in these energies at that moment.

Comment: I think I need help. Everything started out just fine. I kept traveling and moving, faster and faster. I kept thinking I was going to come upon something, but I just kept moving through what seemed like plane after plane. I started feeling lost and overwhelmed. I asked for a guide to help me. I suddenly came to a mountain top where I sat and felt wonderful.

Reply: You are all getting to a point in these spaces where your mind cannot even begin to hold the enormity of what you can experience. Some of you want to make rational, logical sense of what you are experiencing, or label the places you have been. There are so many places you can visit and experiences you can have here that you cannot begin to label them. You can return to these places by some sort of internal knowing or memory, but it goes beyond any rational knowing. I have spent up to six hours at a time traveling in the Vee space. I thought there might be an end to the new places I could discover, but I have not found it yet. The more I explore the more I am convinced we are exploring infinity.

Question: I have been listening to everyone's experiences and up until the Vee my experiences are somewhat similar to other people's. However, at the Vee I am not having any sense of movement, meeting guides, traveling, or any visual sense. Everything feels more or less dissolved. It is comfortable, I do not want to come back. I do not feel sleepy or anything. I feel vaster and there are things happening within. Everything seems so abstract. But these are not the kinds of experiences other people are having. Am I doing something wrong?

Answer: Abstract is a good word for the Vee space. Each center has a set of frequencies, and as we go higher we are adding frequencies. The more frequencies you add the more

difficult it becomes to adequately describe your experiences. In these higher spaces you may have to search to find words to describe what you are experiencing, or accept that you may not be able to find words at all. There is no right or wrong way to experience these spaces—let whatever you are experiencing be all right.

Question: It felt like the infinity I was in had a sense of presence—like I was meeting God or a Supreme Being. It was definitely more than a guide; everything seemed alive. I had a feeling I was experiencing the All-That-Is in a direct way, at least as much of this Supreme Being as I could hold in my awareness.

Answer: You will get a sense of the oneness in the Vee at many different levels. One of the side-effects you may experience even when you are not in the Vee is a greater awareness of life-force all about you. Trees and nature may come alive. You may feel a greater sense of love for humanity. The Vee promotes a sense of oneness. You will always be able to choose to sense yourself as an individual, and you will also be more able now to directly experience yourself as part of a greater whole.

Comment: I did not travel like other people, but I did get an answer to a question I have been asking for the last five months. Then it seemed like a guide was present who told me "they" were going to work on my body to open it to more light. Then I got this sensation that my physical body was actually turning around. It was puzzling.

Reply: You may sometimes feel as if you have been turned around or even physically lifted in this space. There have been times when I was sure I had somehow laid on my side. Some of you have been mentioning that you feel your right and left sides are out of balance. If this happens, go back to the Renawre and balance the vibrational energy body centers more completely. Then go back up into the Vee and that sense of imbalance will usually have disappeared. You can move in and out of the Vee space fairly easily, and it is usually easy to return to it after you have initially experienced it.

Comment: Something similar happened to me. It felt like someone cut my body in two. My left side felt like all the nerve endings came alive, it was really tingling. My right side felt nothing.

Reply: Bring your awareness back to the Nu'a and then touch each center, particularly the Leow. Notice the Leow radiating in every direction. The stronger you make the radiation of the Leow, the more the bilateral sense should go away. What is happening is that you are expanding outward and taking in more energy than you are used to handling. Sometimes your energy will split bilaterally rather than continue to expand outward. You are beginning to radiate light, and sometimes you will experience nerve tingling if you do not have enough harmony in your energy bodies. You do not want any one center to be stronger than the other. Keep your energy balanced, smooth, and even.

Question: I got into the flower briefly. A dome appeared above me. I went up through the dome and began to experience colors. I became the frequencies of the visible light spectrum. Then I noticed that there were other frequencies. I spent the whole journey exploring wave patterns and frequencies. The frequencies became longer and slower, then slower, and even longer. It seemed like entire universes were organized around the various patterns. It was an incredible learning experience.

Answer: This is similar to the way DaBen and I experience these energies. I experience many wave patterns. The whole universe is organized around various sets of wave

patterns. You begin to see what Orin and DaBen have been telling us: that the earth plane has a very slow wave pattern. Time is very slow here. There is a large time gap between the thinking of an idea and its manifestation. Many of the universes operate in a much faster wave length where time operates differently. As you travel in these spaces the wave patterns and energy frequencies change. As they change the type of beings who exist in them changes as well.

Comment: It felt like being outside after being indoors for years and years. There was no direction but I did not feel lost. There was an incredible sense of freedom in this space.

Comment: I felt lost for a while and remembered what you said about asking for a guide in these spaces. I was met by a being who showed me wonderful things. There was a place where whole universes were being spun off. There were a number of what looked like cities made of beautiful crystalline forms.

Comment: I asked for guidance and began experiencing these different spheres and energies. It seemed like these spheric energies were alive and working with my physical body, bringing magnetically charged particles of light to every cell in my body.

Comment: At one point I felt hyper-aware of everything in the room. The music seemed like it was a floating geometry. I began to travel on the geometric pulsations. It was like a light show of geometric figures.

Comment: For a long time it seemed like nothing was happening. I said, "Well, it is all right that nothing is happening, I will just sit with the nothing for a while." Then suddenly it seemed like someone placed a halo on my head and the whole halo lit up, sending light throughout my body. It was a wonderful feeling.

Comment: I kept wanting to control where I went, but I remembered what you said about just experiencing what is happening. I was experiencing things I was not familiar with. I felt like there were beings all around and then I realized they were stars.

Reply: Enjoy your journeys as you continue to work with the Vee!

☛ **Listen now to Programs 5 and 6. Record your experiences in the Journal Notes. After you have listened to Programs 5 and 6 read the information that follows on the Vee-Pollination of Flower. Work with Programs 5 and 6 until you are able to experience the Vee flower. We suggest listening to each journey at least three to four times and try to go to the Vee at least once without DaBen's meditations. It is not the length of time you spend on the journeys that is as important as your experiences in this center.**

Journal Notes

Program 5 Vee-Pollination of Flower Journey by DaBen:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 6 Vee-Pollination of Flower Second Journey by DaBen:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

☛ **READ ONLY AFTER LISTENING TO: Programs 5 and 6 by DaBen.**

Vee-Pollination of Flower

The next stage of the Vee—but by no means the last—begins to occur as you watch the petals of the flower unfold. There will be a point where there is a burst, an explosion, or a change in the patterns you are experiencing. We have called this transition point "pollination." You will want to become aware of transition points to more fully experience this space. Transition points are places where the patterns, images, or your experiences change from one theme to another. It is these transitions or shift-points that let you know you are now working with a different frequency pattern and moving to new places in the Vee.

You have little control over where you go in the infinity of this space. You can get back to some of the places you go to by an internal sense of knowing, but it is not a "figure-it-out" rational mind ability to select where you are going. You cannot choose what your experience will be. By understanding the frequencies or places you have found and remembering how they feel, you can get back to some of them. You can influence your experience in the Vee by the degree of harmony you have in your vibrational energy bodies and how steadily and fully you experience the Fullonia. For the most part, once you come to this stage you are along for the ride, so just enjoy where you go.

When you achieve these very high, expanded states of consciousness that the Vee makes possible, and travel in these high, refined dimensions of light, it becomes very important to return in stages to the earth plane. Just as divers come up slowly to acclimate to the pressure change, you will want to come back slowly from the Vee space. You are reconstructing your energy so that it can fit the time and space of the earth dimension once again. Return from your journeys in this stage of the Vee by coming back through the Fullonia, the Renawre, then center by center until you are fully back. As you come back through your vibrational energy bodies, you are integrating these higher frequencies of light into your mental, emotional, and physical energy bodies.

Because you can go so far beyond ordinary reality at this stage of the Vee, do not go to these places if you need to function immediately afterward in a left-brain, intellectual way. Doing logical, precise things such as working on your computer requires a certain, fairly rigid setup of your mental body. In the Vee, your mental body operates in a very different, more fluid way. For an hour or so after you return from these spaces you may want to do things that allow your mental body to be fluid; things that do not require analyzing, drawing conclusions, focusing on numbers, and so on.

You may find as you enter into this space your sense of self changes. When you come back you can choose how you want to reassemble your personality. You will begin to see that your personality is a set of frequency patterns. You may see from this space how to change and add light to these patterns as you build a personality that is more appropriate to the level of light you are reaching. You might remember the Gas beings you met in Part 2, Program 10 (LB112). They were able to blend, embrace each other's reality, and come back changed. They had no attachment to being a certain way and thus were able to change and grow with every contact they made.

As you move into these levels through the doorways of the Fullonia and Vee you are beginning to radiate light. You will gain so much radiance from traveling in these spaces that you will want increasing order, harmony, beauty, and all these qualities of radiance in your daily life. As you gain more clarity and a higher vibration, the veils will begin to lift. You will begin to view your life from a higher perspective. You will

see things as they really are without the veils of illusion. You may even be viewing the world a little more clearly than you are comfortable with. Before you may have accepted things because you just assumed that was the way they had to be. Now you may realize that things do not have to be the way you have always let them be, and you may want to change things. Be sure and make these changes at a pace that is comfortable to you. Do not rush out and change everything in your life. Pick a few things to change and work with them one at a time.

You are truly becoming radiant as you experience the Vee. You are activating your spiritual aura—the radiant shimmer of light that is your awakened light body. Radiance is an essence energy. It has energy qualities such as clarity, purity, harmony, flow, and so on. As you travel in these higher dimensions, you will bring these higher energies back with you and build radiance into your aura. You may have a growing desire to express your radiance in every area of your life. For instance, radiance at the physical level might mean order and harmony around you; clean closets, organized files, and so on. Your radiance will flow out into everything in your life—your relationships, career, activities, and even into your physical body.

These are some of the experiences and comments made by people after they experienced this stage of the Vee.

Question: I got so hot. Did you turn the temperature in the room up?

Answer: No, in fact we turned it down. When you go to these spaces you are expanding into a higher, finer vibration than you have handled before. You can feel like you are roasting, all the way down to the cellular level. Some of these spaces are so large and expanded you unconsciously try to fill the space with your energy. You want to explore the Vee at a rate that gives you a level of comfort, for it can heighten your sensitivity to physical sensations.

Question: I kept wanting to see the visual things that other people were seeing. At first I felt upset that I was not. I keep looking but nothing appeared. Then I realized I am getting all these things on a feeling level. Is this possible?

Answer: The Vee space does not have a lot of visuals for many people. It can be more of a feeling sense, such as a feeling of movement and other sensations that are often difficult to describe. Remember that your rational mind wants to make sense of your experiences here, so it will form "pictures" out of the patterns, sensations, and feelings that are present. Even in your ordinary reality, your mind sees things as dots of light and color that it puts together to interpret as objects—chairs, tables, walls, and so on. It is the same with these higher spaces. Until you learn how to interpret the patterns you are feeling or seeing in the higher dimensions, you might just see patterns and shapes that have no meaning. Or, your mind may create concrete images and pictures in an attempt to understand the dimensions you are in. Just enjoy and do whatever enhances your experience.

Question: I feel like I am entering the same space every time I enter the Vee. There is a void, a house, and two spheres that almost touch each other. Is this normal?

Answer: Once you enter into the doorway of the Vee, do you end up going someplace from there? Good. This is my experience as well. There is a pathway into the infinity that the Vee opens up. That pathway can be the same every time you enter it. You may

notice different things about it, or your experience may be somewhat different each time, but the overall felt-sense of entering into this infinity may be fairly similar from journey to journey.

Question: I have been going to wonderful places. When DaBen says to come back, I usually think, "No way. I am staying out here forever." It feels like I have to squeeze down into my body. Things feel so constricted when I return. Will this always happen?

Answer: No and yes. No, because feelings of constriction will not happen when you return from places you have learned to integrate the energy from. Yes, something similar may happen when you go to new places you have not yet learned to integrate the energy from. Learn to enjoy opening and integrating these higher energies.

Question: I shot into this other dimension that seemed like pure light, but unlike any light I have ever seen. I thought I was in a sea of light. Have you been here before?

Answer (Sanaya): I have been to the Sea of Light often in my Vee journeys. We have had others report being there too. It is a place where the Universal Mind is so fine it appears as solid light. Often there is a sense of a rising sun in this light-filled place, but it never rises directly overhead. I have realized at times that this is also a place where you are looking at the light of many souls. This is a good place to soul-link and send telepathic messages to other people's souls.

Duane: The vibrational energy and light body centers are not destination oriented, but process-oriented. DaBen is showing you the possible frequencies, but it is up to you to go where they take you.

Question: As I was traveling in these spaces, I wondered what I looked like. I did not have a sense that I had a body. What does my energy look like out here?

Answer: I lose all sense that I have a body too. If I am aware of my "body" at all it is a cocoon shape around me, sort of an egg-shaped cocoon of varying sizes and densities.

Question: I think I came back wrong. I felt like I melted into the floor like chocolate. I still feel that way.

Answer: If you feel that you are still too far out there, go back to the Fullonia and spend some time there. Do not go back to the Vee and try to reconstruct it. Come back slowly from the Fullonia space and you should feel normal again.

Question: I was in a landscape of some kind but I could not make any sense of it. What can I do next time this happens?

Answer: You may not be viewing the landscape from the right scale, so play with changing your size. For instance, if you were the size of a molecule, you would probably be unable to interpret your ordinary reality. If you cannot make any sense of what you are experiencing, or if you are having trouble experiencing anything, draw in your energy and make yourself smaller or larger. Notice if this creates a shift in your experience. By changing your scale you will have a different experience of these energies.

Comment: I was so euphoric. I had a sense of power. This feeling has lasted for hours since the journey.

Reply: These energies can create a sense of euphoria that can last for a long time after you come back. It will not always be there. You are beginning to experience the self-exciting aspect of radiance. This is where you are spontaneously radiant without

needing to harmonize your energy bodies, or get into these spaces consciously. This is one of the goals of the awakened light body: to become spontaneously radiant. You become self-exciting; you begin to radiate without needing to do anything. Your energy automatically begins to assume high levels of harmony as you more frequently travel to these spaces.

Question: I experienced light going into my cells and creating changes. At first I wondered if it was just my imagination, but the light seemed to have an intelligence. Have you experienced this?

Answer: Intelligence is only the beginning of how to describe light. As you explore and observe the light about you, you will find a richness beyond words. I have experienced light as not only intelligent but fully conscious. It is as if light is conscious and you are somehow a part of the greater consciousness it is a part of.

Question: As we were traveling, I suddenly came to a place where there was a feeling of gravity—like I was accelerating but could almost feel a weight pushing down on me. Normally I do not experience any sense of gravity in these spaces. What happened?

Answer: DaBen tells us there are various mediums; we know about gravity, electromagnetic, and life-force. The way these mediums are combined determines the kind of universe you live in. Some universes have no gravity, as you may have noticed when you visited the gas beings. There was no sense of up or down. Other beings have some sort of gravity, as you may have experienced with the gridwork masters. Our ordinary reality is constructed out of certain combinations of gravity, electromagnetic, and life-force frequencies. Many of the places you can go in the Vee are made of different combinations of these mediums. You may have visited a universe that has a much heavier gravity than ours.

Question: I had a sore throat when I returned. What did I do wrong?

Answer: Minor discomforts such as this can happen when you have gone a little too far out and have not come back slowly enough. These will go away on their own in a short time. You can also work with your vibrational energy body centers to harmonize them more, or stay in the Fullonia for a while and come back slowly.

Comment: These spaces feel like the purest states of beingness I have ever known. I feel light pouring down on me and a sense I am in a much higher flow. My perspective of things starts to change; I am able to see things in my life in all new ways.

Reply: Every time you go into these spaces you may find yourself coming back and looking at your life in new ways. You have added a higher frequency to your aura and your perspective will definitely begin to change.

Question: I was having a wonderful experience, then it seemed like I was abruptly transferred to somewhere else. What happened?

Answer: To remain in some places you need to constantly reorganize your consciousness. How many of you found that you had to continually change the way you organized things? Thought about them? Or the way the images occurred kept changing? A number of you. If you do not keep adjusting to the changes in the energy by reorganizing your energy, you may shift abruptly to somewhere else.

Question: Is there any way to navigate in these spaces, or do you just get drawn this way and that?

Answer: You cannot always choose the place you go to in the Vee, but you can learn a sort of navigation. You can navigate by being willing to let whatever is happening unfold, and be willing to get as big as things are getting. You can also navigate by noticing the transition points, the places where you shift from one experience or energy pattern to another. There are a lot of transitions between things; between environments, scenes, and between events that are happening as you are in this space. There are places where the whole landscape changes. For instance, if you view a cloth, you can see from your normal perspective that it is woven of thread. If you shift a level down in size you can see the threads have a complex, intricate structure. The whole landscape changes again when you go to the molecular level, and then again if you go to the atomic level. You have a level of control over your size and how much you expand out into these spaces, and that can give you a sense of navigation. Some of you have been noticing spheres in these spaces. These spheres are what DaBen calls Nodes, vortices of energy that act as doorways to certain dimensions. When you combine them in certain ways you can use them to travel on. You will explore the Nodes later in this course. In the *Radiance: Self-Exciting, Building Your Light Body* graduate course you will explore the Nodes in much greater detail. You can start learning their frequency patterns as a way to navigate in some of the spaces the Vee opens up.

- ☛ **Listen to Programs 5 and 6 by DaBen until you have been able to experience this stage of the Vee at least once; three to four times is even better.**

- ☛ **After you have experienced the Vee on Programs 5 and 6 listen to Orin and DaBen's Journey: Transforming Your Personality on Program 7. Record your experiences in the Journal Notes. Then read the information on Building the Cord Upward before you listen to Program 8.**

Journal Notes

Program 7 Transforming Your Personality Journey by Orin with DaBen:

Date of practice with journey:

Insights:

Date of practice with or without journey:

Insights:

Date of practice with or without journey:

Insights:

• READ BEFORE LISTENING TO: Program 8.

Building the Cord Upward

In the Vee you are traveling into higher realms. You are experiencing the universes your soul exists in, as well as even higher levels that your soul's soul, or your Monad exists in. These realms have been given many names: the Etheric, Intuitional, Buddhic, Causal, and Nirvanic planes, to name a few. We have avoided labeling the planes you are traveling to, as we find it brings up too many intellectual questions which move you further from what really matters, your direct experience of them. Different schools of thought have different labels for these planes of reality. While one school might call the higher mental plane the Intuitional plane, another might call it the Causal plane. To prevent confusion, we will not label the planes you are traveling to, but let you experience them directly and know them by their experience, not their names. You need a degree of mental fluidity, harmony, balance, radiance, light, and emotional flow to enter into these dimensions. The more you have of these qualities the higher the plane of consciousness you can reach.

You already know how to operate from several planes of reality. You have your base in physical reality, and you always operate partly from here as long as you have a physical body. When you are emotional you are operating from what is usually called the Astral, or Emotional plane. When you are highly mental, your consciousness is centered in the mental plane, sometimes called the Etheric, Manasic, or Causal plane. When you act from a deeper "knowing" or intuition that goes beyond your rational mind some have said you are acting from the Intuitional plane of consciousness. (This plane has also been called the Buddhic, Etheric, Causal, and other names depending on the system you are using.) At a level above that you exist as your soul. This plane of soul-consciousness has been called the Causal, Buddhic, Nirvanic, and other names. There are even higher planes, where you exist as your Monad, which is your soul's soul. You are already a perfected being at these higher levels. When we refer to "higher" we are referring to planes that are closer to the Oneness, The All-That-Is, God. The Fullonia, Saha, and Vee are doorways into these higher planes. There are other doorways that you can access from the Vee space that DaBen calls "Nodes."

There are levels within each plane; different subsets and layers that exist. As your skills of observation increase, you will notice a substantial change in your experience when you pass from one plane to another. There will be minor shifts when you go from one level within a plane to another level. For instance, there is a noticeable shift when you go from feeling sad to feeling joyful, but a much more major shift when you go from feeling emotional to doing something mental like concentrating on a math problem. In the first example you went from one level of the emotional plane to another. In the second example you shifted your consciousness from the emotional plane to the mental plane. Each time you shift to a higher plane there will be a corresponding difference in the way you perceive reality, use your mind, imagination, and so on. Notice the subtle changes and differences in your experience as Orin and DaBen instruct you to go to the next higher plane. As you gain more skill in these spaces you will have a better sense of what plane you are in and how you might use that dimension to get the most out of it. Do not try to figure out what plane you are in. Be an explorer and simply experience and discover what is possible at these higher levels.

Orin and DaBen tell us that one powerful tool of enlightenment is to build a cord or thread of light upward and downward between your personality self and yourself as you exist in these higher planes of reality. As you do this your personality self

reaches upward, and receives energy from your soul-self. You experience being your personality self, reaching upward. Then you travel upward, link with your soul-self, and send light downward to your personality self. You become the self that exists in these higher dimensions sending energy to your personality self. You create a channel between all your "selves" as high up as you can reach. Some literature has called this cord the Antahkarana. As you open the channel and build a bridge of light to higher and higher levels of yourself your spiritual growth will greatly accelerate.

It is not necessarily better to be higher all the time. You do not need to be in the soul planes to balance your checkbook. Enlightenment is knowing where to place your consciousness that is appropriate for what you are doing and want to accomplish. Orin does advise us to reach upward, however, at least once a day. He tells us that each time you do you bring some of the shimmer and radiance of the higher dimensions back with you. This radiance begins to transform everything in your life, for you are building enlightened matter into your body, emotions, and mind.

We once asked DaBen how many planes of reality there were. It was so humorous to DaBen that Duane temporarily lost contact with him. When DaBen returned he asked us, "How much is infinity times infinity?" You will find that you naturally and intuitively know what to do in these higher planes. Follow your inner sense and be playful and inventive. You do have an existence in these higher planes, and it is important to connect with yourself as you exist in these higher levels. It is not just a matter of raising your vibration until you can unite with higher levels of your being, but of also opening yourself at your personality level so that your Higher Self may work in and through your personality self. As you do you bring Its higher consciousness into your everyday reality, and become your Higher Self in all that you do.

As you listen to the journey that follows, you may not have a sense of going anywhere. You may simply become more aware of certain aspects of yourself, a change in perspective, or other subtle signs that you are experiencing yourself at a higher level. Do not try to make rational sense of where you are; you may simply receive feelings, images, geometric patterns, sensations, and so on. As you work with building the cord upward and downward, you may receive clearer guidance as ideas, inner knowing, and insights come directly into your mind. You may start having a different vision of how you might live your life. As you build the cord upward you are opening the channel to your Higher Self and soul at more and more levels, bringing Its light into every aspect of your personality until your personality is transformed.

- ☛ **Listen now to Program 8 by Orin with DaBen on Building the Cord Upward. Record your experiences in the Journal Notes.**

- ☛ **After you have listened to Program 8, listen to the Journey to the Nodes, Program 9. Record your experiences in the Journal Notes. When you have listened to Program 9 read the information on the Nodes that follows.**

Note: You may want to review some of your journeys from Parts 1 through 5, for as you gain more skill in the Vee space you may experience the centers you have already learned in new ways.

Journal Notes

Program 8 Building the Cord Upward by Orin with DaBen:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 9 Journey to the Nodes by DaBen:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

☛ **READ ONLY AFTER LISTENING TO: Program 9 by DaBen.**

Nodes

The Nodes are vortices of energy you can reach in the Vee space when you have achieved a high degree of harmony in your vibrational energy bodies. Some of you may have already had glimpses of the Nodes. They may appear as bubbles, spheres, or fields of energy. A common first "sighting" of the Nodes is three spheres in a triangle above, or around the head. Their location and number can change. Often as you begin traveling through the Nodes you will have a sense you are in a tube or tunnel, being drawn somewhere. Some of you may experience traveling through a tunnel with a light at the end. Or, you may have no awareness of the journey but suddenly find yourself in a new place in your inner experience.

Nodes can be doorways into other dimensions when you combine your experience of them in certain ways. They can allow you to experience many aspects of infinity, the Universal Mind, and the Higher Will. They also allow you to see and work with higher aspects of your light body and your spiritual shimmer. To travel in these higher planes you will need to develop the radiance you have already begun to generate. You will be able to refine, intensify, and increase the brilliance, purity, and clarity of your radiance as you work in the higher levels of the Vee and with the Nodes. These qualities of radiance that you are building into your aura set up an "energy essence model" that can change everything you draw to you as it raises your vibration. We will be working with the Nodes in the *Radiance: Self-Exciting, Building Your Light Body* graduate light body course.

Following are some of the comments from class members after their first experience of the Nodes.

Comment: My experience of the spheres or Nodes was that they were doorways to different streams of existence. I saw a very rapid motion picture of a wide variety of forms that kept changing, like possibilities for evolution. It is hard to remember or recall the details but the experience was so illuminating. It was like being given information about the forms through which life-force energy could express itself.

Reply: The Nodes and their various combinations are the most complete sense of other dimensions that I have had.

Question: Things got so intense I had to stop. I felt I could not hold any more light. Is this normal?

Answer: The experience in the Nodes can get to a very intense level. You can slow them down by adjusting your size or pace. Be inventive. You may have been outside of their time frame. Slow down until you find a "click" where you have reached the same time scale they are operating in.

Comment: I felt like I was falling down and down. Then a triangle of balls appeared with a fourth ball on top. They kept rotating and created an energy field. The Renawre seemed like it went up a few megawatts in power, and there was a steady tube of energy coming down into it.

Reply: You may begin to notice that the ways the spheres interact is very important, for they form doorways into various dimensions and higher realities. As you observe them interacting and keep enhancing your experience, you can be drawn to other planes of reality.

Question: I was in what looked like a Sea of Light. There was pure light all around me. Then things shifted, and there was something different from light. Can the light disappear in the Vee?

Answer: You are always in the realm of light in these spaces, although it may change in its nature. The gridwork of light that is the Universal Mind can become so fine it becomes pure light, or at least you would need to be quite small in scale to see any gridwork. You can also travel into its spaces, where the gridwork of the Universal Mind is so big it does not seem to exist. In these worlds everything exists in various stages of unmanifested potential.

Question: This reminded me of "near death" experiences I have read about. Is there any relationship?

Answer: There seems to be a similarity: the tunnel, the light at the end, and traveling to a place that is so beautiful, peaceful, and wonderful you do not want to come back. However, as long as you still have something to accomplish here you will come back. The places you can reach with the Nodes are wonderful beyond description.

Question: It felt like I was in the Nodes, then I lost it. I felt very irritable and many doubts came in at that point. What can I do?

Answer: It requires a very precise emotional and mental body setup to travel in the Nodes. Maintaining the emotional flow and mental fluidity necessary to be in these spaces can be delicate at first. As you practice, you will get better at holding the emotional and mental setup necessary to experience and stay in these spaces. It seems that one of the penalties for not staying here or for losing that precise emotional and mental setup is indeed irritability or a strong sense of doubt that all this is real. Drop back to the Fullonia, or play with the Renawre cocoon, then go back to the Vee and the Nodes.

Question: I had a sense of birth. I slid through a tube and then it felt like I emerged into another universe as a child in a womb. I do not know what dimension I was being born into but it did not seem like this one. I had this incredible sense of birth and renewal. Is this a normal experience? Was I in the Nodes?

Answer: This is definitely an experience of the Nodes. There is often a sense of birth, renewal, and even a sense of being in the womb, as you experienced. It depends upon which Nodes you work with and how you combine them. Sometimes it feels as if you've gone to the beginning of time.

Comment: I got to a place where it felt like there was a physical ceiling. I kept watching and it seemed like I found a sphere there and popped through it into another universe. Stars were all around, it was quiet and beautiful. It was a gentle experience, not intense.

Comment: I was just waiting for something to happen, thinking, "OK I am waiting. I am waiting, waiting..." and there was an experience, even though I could not see it, of a feeling of a shaft rising. I got this unbelievable sense of infinity all at once. A sphere formed around me, going up into infinity and below me into infinity. It started spinning, creating dimensions that I could travel into.

- **When you feel ready, continue at your own pace to listen to Programs 9, 10, 11, and 12. Record your experiences in the Journal Notes. As you listen to Programs 9 through 12 please read the Final Instructions and the Message from Orin and DaBen.**

Note: As you listen to programs 9 through 12 you may want to go back and listen to other programs in this Course you are drawn to.

Journal Notes

Program 10 Saha and Vee Journey by DaBen:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 11 Experiencing the Absolute Journey by Orin with DaBen:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 12 Journey to the Temple of the Masters by Orin with DaBen:

Date of practice with journey:

Experiences:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

People's Comments and Reactions to the Fullonia, Saha, and Vee

We want to share with you some of the experiences people have had after learning the light body centers that you are now working with.

People's journal notes after they learned the light body centers were very different than their earlier notes. Most noticeable was the new levels of joy and peace people were experiencing. Most expressed delight about what was happening in their lives. People frequently said their level of joy, self-confidence, ability to take risks, do new things, receive clear inner guidance, and more had dramatically increased. As one woman wrote, "I feel so much more whole, complete, and loving—I would not have thought it possible. The Master within me is coming out more and more. There are no limits now to what I feel is possible."

People felt their lives were beginning to take on the radiance and light they had wanted. One woman wrote, "After learning the vibrational energy body centers I experienced so much change I could hardly handle it. My moods were erratic and I felt overwhelmed. After the final class it felt like something shifted and was released. I have made an enormous shift. I no longer feel sad and depressed. I am operating from a deep sense of inner joy. Everyone is noticing the change. People tell me they love being around me. Life is better than I ever dreamed possible!"

People commented that other people were seeking them out. Old friends who had never been interested in what they were learning were now asking for their advice. Friends were commenting on how much they enjoyed being around them. Some even found their greatest challenges coming from trying to find time for all the people who wanted to be with them, or learning how to say "no" with love and compassion.

Most people's notes commented on how well their lives were working. They still had many challenges and lessons, but felt more peaceful about them. They had reached a level where they could work on issues more as energy, and did not go up and down emotionally as things occurred. Some made big changes in their lives. Several people moved to another state, finding earth energies that were more compatible with their energy. Several people had positive changes in their financial situations. People felt they were better able to handle their challenges with the light body tools such as staying neutral, emotionally flowing, and so on.

Right after they learned the Vee, many people found they were attracted to working with the first four vibrational energy body centers again. Some told us the Vee was such a peak experience that they did not venture into it more than once a week. Some said they had put aside playing in the Vee space for a while, then returned to it after a period of several weeks. Some discovered more about the Renawre cocoon and worked with it frequently. Some loved the Fullonia and spent most of their exploration time there. Many loved the Vee space and played there frequently.

Many people told us they ran the first three centers frequently throughout the day. They said it was easy to experience these centers; being in them almost felt like an automatic response when they were around negativity, dense, or rigid energy. Remember it is not the goal to go to the Vee every time you run the energy. Play with all the centers and use whatever centers are appropriate to what you are doing.

Many people wrote us about their wonderful experiences in the Vee and Fullonia space, describing energy patterns, crystalline forms, beings, places, and all the learning they were experiencing. One woman discovered that she had the ability to assist others

in healing themselves while she was in the Vee space. Another worked with beings who were teaching him about Radiance. Some began to find and explore the Nodes. Follow your natural knowingness about how often to go to these places and what feels best for you. Continue to strengthen your lower centers so you can handle the light you are bringing in from these light body centers in a balanced, integrated way.

People still had challenges, and their lives were not perfect all the time. Those who followed their inner messages, made the changes in their careers, relationships, daily activities, and whatever other changes were indicated, experienced all new levels of well-being and joy. Those who had not actually made the changes they knew they needed to make were very aware of what those changes were. They knew they were going to need to make these changes, and were simply waiting for the right time.

One challenge for people was to keep expanding their vision of what they could have. Many people had more inner peace, abundance, and achieved more goals than they had ever imagined possible. They now needed to expand their vision to include as a possibility even higher levels of mastership and well-being.

You might like to take time now to read your original growth snapshot you filled out when you started this course. Review your Growth Snapshots from each of the courses. Take a moment to congratulate yourself on how far you have come.

Exploring the Light Body Core and Cocoon

You may visualize the light body core and cocoon easily, or you may have feelings or senses of them. It is fine if you do not have any of the pictures DaBen is giving you. As you played with awakening your light body, you may have been extremely visual or have gotten the visualizations easily for the centers. You may find that your visualizations become less easy and clear as you move into these higher states.

You may need to learn to shift to not being as visually oriented, but being more felt-sense oriented; to sense or know what is going on rather than to see. If you have not been able to easily visualize you may find you “see” colors and patterns you never did before. If you are visual, you may be adding a new ability to feel and sense, and in the process lose your ability to visualize for a while.

Whatever sense you were using prior to sensing from your light body cocoon, you are now adding strength to the other sense so you can use both. Notice that your ability to sense and the way you sense the subtle energies changes all the time. If this happens, the way to continue is to move more and more into your experience, whatever it may be.

During a journey, once you have reached the experience of the light body cocoon, let your experience of the point of light of the Fullonia go. The Fullonia as a point of light is a doorway to the light body spaces of the Fullonia. The light body cocoon, rather than the infinite expanding experience of the Fullonia, allows you to better focus on the light body energies. Holding the point of light of the Fullonia in your awareness as you move into the light body cocoon will probably tend to hold you more in space and time awareness and not allow you to become as involved in traveling on the light body energies.

Eventually your challenge will be to have your awareness in all of the light body cocoon simultaneously so that you are aware of front and back, sides, top, and bottom of the cocoon volume all at the same time. Do not worry about doing this at first, just find yourself within the cocoon. The cocoon helps you focus through providing an enclosed arena in which to bring your awareness. The cocoon is not just a focus for the subtle energies. The cocoon is a sensory system, allowing you to sense the subtle energies. As you build your light body you build an awareness of higher and higher energies. These become a part of who you are in your daily life as well.

The boundary of your light body cocoon does not have to be exactly 30 feet out. Do not try to intellectually figure out how far thirty feet is from where you are. At a distance of about thirty feet you may notice that there starts to be a little bit of a difference as though the energy has changed somehow, dropped off a bit, or changed its quality. All that you might sense is just a slight shift in the intensity of light or of the energy, just a boundary out there in all directions. DaBen calls that place the first cocoon boundary.

As you observe this cocoon boundary, you may notice that the boundary itself has several layers in it, in fact quite a number of layers. Let the light come back from some of those layers as you observe them. Sometimes a few of the layers let your awareness move out smoothly and easily, while others change your awareness in certain ways. Your light body cocoon is not stopped by nor does it interfere with physical matter or even with other people who might be within the thirty foot radius of your light body.

The light body cocoon is not the same as the Renawre cocoon. As you get the energy bodies harmonized and play with the Renawre center, you begin to notice that some of the energy you are experiencing moves up and starts to fold around. That is the Renawre cocoon. As you gain radiance the Renawre cocoon takes on a shimmer, and

might even get brighter and brighter. The light of the Renawre might be experienced as more of a white-silver light than the golden, yellowish light of the light body.

As you move into the point of light of the Fullonia, as you bring more and more of your experience there and you start to get into that smaller and smaller light, most of you will experience expanding out in some way. As you expand out, your awareness of the Renawre cocoon for the most part will fade away.

Do not try to keep the Renawre cocoon in your awareness as you move out in the light body; let it go completely. It has served its purpose of bringing you the harmony necessary to sense the finer energies of the light body. As your awareness of the Renawre cocoon fades away your awareness will be moving out from the Fullonia. At that point you can choose to notice a cocoon at about 30 feet out. Observing the light body cocoon as completely as you can, its whole sphere, begins to open many things in your awareness.

If you are unable to sense the core of the light body cocoon, put your awareness out to the full cocoon, and then just notice what the core is doing at that time. As you gain more and more harmony, this begins to light up the core. You set up a self-generating process. The more light you can hold in the core, the more harmony it adds, the more you are able to experience the core, and the more the light body starts to expand. You can use the core as energy to travel around in the cocoon volume.

Notice the core as you are instructed to do. You may get a sense of a tube of light with a clear, almost crystalline clarity to it. Do not worry about how the core intersects the cocoon. It is easy to follow the core up above your head a little ways, maybe five feet up or so, but then it becomes harder to follow. Do not try to make rational sense of it, or you will be taken out of your experience.

The core exists to help you focus on what is around you in the light body space. Do not try to think about it as an energy or where it is, if noticing this does not come naturally and easily for you. The core radiates energy out to the cocoon like a wand of light. The light does not come from anywhere in the core; it is just there and moves out from the core into the cocoon. Start noticing the light as it moves from the core to the cocoon. When you learn the frequencies and self-exciting skills, you will notice that the relationship between the core and cocoon can change in a whole variety of wonderful ways.

At first, as you experience the core, you may experience it as inside your physical body. As you experience it for awhile you may find that it becomes larger and moves outside the area of your body. If it begins to move itself off center or become larger, that is fine, just let your experience of the core evolve.

Vibrational Energy Body

Visualization Aid for Light Body Cocoon



Please Note: Colors were used to make it easier to see the centers. Colors used are for illustration purposes only and do not represent the colors you or others may see, if any, when picturing the light body. In addition, each person visualizes the light body in different ways, so if your inner sense of the light body varies from these pictures, let however you visualize the light body be right for you.

Journal Notes

Program 13 Light Body Core and Cocoon Journey 1:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 14 Light Body Core and Cocoon Journey 2:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Final Instructions

Congratulations! You have now completed the *Awakening Your Light Body* course.

We suggest that you review each of the courses starting with Part 1. Reread the information on the centers. Pick your favorite journeys and spend time with each course. It is important that you continue to build your power base. You will be surprised at the skill of observation you have developed and how much more you will experience in the vibrational energy bodies now that you have been to the Vee.

There is no end to the explorations you can take in the vibrational energy and light body centers. Exploring just your vibrational energy bodies could keep you busy for a lifetime, or even lifetimes. Review the centers at your own pace. Run the energy on your own as well, and play with whatever center you are naturally drawn to each time you run the energy.

Enjoy, observe, be inventive, and above all else—play!

- ☛ **After completing Part 6 please complete the seventh "Growth Snapshot" Journal Notes that follow.**

Journal Notes

Growth Snapshot. Take time to read your earlier notes, and record any changes in your life on this page.

Date:

Positive changes I have noticed in my life during the last few weeks:

My main concerns right now are:

(New problems I want to solve, physical conditions, deeper issues I am working on, my main focus in a relationship or career, and so on.)

Positive changes I would now like to see in my life:

(In relationships, career, home, environment, financial, spiritual growth, and so on.)

What's Next?

We are delighted you have come this far and are now completing the *Awakening Your Light Body* course. DaBen tells us it is wonderful to experience the growing light you are creating on the inner planes. You now have the tools to go beyond just having your life work—you can go to as yet unimaginable levels of abundance, well-being, and vibrancy as you continue to awaken your light body and use the tools of light you have learned.

As a graduate of the *Awakening Your Light Body* course, you are eligible to study DaBen and Orin graduate light body courses. Each course teaches you new light body skills and further awakens and builds your light body. To view a wonderful chart of the light body programs and determine what is next for you, view our [Light Body Study Sequence](#) page online.

One good possibility is to work with DaBen's *Radiance: Self-Exciting—Building Your Light Body* course (LB131). You can work with DaBen and Orin's graduate course *Radiance: Filling in the Frequencies* (LB121 - LB221) during or after you finish the *Radiance: Self-Exciting* course (LB131). These journeys will further expand your consciousness. Many have found that learning these skills created as large a shift in their lives as was created through awakening their light bodies.

You are now eligible to sponsor others in awakening their light bodies using these albums. We ask that you not transmit the sounds yourself without DaBen meditations unless you take the *Radiance: Transmitting Light* course (LB851) given by DaBen and Orin. Feel free to teach the light body centers using DaBen and Orin's journeys. Create your own classes around these journeys, or sponsor others with them on a one-to-one basis. DaBen and Orin's [Sponsor's Guide](#) included in this manual. Please make sure anyone that you sponsor gets a copy of this when they graduate. Read it carefully and make sure you understand it as well.

If you decide to sponsor your friends yourself, be aware that this is an energy commitment. Only sponsor others if they are truly ready. It is important that there be an equal energy exchange, so you may want to ask your friends for something in return for your sponsoring them. We have found that people make a greater commitment to learning, value the information more, and are more successful with the course if they give you something of equal value in exchange for your time and energy. We will leave the exchange up to you; just be clear that in sponsoring others you are undertaking the role of sponsor and all that entails. Remember that the goal for teaching these centers is for people to both experience the states of consciousness of the light body centers and be able to recreate the light body states on their own.

DaBen and Orin prefer that you take at least three months to complete this course for a reason. If you had learned the Nu'a, Dinia, Leow, and Ranthia all in one day you would have missed most of the Leow frequencies. You can sponsor people in learning the Nu'a and Dinia at the same time, and the Leow fairly soon afterward. You will want to give people some time in between learning these centers and the Ranthia. After people have learned the first four centers, be sure to give them at least a month to integrate and build their power base. Otherwise they won't be as likely to experience the upper centers. You can sponsor people in learning the upper centers in a fairly close time frame. You will want to give people at least a month, preferably two, to work with the upper centers before going to the light body centers. Make sure you ask them not to sponsor others until they have completed the entire course.

People may press you to learn all the centers at once. They are naturally eager to move forward as quickly as possible. When we first started Duane thought he could

transmit all ten centers in a weekend. As we worked with people we realized that unless they had time to develop their power base, they didn't even feel the upper centers.

You are the ones who will be taking this information out to the world. DaBen and Orin tell us the vibrational energy and light body centers will be as important to humanity someday as the chakra system is currently. You are the seed group; whatever you say about this and how you present it to others will determine the clarity with which this information goes out to the world. Each one of you represents a group of people—many more thousands than you even imagine—that you are opening the doorway for who will be following this path. You are helping to bring through higher frequencies of light and make them available to the earth plane. When you talk about awakening your light body, come from your own experience and your deepest sense of truth about these energies. As you do you will assist DaBen and Orin in bringing this information to others in the clearest, highest way possible.

We thank you for your commitment to your growth and for allowing us to be a part of your life during these past months as you have been working with this course. We have enjoyed tuning into you with DaBen and Orin and getting to know you through the inner planes where we all exist together at a soul level.

-Duane and Sanaya

Message from Orin and DaBen

Congratulations on completing all six courses of the *Awakening Your Light Body* audio series! We have been following your progress throughout this course, holding you in our awareness, and transmitting light to you whenever you requested it and were open to receive it. We have been sending you love and encouragement as you have awakened your light body and become a source of light and awakening for others.

You are now beginning to radiate light. As you work with the vibrational energy and light body centers you are taking the energy around you, harmonizing with it, adding higher frequencies, and transmuting it into light. You are adding light to everything around you as you do. You are developing your spiritual shimmer, the next evolutionary step for humanity. Just as you have the senses of sight, hearing, smell, taste, and touch, you have now developed a new sensory system—your awakened light body which allows you to sense subtle, higher frequencies of light. Your light body allows you to travel into and operate from the higher dimensions where your soul exists. People have the opportunity to shift their consciousness to a higher level just by being around you. You are now in a position to make an even greater contribution to humanity through the inner planes and through your outer work in whatever form it takes. As you have been working with this course you have already been bringing higher frequencies of light into your life and environment. Your light is already traveling outward and assisting those who are open and asking for a shift.

You have now made soul contact in a stronger way. You have more tools of light to transform your reality. As you travel into the higher dimensions and make soul contact you are bringing many new, higher frequencies of energy and light back with you. You are making these new energies available to humanity simply by bringing them into your own being. As you change your thoughts, letting them take on a higher frequency, you are adding more light to the Universal Mind as it exists in your reality. You are contributing new thoughts to the mass mind, making new energy patterns of harmony, balance, clarity, and light available to everyone who is reaching upward. Because you are more radiant, your energy will reach others with greater impact.

As you work with the light body centers, you are adding light at an enormous rate to every level of your being. You have sounded a note within you of a higher vibration. You are gaining a greater mastery over form as you learn to function in the inner world, working with energy and thought to create results.

It is important as you grow more radiant that you have places to put your light. You can do this by transmitting your radiance to those who can receive it. All you need do to transmit your radiance is hold others in your awareness as you make your own energy as beautiful as possible. You will discover your own unique ways to use the light you are now able to transmit. Some of you will use it for healing yourself and others. Some of you will use it in your job or career to make an even greater contribution. Some of you will work on the inner planes, joining the higher communities to transmit light telepathically to people; the plant, mineral, or animal kingdoms; or the earth itself. Some of you will work with children, friends, and family. Some of you will bring light into the world through your writing, acting, singing, or music. Do not think that you must have large classes, hundreds of people coming to you, or do something glamorous to serve in a powerful way. Many of you are here to do inner work, transmitting light telepathically to those who are awakening. Each of you will begin to discover your own unique purposes and talents and find ways to use them to bring more light into the world.

We called to this course those of you who wanted to take a bigger role in bringing light to the world. We called to you who wanted to be on the leading edge of humanity's evolution into light. We called to those of you who were ready for more world service. Your call to serve has been heard, and a path is being opened for you that will assist you in your spiritual growth and allow you to make a greater contribution to humanity. Whether you are serving in your work or career, or working on the inner planes to transmit light to others, you are becoming a source of light and awakening for others.

Your inner work is some of the most important work you can do. As you do inner work, you are making soul-contact and working from your soul rather than your personality. Run the energy and create what you want as energy and essence. Let the form come to you in whatever way is best without focusing on what that form might be. Work with people at their soul-level rather than their personality level to create harmony, peace, and healing. Take time to meditate, channel, go within, and listen to your Higher Self. Join with the Masters and work with them on the inner planes. Transmit light with the Masters to the souls of those who are awakening and to world situations. Take time to build the cord upward and downward, getting to know yourself as you exist at higher and higher levels of light.

Honor your urges and your instincts about what you need in the way of rest, exercise, food, time alone, time to be, and other things that nurture you. These are the things that will be important in increasing your radiance. Find the balance between trying new things and taking risks, and growing at a pace that is comfortable to you. Remember to laugh and play, for joy is very much a part of the higher dimensions.

What is next for you is to bring light to whatever issues are right in front of you. You do not need to seek out what to do for your growth; your growth will come from handling in higher ways the things that are happening in your everyday life. Your life provides you with every opportunity you need to grow spiritually. You do not need to change jobs, friends, or move to a new place to grow. Someone once said, "Before I was enlightened I chopped wood and carried water. Now that I am enlightened I chop wood and carry water." Enlightenment is the state of consciousness you live in, not the activities you do. There is plenty of opportunity in your life right now to serve others, grow spiritually, handle challenges, and be your Higher Self in all that you do. It is important to handle the responsibilities you already have, for you cannot be given larger roles of world service until you have handled what is right in front of you.

As you continue to run the energy, you will be generating more and more light that will become a continuous and building source of energy for yourself and others. You are among the first to awaken your light body in this way, and we ask that you take this information out to the world in a responsible way. When people ask you about what you are doing, come from your own experience. If you do not know the answer to their questions, tell them you do not know. Go within and find your own experience of these energies and speak of them from your own wisdom. We ask that you assist us by getting this information out to others in as clear and pure a way as possible. While it is fine to talk about your experiences with awakening your light body, remember that there are many paths to enlightenment, of which this is just one. Listen to other people's spiritual experiences, find the essence of what you have in common with them, and honor their path as well as your own.

Some of you may be interested in teaching these energies to others, or sponsoring them in awakening their light bodies. If you share your albums with others, you are their sponsor. You will want to hold them in your awareness as we have been holding you.

We suggest that you only sponsor as many people at one time as you feel comfortable with and can devote the time and energy to sponsoring them that will be required. It is important to us that people are able to successfully experience and awaken their light bodies, so we ask that you only share your albums with people who are ready. Make soul contact with them before you sponsor them, and ask their souls if they are ready for this step. Only sponsor them if you get a definite "yes."

You are making it easier for everyone one step behind you to take this step into light. Every time you strengthen your commitment to your spiritual growth, reach upward, become your Higher Self, and work through your doubts and resistance, you are making it that much easier for those who follow. Remember that there are beings who are one step ahead, transmitting energy and light to you. Take time to receive light from those who are one step ahead, and to send it to those who are one step behind.

You are now the future self who has finished the light body course and awakened your light body. Send energy back to your past self who is just starting this course. Take a moment to get quiet, close your eyes, and send light and encouragement to your past self. Simply think of this self and hold it in your awareness. Notice how much brighter your aura is now than when you started. You now have a greater level of emotional flow and mental fluidity. Your connection to your Higher Self and ability to live in these higher spaces is stronger. You know you are on a spiritual path and you are aware of many high, expanded states of consciousness. You have a greater ability to stay in the flow, and to recognize when you are or are not in the higher flow. You can set a healing space for others without taking their energy into yourself. You can be in a range of energies, and use the energy about you to go higher as you stay calm and centered. Take a moment to think of all the changes you have made since you began this course. Recognize the commitment to spiritual growth you have made and all the gifts this commitment has brought you.

Connect with your future self one year from now. You are even more radiant than you are now. Receive light and energy from your future self. As you do you are putting yourself on a higher probable path. Ask if there is any message from this future self, as you quietly make the connection and listen within. Make a commitment to following your highest path.

If you would like, let us join you now. Imagine that we, your guides, Masters, and soul-group are all coming together at this time. Imagine an enormous radiance and light being generated as we all join together. Let that light flow through you and out to the world, going wherever it may best be used. Feel the strength and love that is present through this connection. See the gridwork around you growing even more beautiful as you allow this group transmission of light to flow through you.

You may be wondering what is next now that you have awakened your light body. You are in the beginning stages of radiance. Besides learning to use these energies to make your life work in better ways, learning how to develop, refine, and build your light body comes next. As you learn more about radiance, you can bring to a high level of refinement the amount, quality, intensity, and brightness of the light you radiate. You can learn to build and hold your own unique energy model of radiance in your physical, emotional, and mental energy bodies. As you change your essence to a higher frequency, letting the higher aspects of your soul operate more fully in this reality, everything you do can be transformed. As you learn radiance from the Fullonia and Vee, your next step will be becoming self-exciting so that you will spontaneously radiate without needing to run the energy. You may have increasing moments when you are totally in the flow, part of the oneness, fluid, and open. Experiences of this sort will increase as you spend more time harmonizing your vibrational energy bodies and playing in the spaces the light body centers open.

We have so much love for you. We have been with you at those moments when things have not seemed so bright, as well as those times when things were wonderful and open. We have seen your commitment to your spiritual growth and higher path grow stronger. Your inner light has grown brighter as you have moved through your challenges. We know the courage it has taken to move outside of your normal perceptions. We want to acknowledge you for how far you have come, and would like you to take a moment to acknowledge yourself.

We will continue to meet with you on the inner planes at those times when you request our transmissions of light and energy and are open to receive them. We look forward to our continued work together. You are radiant in more dimensions now than just your physical reality. As you gain more light you are much more visible to us from our dimension. You now have more guidance, assistance, and light being sent you from the higher realms. We want to remind you that if you need assistance, all you need do is ask. Everything possible will be done to help you, but you must ask before assistance can be given. If you would like a greater vision of your life purpose or to know more about what you came here to do, ask for it. If you would like more world service, ask for it. Remember, you are leaders, teachers, and healers, and many of us in the higher realms are holding you in our awareness. There is no limit to how high you can go or how centered, aware, conscious, loving, peaceful, radiant, light, flowing, harmonized, fluid, and clear you can become. We bid you our fond good day as we welcome you, our wonderful friends, to the realms of light you can now play in with us.

Policies for Sharing Your *LuminEssence* Audio Journeys and Teaching This Course in a Live Class Setting

We appreciate your enthusiasm in assisting others in awakening their light bodies or further building their light body skills through learning graduate light body courses!

Sharing DaBen and Orin's Journeys

1. We ask that you not share your light body journeys with others until you have completed all six courses in this series (Parts 1-6) and are an *Awakening Your Light Body* graduate. However, permission is given for you to share these light body journeys with one other person who is a partner, spouse, special friend, or loved one who wants to take this course with you.

2. Do not duplicate, copy, or transfer any *LuminEssence* audio recordings onto any format, including but not limited to tapes, CDs, DVDs, audio listening devices, digital media, file sharing programs, or through the Internet or any other medium or method except for your own personal use and to share with one other person as noted above, as they are copyrighted.

3. You are not authorized to record journeys in your own voice for commercial resale or to copy any audio journeys onto any media for commercial sale.

4. Do not share any Orin and DaBen journeys by making them available in any format on the Internet. Once the audio journeys are available via the Internet it is very easy for others to find them and to post them on other sites.

5. Please do not advertise that you are renting out, charging for, or sharing your DaBen and Orin audio journeys via the Internet or any other medium for a fee or for free. This includes but is not limited to any broadcast or podcast of the journeys.

Sharing DaBen and Orin's journeys in a live class setting

You may not share your DaBen and Orin journeys in a class setting until you are a graduate of the six-part basic *Awakening Your Light Body* course. There is extensive information in the manual that comes with the Part 6: *Awakening Your Light Body* album on how to become a sponsor.

Teaching by leading your own journeys based on this course

You may not record and make copies of your own live seminars based on the light body material until you have graduated from DaBen and Orin's *Awakening Your Light Body* course by completing all six parts, and have fulfilled the teaching requirements. Teaching requirements include taking DaBen's or an authorized teacher's *Radiance: Self-Exciting* course, and DaBen and Orin's, or an authorized teacher's *Radiance: Transmitting Light* Teacher's course.

We have evolved our policies after much thought, reflection, and experience based on today's technology. These policies may evolve and change as future technologies are developed. Please know that your support and willingness to purchase the audio journeys from *LuminEssence* makes it possible to keep this work available and to allow for new work to be created. Please [visit our website](#) for additional and/or updated information about these policies. We thank you for your integrity and your support of Orin and DaBen's work by not sharing these journeys except as noted.

Awakening Your Light Body Course

Part 6

Becoming Radiant

Transcripts of the Audio Journeys

A Course from DaBen and Orin
by Duane Packer and Sanaya Roman

Sounds of the vibrational energy and light body centers as used in text:

This is a guide to the various ways the names of centers are intoned by DaBen and how they are written out in the transcript.

1. Nu'a

Nuuu yah has long contraction on the Nu, and a short release on the yah.

Nuuu eee yah has a long contraction on the Nu, a longer hold on the eee, and a short release.

Nuuu eee yaahh has a long contraction on the Nu, a longer hold on the eee, and a long release.

2. Dinia

Din yah has short contraction, short release.

Din eee aah has short contraction, hold, then longer release.

Din nin eee ah has longer contraction, hold, then short release.

Dra nin eee ah is for making the balls of the Dinia into ovoids.

3. Leow

Leee ow has shorter leee, faster ow. **Leeeeee ow** has longer Leee, faster ow.

4. Mumin

Muuu min has shorter, faster rhythm.

Muuuuuu min has a longer rhythm with emphasis on the Muuu.

5. Ranthia

Ran thee ah has a shorter, faster rhythm. **Ran thee aaah** has a longer, slower rhythm.

6. Traeo

Tray eee ah has a long buildup, smooth, soft release.

Tray eee oh has a long buildup, focused release.

7. Pieah

Pi eee yah has a shorter, faster rhythm.

Pi eee eee yah has a longer rhythm, longer focus on the eee.

Pi eee ah made in a whisper.

Pi eee eee eee aah has an even longer rhythm, more focus on the eee.

8. Renawre

Reee nah reee has a smooth emphasis on each.

Reee nah reee nah reee has a focused emphasis on carrying the nah and ree.

Reee nah reee nah reee nah reee (nah reee) has a focus on the carrying cocoon energy.

9. Fullonia

Full lo neee aah has a full, long, emphasis on energy of each stage.

10. Saha

Sa ha has a longer sa, ha.

Sa' ha has a fast Sa, short ha.

11. Vee

Veeeeee has a long eee.

Please note that some of the material in this transcript does not match the audio journeys exactly, but has been slightly modified to make it more readable.

You may use these transcripts to better understand the journeys and skills as they are presented by DaBen and Orin. They may also be useful if you teach the light body.

This material is copyrighted. You may not make audio journeys of this material that you sell to people other than those who attended your classes without signing contracts and agreements with *LuminEssence*.

Part 6 Becoming Radiant Transcripts

Program 1 DaBen Introduction to Vee

Welcome, and let us explore now as you are becoming familiar with these higher energies and the frequencies they contain. Let us explore yet another aspect of these fine spaces. And as you enhance your energy, as you begin to follow through the vibrational energy bodies, find ways in which to enhance your experience as though you are looking within the energies, as though somehow you have been able to notice that they contain something that you could look within, that you could discover, as it were, vibrations and frequencies within your awareness, inside these frequencies, in a way that you only would guess at before; right at the edge of your awareness.

So explore that now as you enhance your energies.

Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah. Din nin eee ah.

Good. Now, paying particular attention to the balance; the balance between the Nu'a and Dinia, those spaces, as it were, just between and carried upon both of the energies.

Lee ow. Lee ow.

Good, and letting the Mumin be transparent to all harmonizing and lifting frequencies, all harmonizing and lifting.

Muuu min. Muuu min.

Ran thee aaah. Ran thee aaah. Ran thee aaah.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah. Pi eee yah.

Pi eee eee yah.

Good, now bring your awareness to the Renawre, that disk at the top of the head, and finding here as well energies inside the energies, maybe yet another level. And follow on these shifts of frequency now.

Ree nah ree nah ree nah ree (nah ree).

Ree nah ree.

Good, and following that cocoon, up and over as far as you can around your body, just observing. Now, adjust each of the lower centers. Enhancing your own experience. Feeling that peace, that harmony. Falling into it now, even more completely.

Ree nah ree. Ree nah ree.

Good, and following these shifts of energy as you move slowly and easily to the Fullonia, to that small point of light, as small as you can bring your awareness to focus upon, that small point of light at the center of the chest. Noticing the spaces inside as you do. Notice the Renawre energy and the Renawre cocoon all about you now. Holding this all in your awareness as you enhance your experience and become the energy of the Fullonia.

Full lo nee aah. Full lo nee aah.

Good, and continue to follow these shifts in frequency now.

Sa ha. Sa ha.

Full lo nee aah. Full lo nee aah.

Good, and just be in that space now, just being. Looking into the energy, exploring, being. And shifting with this now. Noticing more and more of the subtleties.

Full lo nee aah. Full lo nee aah. Full lo nee aah.

Good. And just notice all that you can about this space. Finding in your focus now the harmony, the richness, the layer upon layer, and the inter connectedness.

Good, and for just a moment, hold in your awareness also the Renawre. Noticing as these two centers and their frequencies combine, they do so in quite a special way. As you find these subtle energies more and more, you begin to discover the way in which these energies interplay, are integrally a part of one another, and yet quite distinctly differently both in their nature and character.

Good, now bring your awareness back to the Fullonia.

Full lo neee aah.

Sa ha. Sa ha.

Good. Now, begin to notice a way in which the energy flows all about you. As you expand your awareness outward now, upon the waves and energy from the Fullonia, spanning your awareness out, becoming your experience over a larger and larger volume and more and more completely. Expanding outward now, a larger and larger volume.

Good. When you reach an enhanced ability to find these shifts in frequencies now, be just your experience, as completely and fully as you can. Your whole awareness is encompassing everything within this volume, everywhere.

Full lo neee aah. Full lo neee aah.

Good. Now, bring your awareness to these shifts in energy. And from these spaces let your energy come back to a volume that is most comfortable to you—a volume in which you can observe everything about you, evenly and equally. Smoothly and easily, being your experience fully and completely. Being this vibration of the Fullonia.

Now with your awareness just focus upward, noticing perhaps in your awareness, a cone of light, a down pouring of light as it were, from somewhere and from everywhere above you. It is as though this light were being brought through a funnel or a cone, into the top of your head and the back of your head and shoulders. Just experience now.

And stay with these frequencies as long as you can, increasing your awareness and your focus upon your experience, so that you might be more fully inside that experience. The experience and the vibration and frequencies inside that experience. And that experience and the vibration and frequencies inside still.

Veeeeee. Veeeeee. Veeeeee. Veeeeee.

Just being in that down pouring of light now. You may find yourself being drawn upward, as the cone folds down about you. Observe it as long as you can, being that energy as you notice it folding down, finding, as it were, that vibration, that tension; these sides of the cone folding down.

Veeeeee. Veeeeee.

Just be your experience now.

Good, and slowly and easily bring your awareness back to the Fullonia. And after having experienced these spaces, this expansion, notice as you come back all the ways in which you bring together your energies. So that you might discover, as it were, how it is that you begin to, from these energies and frequencies, discover you—your vibration and the heights it has achieved—as you begin to integrate it.

Good, and bringing your awareness now. Good.

Full lo neee aah.

Good, and now to the Renawre.

Ree nah ree.

Good, and now the Ranthia.

Ran thee ah.

Good, and allow yourself time now as you come back to integrate and discover who you are after having experienced the vibration and frequencies that you explored. Good, and with that we bid you most pleasant journeys.

Program 2 DaBen Vee—Triangle Forming

Welcome. And as you relax now and find that posture that supports you being aware of these subtle energies even more, begin to notice how it was that as you found the Vee, and the energies of the Vee. Notice how you were able to look into yet another level, or even another level of the energies than you had seen before.

Good, and as you continue to relax now, you might notice your awareness of the energies, your ability to be more and more aware. Good. And as you explore, and as we play with the energies of the Vee, let us ask you to be patient. To move into those energies and frequencies, and to observe on as many levels as you can, looking into the energy, and observing. And if for awhile it seems that if nothing is happening, that you are not doing more perhaps than just observing the energy, or perhaps even well aware of the fact that you are sitting calm and peaceful. Begin to observe all about you, and finding those spaces in which there is some movement perhaps. And let your awareness find all there is to observe about that movement.

Good, and with that observing, let yourself still wait patiently; actively waiting, and soon you will find that as you are observing and following the movements. That soon you will be carried off, and there will be a richness to your experience and your abilities that goes beyond what you had observed and worked with as of yet.

Good, and as you continue to relax, use the energies as we move through each of the vibrational energy body centers to enhance your own experience, to find the energies of each of the centers and embellish it, and to enhance it with your own patterns as well.

Nuuu eee yah. Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah.

Good, and following that energy now. Following the waves of the Diania out further and further. Letting them lengthen in all directions about you. You might adjust the Nu'a cone. Maybe increase its angle just a bit, or lengthen it perhaps.

Good, and then bring your awareness to the Leow.

Leee ow. Leee ow. Leee ow.

Good, and following these energies, let the Mumin be transparent to all lifting frequencies.

Muuuuuu min. Muuuuuuu min.

Ran thee ah. Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

Pi eee eee yah.

Good, and bring your awareness to the Renawre, and follow this shift in frequency now.

Reee nah reee nah reee.

Reee nah reee.

Good, and with your awareness now, let energy up and out of the top of the Renawre and down around as far as you easily can. Following that cocoon now.

Reee nah reee.

Good, now bring your awareness to the Fullonia.

Full lo neee aah. Full lo neee aah.

Sa ha. Sa ha.

Full lo neee aah. Full lo neee aah.

Good, and just be that experience now.

Full lo neee aah.

Good, now. Observing and being that energy, begin to experience that light pouring down from above you, forming a triangle, as it were, a cone perhaps. It comes down through the top of your head, encompasses the back of your neck and shoulders, pouring light down.

Veeeee. Veeeee.

Good. Now, let the sides of that cone fold down all about you slowly and easily. When it is about horizontal and a little lower, notice that you can be drawn up through, or that you can let yourself float up through. See if you can stay suspended somehow, moving up and then letting yourself back down, moving up, just adjusting your energy, adjusting your energy and awareness, adjusting the power of the Saha. Adjust your awareness so you stay floating here. Feel that tension, experience that place of floating.

If you find yourself being drawn through very rapidly or perhaps have already gone through, just bring your awareness back to the Fullonia. And then to the Vee once again. Just experience that, finding that exquisite sensation of aliveness, of light, that beginning sense of your radiance as you feel that tension, as you are balanced here now, being drawn up through this energy.

Veeeee. Veeeee. Veeeee.

Good, just experiencing that energy, being that energy. Just let yourself be now. Drawn through that energy, through that opening, following these shifts.

Veeeee. Veeeee.

Good. And hold in your awareness now all about you, finding more and more layers of frequencies, finding that your size, your scale, as it were, can change easily and effortlessly. Good, and just follow these energies once more as we make yet another shift. Enhancing your experience even more as you do.

Veeeee. Veeeee.

Good. Slowly and easily now bring your awareness to the Fullonia. As though somehow you are drawing together all the energy you experienced here. And bringing that energy into your awareness as you find the Fullonia.

Full lo nee aah. Full lo nee aah.

Good, and now the Renawre. Bring your awareness to the Renawre. Slowly and easily letting yourself find the Renawre energy. Integrating all that you have been and experienced.

Ree nah ree nah ree.

Good, and now to the Ranthia.

Ran thee ah. Ran thee ah.

Good, and letting yourself come back slowly and easily now. Slowly and easily to the time and space of the earth plane. Good, and before you look around you now, or open your eyes, just notice your experience, perhaps a residual, a residual tingling, expanded awareness, a feeling of lightness or a sense of peace. Just notice your feelings right now, your awareness.

And then slowly and easily let yourself notice more of your environment, perhaps opening your eyes. And taking a moment now as long as you'd like to enjoy these sensations as you let your experiences integrate into the time and space, and your consciousness in this reality of the earth plane. With that we bid you most pleasant journeys.

Program 3 DaBen Vee-Ball and Flower

Welcome, and as we explore these energies now, let yourself find that posture and relaxation that allows you to be even more aware of these subtle energies, even more able to discover those places within your senses, within your physical being, that it is that you exist. Be aware of these energies now.

Good. And as we move through each of the vibrational energy body centers now, use this opportunity to explore ways to enhance your experience even further, to discover those places in which you are aware at many, many levels.

Nuuu eee yah. Nuuu eee yah. Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah.

Leee ow. Leee ow.

Muuu min.

Good, letting the Mumin be transparent to all lifting and harmonizing frequencies.

Muuu min.

Ran thee ah. Ran thee ah. Ran thee ah.

Good. And experience this energy. Given the experiences that you have had, experience this energy as though you could be those layers inside each of the frequencies as you observe it. Expanding your awareness outward.

Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

Pi eee eee yah.

Good, and following this energy now, even further, expanding outward.

Ree nah ree nah ree. Ree nah ree nah ree.

Good, and just being your experience for a moment now. Just notice the character, the energy of the Renawre, and the sensations there for you as you be this energy.

Good, and let that go as you bring your awareness to the Fullonia, to that point in the center of your chest. Bringing your awareness to a smaller and smaller point.

Full lo nee aah. Full lo nee aah.

Sa ha. Sa ha.

Full lo nee aah.

Good. And now, bring your awareness to that light pouring down from above you. Forming a triangle or a cone. And bring your awareness to the edges of that triangle, the edges of that cone as it begins to fold down. Just experience that place of balance, that place of tension as it reaches horizontal and begins to draw you up through it. Be that experience now.

Veeeee. Veeeee.

Good. And being that experience even more completely. Let yourself be drawn all the way through. Being totally and completely with all of your awareness in these energies drawn through that space now. Being propelled perhaps by that tension into this fine energy. And just experience for a moment being this energy.

Veeeee. Veeeee.

Good. Now. As you bring your awareness up through this space you might notice somewhere around you a sphere or a ball. Almost like a planet. And depending upon your scale, it may appear quite far away or quite close. Just observe now. Being this energy and observing. Perhaps observing that sphere as you be the energy all about you.

Veeeee. Veeeee. Veeeee.

Good, and following these shifts now. Notice about you, perhaps below you, what from these experiences is below you. You might notice their energy opening. This energy might take on a form or appearance of a flower with many, many petals opening. Just observe. Experience the energy all about you. Finding that energy below you, and observing.

Observing the slow, beautiful opening. Experience the energy as that flower opens slowly, petal after petal. Thousands upon thousands of petals are opening. And experience as it does the movement, the shifts in these frequencies. Just let yourself experience now.

Veeeeee. Veeeeee. Veeeeee. Veeeeee.

Good, and just being your experience now. And observing all about you. Notice how large the volume is that your awareness can easily in be an instant involved with all the energies of your awareness. And in the process of that opening of your awareness, your awareness is drawn outward at more and more levels and layers, all simultaneously.

Good. Now, slowly and easily, let yourself integrate these experiences.

Veeeeee.

Good. Now, bringing your awareness back to the Fullonia.

Full lo neee aah. Full lo neee aah.

Good, and bringing your awareness now to the Renawre.

Reee nah reee nah reee.

Reee nah reee.

Ran thee ah. Ran thee ah. Ran thee ah.

Good. And now, just take your time letting these energies come together in your experience and integrate into your being in this reality, in this time and space, as you come back to the environment around you. Notice as you do what it is like. Can you see or feel or know these finer energies in any of the objects around you?

And as you observe that, just play with your experience now as it integrates, as you notice those parts of you that have begun to absorb and be these finer frequencies within your consciousness. Good. And with that we bid you most pleasant journeys as you explore and become more and more these subtle frequencies.

Program 4 DaBen Vee- Ball and Flower Second Journey

Welcome. And as you relax now and find that posture that enables you to increase your awareness of these subtle energies, we are sure that you have found many postures and emotional energy flows, and the mental fluidity that supports you in exploring at finer and finer levels these energies.

And as we travel and explore this time, experiment with using the skills that you have gained to expand your awareness out beyond frequencies that you experience. This might be a spatial exploration in terms of going a bit further out or it might be going beyond the harmonics, as it were, of the frequencies that you are exploring. It might be looking at another layer above or beyond where it is that you can easily bring your awareness.

Good. Now as we use each of the vibrational energy body centers to expand outward, use these frequencies to enhance your experience. To find even greater harmony in the vibrational energy body centers so that we might have an even finer harmonious energy in which to place the light that we will explore.

Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah. Din nin eee ah.

Leee ow. Leee ow.
 Good, and letting the Mumin be transparent to all harmonizing energies. All harmonizing energies.
 Muuuuuu min. Muuuuuu min.
 Ran thee ah. Ran thee ah.
 Good, and just observing the Ranthia as you explore an expanded energy further out. Good.
 Tray eee oh. Tray eee oh.
 Pi eee yah.
 Pi eee eee eee aah.
 Ree nah ree nah ree.
 Good, now adjusting each of the lower vibrational energy body centers.
 Ree nah ree.
 Ree nah ree nah ree.
 Good. Now, bringing your awareness to that smallest point of light at the center of your chest.
 Full lo nee aah. Full lo nee aah.
 Sa ha. Sa ha.
 Full lo nee aah.
 Sa ha.
 Good. Now, begin to bring your awareness to that light pouring down from above. Forming a cone. The cone includes the back of your head and neck, the top of your head. And just let your awareness expand upward along that light, as you begin to notice the edges of this cone folding down. Experiencing that energy that is released as it opens.
 Veeeeee.
 Good. And now, let yourself be carried on that tension, tension of this cone folding down as you lift or are drawn through. Good, following this shift now.
 Veeeeee.
 Good, and you might observe around you a ball. And if it has a color, notice what color it is.
 Good. Now, as you move further out, also notice below you or perhaps close by, energy that begins to unfold as these frequencies shift now, much like a flower. You might envision a many-petaled flower, perhaps like a lotus, unfolding nearby or below you. And follow these shifts now.
 Veeeeee. Veeeeee. Veeeeee.
 Good. And look inside that energy, that energy of the flower, as you expand out, further out. Good. Following that now. The flower unfolding, continuously, endlessly unfolding, slowly and easily, no end of the petals that are unfolding.
 Veeeeee. Veeeeee. Veeeeee.
 Good. And take a moment to experience and be these energies. And notice yet another layer further out.
 Veeeeee. Veeeeee.
 Good. Now, bring your focus to all those areas just beyond your reach. Finding them with your awareness. Good. Using your awareness to expand. And follow this frequency shift.
 Veeeeee. Veeeeee.
 Good. Now, bring your awareness slowly and easily drawing together, as it were, layer upon layer of your experience as you bring your awareness to the Fullonia.

Full lo neee aah. Full lo neee aah.

Bringing those layers of your awareness, those layers of your experience. Good. Drawing them together, letting them integrate into your beingness, your beingness in the time and space of the earth plane.

Ree nah ree. Ree nah ree.

Good, and bring your awareness to the energies all about you. Discover what it is that is at the far edge of your awareness.

Ree nah ree nah ree.

Good. Now, bring your awareness to the Ranthia, letting your experiences integrate now.

Ran thee ah. Ran thee ah.

Good. Now, bring your awareness to the Nu'a.

Nuuu eee yah. Nuuu eee yah.

Good, and bring your awareness fully and completely back to the time and space of the earth plane, the environment around you. As you do, notice how it is that perhaps the edges, the areas of the volume has gotten larger somehow, the volume of your experience. Perhaps you are noticing more things or brighter colors or greater clarity.

And just spend a moment experiencing, playing, and exploring how it is that your perception has become lighter. And with that we bid you most pleasant journeys.

Program 5 DaBen Vee to Pollination of Flower

Welcome. Good, and moving into that posture and awareness now of these subtle energies. Enhancing your experience, increasing your ability to find all the frequencies, layer upon layer, of these energies. And follow along using each of the centers to enhance your experience as we explore yet another wonderful level of the energies of the Vee.

Nuuu eee yah. Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah.

Leeeeee ow. Leeeeee ow.

Good. And letting the Mumin be transparent to all lifting frequencies.

Muuu min. Muuu min.

Ran thee ah. Ran thee ah.

Good, and finding that frequency and following its shift. Good.

Tray eee oh. Tray eee oh.

Pi eee yah.

Pi eee eee yah. Pi eee eee yah.

Ree nah ree nah ree. Ree nah ree nah ree.

Good, and just observing now, all about you, being this energy. Perhaps you are experiencing the cocoon all about you.

Good. Following this frequency, bringing your awareness to the Fullonia, that smallest point of light.

Full lo neee aah. Full lo neee aah.

Sa' ha. Sa' ha

Sa ha.

Full lo neee aah.

Good, now bringing your awareness to that light, that down pouring light and cone about your head, coming down through the back of your head and neck and your shoulders. Feel it as you are lifted up, as the cone folds down and you are lifted up through; experience that as completely as you can now, and follow these energies, being your experience.

Veeeeee. Veeeeee. Veeeeeee.

Good. Good, now notice your experience as these frequencies shift.

Veeeeeee. Veeeeeee.

Good, now bring your awareness, expand it outward, and find the layers and levels of that energy behind it as you expand outward, expanding outward. Observing. Waiting and observing. As you expand your awareness outward, finding movement, observing the movement all about you. Just noticing, waiting, finding that place in which the movement has a special attraction.

And follow that transition now as you follow these energies, waiting and observing, and finding those areas of particular interest, wherever you are drawn as you observe.

Veeeeee.

Good, finding that as it expands now.

Veeeeeee.

Good, and as you continue to observe, actively waiting, finding the movement. Following those you are drawn to. You will find perhaps as you do that the number of those that you are drawn to will increase. One after the other now, until you are absorbed, until you become that movement, until your experience becomes totally that movement.

Good, and from here notice the energy of the flower. The energy below you and around you perhaps, the unfolding. And let that carry you even further. For as you do now and follow these frequency shifts, you will find bits of you being carried with a full awareness to many, many places at once. As though you indeed were carried upon the pollination of this flower to millions and millions of individual awarenesses, expanding outward now.

Veeeeeee. Veeeeeee. Veeeeeee. Veeeeeee.

Good. Good, now observing. Observing all about you now. Good, let your awareness of these frequencies somehow lift to yet another frequency. A frequency, a harmonic perhaps, a higher vibration that has always been there but is now being strengthened, activated as it were by your ability to be aware of these energies.

Good. Now, following these shifts as you expand outward upon these energies now, expanding outward, observing.

Veeeeeee. Veeeeeee.

Good. Now just be.

Veeeeeee.

Good. Now, slowly and easily bring a part of your awareness back to the Fullonia, to all the layers and stages of your experience of the Vee. Back to the Fullonia, collecting, as it were, integrating as you come with your awareness, back to the time and space of the earth plane.

Layer upon layer of that experience now. Finding the light, layer upon layer, as it integrates in your beingness in this time and space.

Full lo neee aah. Full lo neee aah.

Good. Now to the Renawre, integrating. Letting all the light you have experienced, the vibrations that can hold and incorporate the light.

Ree nah ree nah ree.

Ran thee ah. Ran thee ah.

Good, now. As you come more and more back to the time and space of the earth plane and the environment around you, you might open your eyes and observe the subtle shifts in the way you observe, or in the energy of the objects around you. Good. And now, even more completely,

Ran thee ah.

Even more completely integrated now. Bringing all that light together. Experiencing it, noticing how your experiences are different here. Good, and with that we bid you most pleasant journeys as you explore, as you find those higher and finer frequencies, and begin perhaps to notice their qualities.

Good; and enjoy all that you are becoming.

Program 6 DaBen Vee to Pollination of Flower Second Journey

Welcome. Good, and as you increase your awareness of these subtle energies, notice how it is easier and easier to find these subtle energies and how it is that you are also finding the light in those energies.

Good, and as we continue, follow the shifts in these frequencies and use the energy of each of the centers to enhance your awareness of these subtle energies, and to enhance your experience.

Nuuu eee yah. Nuuu eee yah.

Good, increasing the angle of the cone now; that place where you are most comfortable with the flow of energy, and just slightly beyond, slightly higher angle.

Din nin eee ah. Din nin eee ah. Din nin eee ah.

Leee ow. Leee ow.

Good, and letting the Mumin be transparent to all lifting frequencies.

Muuuuuu min. Muuuuuuu min.

Ran thee ah.

Good, and just follow these shifts in frequency now.

Ran thee ah.

Tray eee oh. Tray eee oh. Tray eee oh. Tray eee oh.

Pi eee yah.

Pi eee eee yah.

Reee nah reee nah reee.

Good, now adjusting each of the lower energy centers.

Reee nah reee nah reee. Reee nah reee nah reee.

Full lo neee aah. Full lo neee aah.

Sa ha. Sa ha.

Full lo neee aah.

Good, now moving your awareness to that down pouring of light. And just let yourself experience now, as you follow these shifts in frequencies, let yourself experience, explore, be this energy as you notice its layer upon layer. You are beginning to follow the frequencies now.

Veeeeee. Veeeeee.

Following your experience now, letting it expand more and more.

Good. Following these shifts now. Noticing the flower, perhaps; wherever you are now, just observe about you. Finding that movement, those transition points, as it were, between the movements. Falling into your experience.

Veeeeee. Veeeeee. Veeeeee.

Good, following your awareness, your consciousness, out to all of those places, all about you. As though your awareness had moved out completely and fully to many, many places. Following these shifts in frequency. Enjoy. Be your experience. And at those places that it becomes quiet, just observe, actively waiting. Falling into the transitions. Expanding as much as feels comfortable.

Veeeeee. Veeeeee. Veeeeee.

Good, and as you follow your consciousness now, follow it to as many locations as you can. Expanding. Expanding. Following these shifts in frequency now.

Veeeeee. Veeeeee. Veeeeee. Veeeeee.

Good, and just be your experience now. Being your experience more and more completely. Opening the back of the head and neck, letting that energy flow.

Veeeeee. Veeeeee.

Good, just be your experience now.

Veeeeee.

Good, being your experience now.

Veeeeee. Veeeeee.

Good, just being your experience now.

Veeeeee.

Good, now just notice all the places your consciousness is gathering information; is aware and observing, is being.

Veeeeee.

Good. You may stay and travel here as long as you'd like, experiencing, observing, and integrating as you experience. Finding that you are one with these energies. And when you do choose to come back to the time and space of the earth plane, do so gradually and gently through the Fullonia and Renawre, and then the Ranthia.

For now, stay and experience fully and completely your experience. Good, and we bid you most pleasant journeys here as you become your experience, your experience of light.

Program 7 DaBen/Orin Transforming Your Personality

Welcome. Good, and relax now. And find that posture that enhances your ability to sense all aspects of the subtle energies; as many aspects as you can observe. Good, and enhance your experience now.

Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah. Din nin eee ah.

Leee ow. Leee ow.

Good, and let the Mumin be transparent to all lifting frequencies. All lifting and harmonizing frequencies. Good, and follow on this shift now.

Muuu min. Muuu min.

Ran thee ah. Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah.

Pi eee eee yah.

Reee nah reee nah reee. Reee nah reee nah reee.

Good, now bring your awareness to each of the lower centers, and adjust them to enhance your experience. And increase your awareness now to follow the Renawre cocoon, all about your body. Good. Then bring your awareness to that point of light of the Fullonia.

Full lo neee aah. Full lo neee aah.

Sa ha. Sa ha.

Good, now bring your awareness to the down pouring of light, to that cone of light.

Veeeeee.

Let yourself move through the Vee now, through that tension, buoyed, and beyond. Good, following these frequency shifts.

Veeeeee.

Good. Now, observe your energy, observe all about you. Good, and travel upon the Vee now. And follow with Orin as he leads you on a journey, using these energies to explore.

Greetings from Orin: While you are in this space, build the cord upward to your soul. Once again look out through the eyes of your soul. You know what it feels like. You are now your soul. You are expanding into the energy of your soul. Feel that flowing, expansive energy.

As your soul, you are sending light downward into your personality, inundating your personality with light.

Imagine that your personality looks like little mirrors; pieces of unconnected information, old habits, and patterns and thoughts, reflecting back to you reality. As your soul now, send the cord downward, you are moving downward as your soul, moving into the personality, into the body. You are your soul now operating through your physical body.

As you do, as your soul, begin to dissolve, to shatter the mirrors. Begin to transform your personality. Let the mirrors fall to the ground, so that for now your soul, you as a soul, are shining your light clearly into this reality.

You are your soul. Your soul's light is now shining, coming out, fully present in the earth reality. It is dissolving and transforming your personality. Feel the light of your soul and your personality as the little pieces of mirrors lying all about your feet. There is nothing now between you and your soul. It is as if you are a clean slate, a book to be written, leaving behind your past, your history. You can choose any past you want. You can re-write the past, to have a past that will support you in having what you want to become.

Imagine you are now looking out through your soul's eyes. Now with your soul you are going to re-build your new personality. You do not need to know what it will be like. So as your soul, begin to select the new patterns, the new light frequencies to build into your personality. You are now selecting from around you the frequencies and energies, and beginning to bring them in through your Nu'a.

Contract your Nu'a. Bringing them up through the Diania, and into the Leow. Your soul is selecting just the right frequency patterns and combinations to build your higher personality. Bring these frequencies up through the Mumin, all the way into your higher energy centers. Bring in new frequencies of light, much finer energies.

With your soul, your soul is beginning to shape these frequencies into your new personality, a crystal latticework of light. These frequencies are being added into your emotions, frequencies that allow you to experience joy, bliss, reverence, a feeling of connectedness and love. Feel your emotional body using and expanding into these higher frequencies, building a higher, finer emotional body, very beautiful, very flowing emotional energy.

You are building these new frequencies into your mental body; geometric crystalline forms in a gridwork of light. So that your thoughts set up completely, giving you breakthrough ideas. Your soul knows exactly what to do. New thoughts, new insights, and new perceptions now come through your thoughts.

Continue to build your new personality, until you feel radiant. You are building a personality that allows your radiance to shine through into this reality. Feel yourself growing more and more radiant.

Bringing this light into your throat center, the way you communicate. Into your eyes, the way you see the world.

Imagine that a great master is standing in front of you, assisting you and your soul in balancing and aligning these new frequencies that are becoming your new personality, showing you the beautiful patterns of a master's personality.

Now, there is a sense of completion. The finer frequencies are now present. With your new personality and your soul, begin now to connect with your DNA. Your soul is transmitting to the DNA in the center of every cell in your body the energy of your new personality.

The master is assisting you. You are claiming your birthright, building the new you, the you that will function in a higher way in your daily life. The new you is now being born. Do you have a soul name that fits who you are as your Higher Self, living in this dimension?

Your physical body is now changing to match your new personality. What will your body look like as it transforms into the light of your soul—a body that will reflect and hold much light and radiance?

Is there any change in your diet or exercise that your new personality would like to make?

Now you are sending out your light, your new light into your environment. How will this change things? Look at your home and where you live. What changes might you make in your home and environment? More plants, more sunlight? More order, different colors, new furniture? Would you organize or get rid of anything? What does your home and environment look like as expressed through your new personality?

Would you live in the same place? Where would you live, in the city or country? Around water or trees?

You are now more radiant. You have a transformed personality. What environment will help you express your radiance?

Think of a close relationship you have to someone. How will your new personality and your new level of radiance change this relationship? What might you do now from this level of light to empower and enhance your connection to this person?

From this level of light, look at your job or career, or daily activity that is your primary activity. Is there any change you would make, from this new level of radiance?

Your new personality can hold more light. Imagine yourself going through the day now. You are a radiant light. Watch your radiance now as you get up in the morning, go to work or do whatever you do with your day, and as various people come in and out of your life. Notice if your radiance changes, growing brighter or dimmer depending on who you are around.

From this level, begin to work by visioning your radiance, steady and even. You are going through the day with your radiance increasing, no matter who you are around or what you are doing. Do this now.

Picture yourself becoming more and more radiant. Radiance coming out through your eyes. Compassion is in your heart. You really like who you are, and you know you can be anything you want. Look at the abundance you can create through this new transformed personality. Money is flowing into your life, an abundance of love, of time, of having what you want.

Picture this new level of abundance. Simply let that feeling be in your body—a feeling of flow, of expansiveness, of openness. For as you open, as you create more flow, everything around you will reflect that greater abundance of flow.

Begin now to come back into your body. You are your soul now, looking out through your eyes. You will remember what you have seen, and you will begin to notice your new personality, as you come fully back, as your soul-self, feeling wonderful, alert, and wide awake.

Program 8 DaBen/Orin Building the Cord Upward

Welcome. And relax now, and find that posture that allows you to be aware of these subtle energies, and to go to those levels of observation that allow you to find and explore those areas that you are opening. Good, and follow on now, using these energies to enhance your experience.

Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah.

Good, following that wave out now.

Lee ow.

Good, and letting the Mumin be transparent to all lifting and expanding energies. Lifting and expanding.

Muuu min. Muuu min.

Ran thee ah.

Good, and following on that frequency now as it shifts.

Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah.

Pi eee eee yah.

Good. Now bring your awareness to the Renawre. As you follow these shifts, also follow the cocoon as far as you easily can, up and around your body.

Ree nah ree nah ree. Ree nah ree nah ree.

Good, now bring your awareness to the Fullonia, that smallest point of light in the center of the chest.

Full lo neee aah.

Sa ha. Sa ha.

Full lo neee aah.

Good. And as you become your experience now, more and more fully, follow along with Orin as he leads you on a journey in these spaces.

Greetings from Orin. We are going now to begin the process of building the cord, the thread of light, upward from your personality to your soul, and downward from your soul to your personality. As you are in the Fullonia, you are now in the planes of your soul. Your soul is with you now. With your soul's assistance, you are going to experience reality through the eyes of your soul.

So imagine now that you are being drawn upward. You are expanding outward. Your consciousness is taking on the awareness and the vision of the experiences of your soul. You might notice that you have expanded your energy, that you are larger. Sit for a moment. Your soul is with you, allowing you to join it and share consciousness, as you look out now into the planes of your soul.

Observe the light all about you, and anything else your soul would like to show you of what it is like to live at this level.

You might notice that you can look out and meet other people at their soul level, that all about you are many souls. You are wise; you are compassionate. As your soul you are viewing your personality self, the self that lives in the earth plane. You are

beginning to build a cord downward. You might imagine a channel of light, a bridge of light from your soul coming down into your seventh chakra, your crown chakra at the top of your head. Your soul is sending light, sending its own energy of light through to the earth reality, to you as you exist here.

Feel this light come down into your spine, into your nervous system, and flowing out into your body. The cells of your brain are receiving this light of your soul. The gridwork of light that is your mental energy body is becoming radiant. The qualities of your soul's gridwork is being infused into your mental gridwork, just the right amount of light, the clearest, purest light, so that your thoughts are taking on a clarity that reflect the wisdom of your soul.

Feel your soul's light come down into your emotions. They are peaceful and calm and quiet. Feel that higher light all around you. You have the wisdom and the compassion of your soul as part of your everyday life and your normal reality.

Now bring your awareness into your personality self, the self that you know. We are going to open this self to receive. Become the vibration of receiving—opening, allowing, and deserving.

Imagine that you are now opening to this light of your soul, opening to receive it. Feel that bridge of light upward, for you are building the bridge upward. When you begin to build the bridge upward, and open to receive, your spiritual growth becomes greatly accelerated.

Just receive now, just let your soul send and just receive. Feel the down pouring of light, as that fine substance of your soul infuses your mind, your emotions, and your body. You are preparing your personality for the transformation that is coming.

Let that light come into your throat. You will begin to talk with your soul's voice. You may even notice a change in your voice quality.

Let your soul's light come into your eyes, improving your vision. You are now willing to see clearly, to bring that precise, clear light into your eyes.

We are now going to open to an even higher aspect of your being, called your Monad. It is your soul's soul. DaBen will assist you now in reaching this higher aspect of yourself.

DaBen: Good, and now bring your awareness to the Vee, to that down pouring of light. For a moment, just observe that light. Good.

Veeeeee. Veeeeee.

Good. Follow these energy shifts now as you move through the stages of the Vee. Becoming more and more fully your experience.

Veeeeee.

Good. And now observing more and more, expanding your awareness outward.

Veeeeee.

Good, and follow now as Orin leads you further on your journey here.

Orin: Your Monad is now assisting you in lifting your awareness and joining with it. You are transferring your awareness now to an even higher plane of reality than your soul. This is a plane of reality where you exist, where you span many dimensions, where you can travel out of this time and space, where you are a greatly expanded being, where you live in an unlimited universe of great light.

So with the help of this part of your being, let your awareness be lifted up now and expanded outward, until you are able to sense to whatever degree is possible for you, yourself as you exist at this higher level. Just sense now what your world is like at this level.

As this Monad, your expanded self, you are now building a thread of light, a cord downward, to your soul, so that your soul is now lining up with your Monad. The light of this highest aspect of your being is traveling downward into your soul, and the channel is open from your soul to your personality.

So the light of this expanded being that is you is flowing all the way through your soul, into your personality, coming from the planes of unlimited light, coalescing itself into the planes of matter. It is changing frequencies as it travels through plane after plane, through your soul and then into your personality. Your Monad is very skilled at transmitting the right frequencies of light and energy so that they come all the way down through the planes with a clarity and a precision, a smoothness and a steadiness.

Your Monad is beginning to transmit to you at a very steady, clear level. Feel the transmission, both as your expanded self, your Monad, and as your personality self, the you that you know. Your Monad is transmitting to you just the right amount of light. The light has a clarity, a brilliance, and perfection to it. This higher aspect of your being is radiating light to you, holding you in its awareness, and steadying the cord of light downward.

Transfer your awareness now into your normal reality self. Again become the vibration of receiving, opening up now to an even higher light. The channel at the top of your head goes all the way up through your soul and into your Monad.

Receive this clear light, letting it flow into the brain, into the cells in your brain. So that you are now able to receive clear impressions from the higher realms of your being, transmitting them clearly into your mind so that they take on a precision in your thoughts.

Your Monad, working with your soul, is assisting you in creating a beautiful mental gridwork, adding new qualities of light to your mind; new harmonics, new frequencies that will assist you in thinking in even higher ways.

Your emotions are becoming very fluid in this light. You are able to create very still, very flowing emotions so that you can radiate through your physical body much of the light of your higher being. You are adding lines of light between the cells in your body. Your nervous system is preparing for more light, and is able to transmit and hold more light as you receive the light of the highest aspect of your being.

Ask your Monad to show you how you might recognize at moments during the day if it is trying to connect with you, or if it is present in your energy systems. Ask your soul the same thing. When you feel the contact of your soul or your Monad, you will get quiet and open to receive.

Now as your personality self, feel the expansion of your energy. Feel the change in your substance. Your life force energy is more vibrant. You have a greater presence in this reality. Feel this higher, lighter substance in your energy bodies as you harmonize with it right now.

Your soul and your Monad are adding balance and stability, broadcasting to you, transmitting to you in a very stable way, very balanced. So you are holding the higher frequencies of your soul and your Monad, integrating it with your being, in a very balanced, stable way.

If there is any message, anything that your soul, or your soul's soul, your Monad, would like to give you, any transmission of energy, receive it now.

Every time you build the cord upward and downward, you are accelerating and increasing your potential for enlightenment in this lifetime.

Now DaBen will begin bringing you back, showing you how to bring this light of your soul and your Monad through your energy systems, through your vibrational

energy and light body, so that you may harmonize with this light and bring it back even more clearly into this reality.

DaBen: Good. As you bring your awareness back now to the Fullonia, do so slowly and easily, and follow these energies as we collect, as it were, all of your frequencies and experiences into the beginning of the time and space of the earth plane.

Full lo neee aah.

Good. Letting yourself come back slowly and easily, following these frequencies now.

Full lo neee aah.

Good, and now to the Renawre, and then to the Ranthia, at your own pace, slowly and easily, enjoying as you return to the time and space of the earth plane.

Program 9 DaBen Journey to the Nodes

Please note: We ask that you not transmit nodes to your students unless you have had training to do so. You may play DaBen's tape journey for your students if you want to introduce your students to a node.

Welcome. And as you relax now, and find that posture that supports you in discovering and being aware of these subtle energies, notice your breathing. Good, just follow these energy shifts as you use each of the centers and its energy to enhance your experience, and your ability to experience.

Nuuu eee yah. Nuuu eee yah. Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah.

Good. And following that wave out now.

Leee ow. Leee ow.

Good, and letting the Mumin be transparent to all lifting and expanding frequencies.

Muuu min. Muuu min.

Ran thee ah. Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

Pi eee eee eee aah.

Ree nah ree nah ree nah ree (nah ree).

Good. And adjusting each of the lower centers, enhancing your experience.

Full lo neee aah. Full lo neee aah.

Sa ha. Sa ha.

Full lo neee aah.

Good, and experience that down pouring of light, that cone of light, as the energy comes through and the walls begin to fold down. And just spend a moment at that tension point right now.

Veeeeee.

Good, and letting yourself be drawn through that opening now. Just experiencing these energy shifts. As you observe and look about you, and notice; just watching, observing all the energy about you. With all of your energy, being your experience now, being conscious at as many levels as you can.

Veeeeee. Veeeeee. Veeeeee.

Good, and following these energies now, observing all about you, noticing concentrations of energy, perhaps spheres about you. Being your experience, following these energy shifts.

Veeeee. Veeeee.

Good. And take a moment to compare the frequencies around you. These concentrations of energy perhaps, or spheres—what we have called nodes. If they are not around you right now, just wait, following these frequencies as they shift. If you are experiencing them or sensing them in some way, expand your experience. Following these frequencies, maintaining your awareness on these frequencies now.

Good. Following. Good, and following these frequency shifts.

Veeeee.

Good. And holding this awareness, this focus of your awareness now. Bringing your perspective, whatever size you might be, as the observer now. Get smaller and smaller, holding this frequency. Finding that balance, for as you may notice if you make your perspective smaller, you are drawn into this frequency, this concentration of energy.

Good. Notice the swirling of these energies, drawing easily, just experience now.

Veeeee. Veeeee.

Holding that frequency and that experience.

Veeeee.

Good, and any light that is about you now, observe it; become a part of it. However that occurs to you. Going where it is going.

Good, now follow this frequency, be your experience.

Veeeee. Veeeee. Veeeee.

Notice the vibration and light about you. Expanding to hold this energy.

Veeeee. Veeeee.

Holding that frequency. Good.

Veeeee.

Good. And observing about you now, letting your energy float upon this.

Good, floating now. Good, and let your awareness slowly and easily return, following these shifts in frequency. Returning to the Vee, the early stages of the Vee.

Veeeee.

Good, and bringing your awareness to the Fullonia, slowly and easily, bringing together all your awareness and consciousness to the Fullonia.

Full lo nee aah. Full lo nee aah.

Good, and bring your awareness to the Renawre.

Ree nah ree nah ree.

Good, and take a moment now. Just experience who you are now. To remember to bring fresh into your consciousness in the time and space of the earth plane, all that you have experienced. Now, slowly and easily bring your awareness to the Ranthia.

Ran thee ah. Ran thee ah.

Good. Now, letting yourself return fully and completely to the time and space of the earth plane.

Good, and we bid you most pleasant journeys as you return to explore and travel in these spaces.

Program 10 DaBen Saha and Vee

Welcome. Good, and relax now and find that posture that enables you to experience these subtle energies, enables you to expand your awareness outward. Good. Follow these frequencies now.

Nuuu yah. Nuuu yah. Nuuu yah.

Din nin eee ah. Din nin eee ah. Din nin eee ah.

Lee ow. Lee ow.
 Good, and letting the Mumin be transparent to all expanding; expanding and harmonizing frequencies.
 Muuuuuu min.
 Muuu min.
 Ran thee ah. Ran thee ah. Ran thee ah.
 Good, experiencing now, observing your expansion.
 Tray eee oh. Tray eee oh.
 Pi eee yah. Pi eee yah.
 Good, just experiencing for a moment the openness here, the qualities of your energy.
 Pi eee eee aah.
 Good. Now, bring your awareness to the Renawre. As you do, adjusting each of the lower centers, enhancing your experience.
 Reee nah reee nah reee. Reee nah reee nah reee.
 Reee nah reee nah reee nah reee (nah reee).
 Just experiencing now. Finding this harmony as you expand more and more your energies.
 Reee nah reee nah reee.
 Good. And bring your awareness to the Fullonia, that smallest point of light in the center of the chest. Focusing your awareness smaller and smaller now.
 Full lo neee aah. Full lo neee aah.
 Sa ha. Sa ha.
 Good, and bring the spheres of the Saha together, then let them move apart. Noticing your experience of the Fullonia energies in your experience and your expansion. Observing.
 Bring the Saha spheres together again, and let them move apart.
 Sa ha.
 Full lo neee aah.
 Good, now bring your awareness to the Vee, that down pouring of light. Following this shift in energy, in frequency. Good.
 Veeeeee. Veeeeee.
 Good, letting your awareness expand now, following this experience. If it hasn't already, let the edges of the cone fold down and follow these frequencies now as they shift, as you notice the flower.
 Good. And follow this frequency, and as it seems appropriate, hold that flower in its unfolding with a piece here in your awareness. And stay and follow with this frequency pattern. Good.
 Veeeeee. Veeeeee.
 Good. Now, bring your awareness back to the early stage of the Vee. We are going to come back to where you just were, to those energies and frequencies. But bring your awareness back to the early stage of the Vee. Good, and then to the Fullonia.
 Sa ha.
 Finding this frequency now, moving the spheres of the Saha closer together.
 Sa ha.
 Letting them move apart.
 Sa ha.
 Recalling that experience now. Bring yourself back to the Vee energies, holding that experience.

Veeeeee.

Good, now holding that experience, following it, notice where it goes as you return back to the Vee.

Veeeeee. Veeeeee.

Notice that experience now. Experience of the Saha. And begin to draw your awareness that it has expanded outward now, in. Slowly and surely in, just slightly now, And again, in. Slowly, surely, and easily.

Good. Now, leave your awareness at that volume. Good, and follow these frequencies and noticing your experience of the Saha. Notice physically, emotionally, and mentally your experience. Observe the volume, the dimensions, and all that you can identify—any movement, any of the energies within your physical body perhaps, or around your energy cocoon that you are using to draw together your awareness.

Veeeeee. Veeeeee.

Good, and notice any movement. And put a part of your awareness, just a part of your awareness as you observe all about you upon the Fullonia energy inside your physical body. What is your experience of it?

Good, and following this shift now and noticing there is the potential for a spiral, for a spiral of energy to form from inside the torso. You might focus once again on your experience of the Saha from this space of the Vee and that flower as the energy is amplified, the unfolding.

Sa ha.

Good, following this shift now. Somehow you are carried, magically from that energy all about you. And again to experiencing all of the frequencies of the Vee within this space. The movement and the carrying of the energy in your awareness out beyond now. The frequencies shift and expand.

Veeeeee. Veeeeee.

Good, and just bring your awareness to that floating.

Veeeeee.

Good. Just being your experience; fully and completely your experience.

Veeeeee.

Good. Just continue to be your experience now, and take a moment to observe as much as you can about it; about the frequencies, about all the layers and levels, all the movement here.

Veeeeee.

Good, now bring your awareness slowly and easily back to the earlier stages of the Vee.

Veeeeee.

Good. And then to the Fullonia. Letting all your energies be collected now, brought together.

Full lo neee aah. Full lo neee aah.

Good, and bring your awareness now to the Renawre.

Ree nah ree nah ree.

Good, and bringing your awareness now to the Ranthia, observing your energy as you bring together your experience. And as you return more and more to the time and space of the earth plane, we bid you most pleasant journeys as you develop further your skills of traveling in these subtle energies, and discover among an infinity of experiences, an infinity of energies here, those that bring you great joy and harmony in all of the dimensions you explore, and in your day to day life on the earth plane. Good. And as you travel now, we bid you great joy and look forward to joining you in these energies.

Program 11 DaBen/Orin Experiencing the Absolute

Welcome, and as you find that posture and relaxation now, begin to notice the subtleties to the energy about you. Good, and bring your awareness to the Nu'a and each of the centers, finding these frequencies in ways that enhance your experience.

Nuuu eee yah. Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah.

Leee ow. Leee ow.

Good, and now letting yourself be more and more aware of these subtle energies, following these shifts in frequency. Letting the Mumin be transparent to all lifting frequencies, all lifting and expanding frequencies.

Muuu min. Muuu min.

Ran thee ah. Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee eee yah.

Ree nah ree nah ree. Ree nah ree nah ree.

Good, now adjust each of the lower centers, enhancing your experience. Finding just the right balance, and letting your awareness expand outward.

For a moment noticing the Renawre cocoon.

Ree nah ree.

Good, now bring your awareness to the Fullonia. That smallest point of light in the center of the chest.

Full lo nee aah. Full lo nee aah.

Sa ha. Sa ha.

Good, now bring your awareness to that cone of down pouring light. Just experience as the walls fold down.

Veeeeee. Veeeeee.

Good. Now, continue to expand, and follow these frequencies. And in a moment Orin will lead you on a journey to experience some of the special energies of this space.

Greetings from Orin. We would like you to ask your guide or the Master to join you. You do not need to be aware of either of them, but simply know that they will be joining you to help guide you in this space as you begin now to explore that which has been called God, the Absolute, the All-that-is.

Imagine now that you are traveling upward and upward. The gridwork is getting finer and more beautiful. Whether you can imagine the gridwork or not, simply imagine that the amount of light all about you is increasing as you travel higher. There is more flow, more openness, more beauty.

You are feeling so good. As you go upward, the gridwork becomes so fine, the light becomes so solid you may want to shift your size, becoming smaller. As you become smaller the gridwork becomes larger once again, until eventually you are leaving the gridwork behind. You are going up above the gridwork. The gridwork appears below you as a sea of light; shimmering, radiant light.

You are connecting with many of the souls in this sea of light. As you go higher, you are transmitting light to these souls. Feel yourself rising up. Lines of light are coming from you to many souls; those who can receive your light, who are one step behind, and who are beginning to rise upward with you.

You might imagine that a sun is rising now, a beautiful ball of light. It will not come all the way up, just a bit it will rise. Drink in the light of this sun, just the right amount. When you are ready, we will join you and your guide, and the master, assisting you in shifting plane after plane, higher dimension beyond that which you can hold in your conscious mind.

Let us simply shift you now. The plane you are in is made out of living substance everywhere about you. This is life-force energy. You are high enough now to begin to connect with new aspects of the All-That-Is, to share consciousness as much as is possible for you, with that which has been called God, the Absolute, the One truth.

Your guide is assisting you now. We are all holding a focus of light for you as you begin to merge, to share consciousness with this vast being. Feel yourself. You are now becoming God. You are sharing consciousness with this vast, all-knowing being to whatever degree you are able to hold.

Feel yourself expanding. You are vast. You are infinity. Open up your energy now to allow this expansion. There are no limits! You are everything. You are infinity. Let go of your physical, emotional, and mental energy bodies, dropping away any limitation, becoming an unlimited being.

There is nothing that is not you. For if anything was not you, you would not be the Absolute, the One. You would be relative to another. For a moment, just scan the universes and the dimensions that you are. Receive and feel that sense of enormity, of how many relationships you are holding.

You are the stars, the planets. You are the substance out of which everything is created. You are the blade of grass, the drop of water in an ocean. You are the cells, the atoms, the animals, the plants. You are the spirit that is in each being. Feel your infinity.

Everything is a different expression of you. You can be small or large or no size at all. Let yourself expand into the largeness.

You are large, infinitely large, a galaxy on a pinhead.

Then go into the smallness, and you are tiny. There is no time. You are everything all at once. You are everything that will be, that has been, that is. You are eternity.

Energy flows out of you in waves, but you are not the waves. You are everything. You are mind. Things are created in your mind. All objects, all universes exist in your mind. Let yourself feel this feeling of mind. You are all knowledge known, and ever to be known. You are will. You emanate the Higher Will; that tide that carries all life forward into greater and greater expression of its potential.

Waves of will flow out from you. You are both unmanifest potential and manifested potential.

You are perfect. You are absolute perfection at every moment. Feel what perfection feels like from this level. You are love. You are love itself. You emanate love, unconditional love for all life. Feel the love that you are at this level. Waves of love are flowing out of you. You love, you are so much love, a vast, vast love. Let yourself be bathed in this love right now, receiving.

Everything is perfect. Every part of you is moving in perfect order and harmony. All life reaching up for the light, doing the best it knows how. You nurture. You give life to. The gentlest most beautiful love is flowing out of you.

You who are sharing this consciousness, receive even more of it. Open now to receive love into your cells, into your emotions, into your mind.

Let go of anything that is not the love and the light within you. Let it dissolve in this field of love. You are light, radiant light. As the All-that-is, you emanate light.

You as the consciousness that is sharing with the All-That-Is, open to the light. Receive even more light.

You are one with all life, as the All-That-is, you love unconditionally all the manifestations of yourself in time and space, all the manifestations of yourself in every dimension throughout time.

Let yourself grow even more clearly connected to the All-That-Is, receiving the vibrations, the emanations, the higher mind and will, letting those flow into your body.

You have everything you want. As the God-force, you are everything. You do not have desire. Feel this sense of completion, of having everything and wanting nothing. Let this light flow through you, the God-force of the universe flow through you. It is shattering any thought forms that are holding you back.

Your energy is expanding beyond anything you have ever imagined. You are accepting into your life more abundance, more bliss, more joy. You are rising up into the light. Let the God within you shine out to others, dissolving all separateness, opening the cells in your brain to receive this higher light.

You are being reborn into your new self. The divinity within you, the God-self is being born.

As you come back, retain your connection to this infinity. Open even more to this higher light, this expanded flow of the Higher Will and the higher mind. You will come back and today you will be aware of an expanded flow of energy. As you come back now, gently and easily, fully awake and having a wonderful day.

Program 12 DaBen/Orin Journey to Temple of Masters

Welcome. Relax now and find that posture and relaxation that supports you in enhancing your experience of these subtle energies. Good.

Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah.

Good, and following that wave out as far as you can with your awareness in all directions about you.

Lee ow. Lee ow.

Letting the Mumin become transparent to all harmonizing frequencies.

Muuu min. Muuu min.

Ran thee ah. Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee eee eee aah.

Ree nah ree nah ree.

Following the Renawre cocoon as far as you can up and around, and down around your body.

Ree nah ree nah ree.

Good. Now, bring your awareness to the Fullonia. That smallest point of light in the center of your chest.

Full lo nee aah. Full lo nee aah.

Sa ha. Sa ha.

Full lo nee aah.

Good. Now bring your awareness to the Vee, to that down pouring of light.

Veeeee. Veeeee.

Good, now let yourself journey out through the Vee through the walls of the cone as they fold down. Following these frequencies. Good.

Veeeee.

For a moment now, just let yourself travel out. And soon Orin will lead you on a special journey from these spaces.

Orin: Imagine now that you are traveling into a very high dimension of light, to a beautiful Temple of the Masters. This temple exists in an even higher dimension than

the ones you have been to before. Slowly let the light begin to filter in all around you. As you look at this light, you notice it has a clarity, a brilliance, and a sparkle. It is the most clear, beautiful light you have ever seen. It is almost as if your vision is growing perfect, precise, and clear. As you look out through this light, your inner and your outer vision are clearing.

In this vision, in this light that you are calling to you, is a radiance, a brilliance, a sparkle. You are beginning to feel this refinement in your own energy. You are feeling very peaceful, uplifted. You are feeling that sense of inner strength, of confidence in yourself. Embracing the higher dimension of light that you are now creating.

You are in a temple of light, a beautiful temple. Perhaps the walls are made of light that is coalesced, but not quite, into form. You are in the universes of essence where energy is in its unmanifest potential, just waiting to be manifest. You in this space are an energy being as well. You exist as light particles, frequencies and patterns and waves. Your energy is becoming more and more beautiful.

The cocoon of your Renawre is sparkling all around you. You can feel yourself as light. You are beginning to see who you really are in this realm, and you feel yourself growing lighter and lighter.

This Temple of the Masters has the radiance of light all about it. Many of the Masters who live here are radiant light beings. Imagine now that you are being greeted. The being who is greeting you perhaps looks like light. Notice if the light is sparkling, moving, or radiant. As this being greets you, just observe this being's light.

Notice it is more than a solid sheet of light. It has movement and color. It has felt-senses. It has many qualities. Let this master radiate to you a beautiful pattern of energy, one that would assist you in working with right now. This being is assisting you in adjusting all the light that you are so that you may bring it back with you fully into the physical reality as well.

As you are here in this light, in this temple of light, with all the light beings, feel your heart opening. Your levels of compassion increasing. You know in these realms of beauty, there is only love, there is only peace, and good wishes for others. Feel yourself rising up, perhaps growing larger at an energy level as you expand, letting your light expand. Feeling that you can spread it out, becoming as large as you want, and yet, there is still you.

You could span it all the way into the size of a galaxy or a universe, and you can come together and change your scale into the size of an atom. From this level of light, send energy back to yourself right now, the self that is operating in the earth plane. Feel a self that is even higher than you are, here in the temple of light, radiating light to you.

Your light is now radiating out to all your friends. Feeling lines of light coming from your heart. All you do is think of them and go higher yourself. For the higher you are, the higher you lift everyone about you.

In this temple of light, with all the light pouring out of you to your loved ones and friends, feel that light extend outward into humanity, finding the love and compassion in your heart for all of humanity. For you are in a place of love. You feel secure and confident. Your heart is open, for this is the real you; the kind one, the one who cares. Send that feeling out beyond humanity, to all the animals, becoming a conduit of light.

Your aura is expanding. You can handle much flow in your body, as you feel the Higher Will, the rhythm, and the pulse of the Higher Will lining up with you right now.

Feel the gridwork of the UNIVERSAL MIND all around you, shimmering, radiant, and clear. Your mind is taking on the clarity of the beautiful, fine gridwork about you. Your thoughts are clear and focused. Your vision is increasing of who you are and what you might do.

You know now that you can have even more than you have asked for, that you can unfold your potential in this lifetime. You can manifest anything you want. You simply work with energy, creating it with light, radiance, and thought.

Put your attention on your third eye, the ajna center between your eyebrows. Feel in this center your inner vision growing clear. Your ability to see your path, to know right action, to gain a precision, a depth, a richness of thought.

Your mental body is radiant. You are creative. You are able to create anything you want, for your creative self knows many ways to assist you in having what you want. You now have the tools to run the energy, to get in a higher space, and to form in your mind a vision of your path. You now have the power to coalesce enough energy to send that vision out, and have it manifest about you in form.

As part of your graduation, we would like you to spend a moment, thinking of a vision of the next year that would inspire you. Something that you might aspire to, that you would be motivated to create, something that is part of the path of your heart. Let your creative self now show you a vision of who you might be and what you might do a year from now.

You might want to create a vision in several areas of your life.

Think of how joyful your life might be in this area. Imagine even more than you have imagined before: more abundance, more well-being, personal goals, spiritual goals, job or career, family.

Continue to create a few more visions, for in a moment we will gather much energy and light together to energize your vision.

Now begin to imagine that you are becoming more radiant. Your radiance is growing. Your energy is expanding, your light is increasing. Now imagine that the radiance and the light of the masters is being linked to join you. You are in the Temple. You are being assisted in holding even more radiance.

As your radiance is growing, imagine that you are adding clarity to it, brilliance to the light that you are, so that you sparkle like a diamond. Add a sense of flow or pulse, or rhythm, like the waves on the shore; a feeling within, a rhythm that is very flowing and harmonious for you.

Add a sense of smoothness and fineness, and to this smoothness and fineness of your light, all of the Radiant beings and the masters are now joining you. You are thinking of this vision, imagining light flowing out from you, a very clear, smooth, brilliant light. You are going into the future, holding the essence of what you want.

That light is beginning to coalesce at a future date, this clear, radiant light that holds your vision. You will meet up with the light you have sent out. It will be in the best possible way, at the right time, in the best form. Believe that you can have anything you want, for when your will is strong, when your vision is clear, you can have what you want.

You are now joined by many great masters. You are being thanked and celebrated with. Now imagine your soul-group, and those who are on a similar path, are also joining in a celebration of you, graduating to your next level. In front of you, sitting, is a very great master, the one that has been with you throughout, and is the master you are working with in this lifetime.

This master is sending you energy and light. He is joined by two other beings. You are asked to walk up and stand near the master. They are holding a triangle of light around you, beginning to stimulate those aspects of yourself that can reach higher.

Feel the higher frequencies within you awakening, for you are now going to the next level of your spiritual growth. DaBen and I have been with you, and we are proud that you have made this giant leap forward, for you are already claiming your spiritual power.

Your radiance is growing, and you are even more visible in the higher dimensions where much light is being held around you. As you go out into the world now, remember your connection upward. And we bid you our most fond and loving good day.

Program 13 DaBen Light Body Core and Cocoon Journey 1

Welcome. And as you relax now and find that posture, go back and explore adding harmony to the vibrational energy bodies, explore the centers perhaps. We will go to the Fullonia, explore the Saha, and find ways that you might more easily reach the Fullonia, for we will be beginning from the Fullonia.

Good. And if you have difficulty in reaching the Fullonia, come back and explore to the Fullonia. Or if you find that there are degrees of harmony that you would like to add to the vibrational energy bodies, you will find that as you learn and explore that you will observe and invent new ways to reach the Fullonia.

Good. Now, relaxing even further.

Nuuu eee yah. Nuuu eee yah.

Adjusting the angle of the cone to enhance your experience.

Nuuu eee yah.

Making the contraction very smooth and easy, and the release quick but gentle.

Nuuu eee yah.

Din nin eee ah. Din nin eee ah.

Experiencing both the Nu'a and Dinia together as the wave moves out on the Dinia in all directions around you. Slow and easy.

Din nin eee ah.

Noticing all the places your experience carries you.

Sending your awareness out even further on the plane of the Dinia, all about you, letting the wave lengthen.

Din nin eee ah. Din nin eee ah.

Leee ow.

Noticing each of the spheres as they begin to rotate about their own axes and about each other in more and more intricate patterns, faster and faster, following as long as you can comfortably, feeling the energy build now, the energy of the Nu'a and Dinia and the Leow as your experience holds all your awareness.

Leee ow. Leee ow.

Good, now bringing your awareness to the Mumin, letting all expanding and opening frequencies.

Muuu min. Muuu min.

Good, and just for a moment, floating on that energy; enjoying, being your experience.

Ran thee ah.

Just observing the Ranthia, its direction and rate of rotation. Feeling its energy. Just observing.

Ran thee ah. Ran thee ah.

Good, observing your experience, being more and more completely your experience, include also in your awareness the Traeo.

Tray eee oh.

Feeling that flight-like movement. The Traeo floats, lifts. Buoyed by the energy.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

Pi eee eee yah.

Good, being your experience, finding more areas with your awareness, more and more areas. Good. Noticing with your awareness the disk of the Renawre. Bring your awareness out upon the Renawre cocoon, up and falling down around you. As far as you can with your awareness. Becoming more and more fully your experience of the cocoon now.

Ree nah ree nah ree.

Ree nah ree.

Ree nah ree nah ree nah ree (nah ree).

Good. With your awareness, adjust the angle of the Nu'a, following the Dinia wave out, harmonizing the vibrational energy bodies, all the while being the Renawre cocoon. Noticing its layers, perhaps as you move out further away from your physical being with your awareness.

Good. There.

Ree nah ree nah ree.

Good, bring your awareness to that point of light, that smallest point of light in the center of your chest, smaller and smaller. The smallest point of light possible. Letting it expand when it does, but finding that smallest point of light. Following that energy.

Full lo nee aah. Full lo nee aah.

Good, following that energy out now, just being your experience.

Sa ha. Sa ha.

Including in your awareness those two spheres of the Saha.

Sa ha.

Moving together, moving apart. Experiencing, being your experience now.

Sa ha.

Full lo nee aah.

Good. Now, with your awareness, explore further and further away from your physical body, and notice what might be thirty feet, however your awareness might perceive that, thirty feet or so, notice in that space.

You might notice a cocoon, a cocoon of light. That somehow it gains substance as you experience the Fullonia as all about. It's further out than the Renawre cocoon reaches. It has a different substance. It seems to have, as you look at that cocoon, as you look at that boundary, it seems to have layers within it, a quality as though as defined in some way your ability to be aware of light.

You can move out beyond it, or you can move within. And you find within that cocoon, within that volume, greater awareness of that light perhaps, and explore for a moment and follow these shifts. Follow these shifts as we explore this cocoon of light.

Full lo nee aah. Full lo nee aah.

Experience now just being your experience.

Full lo nee aah.

Good. Now just holding that in your awareness, being your experience, bring your awareness back to that point of light of the Fullonia. Move your awareness up and down along a column that includes your spine; moves way above your head, to come to the cocoon and below your feet to include the cocoon.

Good, notice as we shift the frequencies more that this core, this column takes on an energy of its own. That as you move your awareness from the cocoon, that outer boundary, to the core, you begin to gain a sense that that volume of the cocoon fills even more, takes on even more light. And somehow you begin to be carried by this energy. Just enjoy and be your experience more and more fully as you explore with your awareness this cocoon, and the core. Moving your awareness slowly and easily from one to the other. Being.

Full lo nee aah. Full lo nee aah.

Good. Being your experience now, even more. Look all about you, in all directions. Bring your awareness to the cocoon, about thirty feet away from you, above and below and to your sides, and to the back, to the front.

Sa ha. Sa ha.

You might notice waves as the Saha works, bringing more and more power and energy to this cocoon.

The core somehow connects with the cocoon, makes it possible for you to be aware of the volume, of the space between the cocoon and the core. As though all of this volume contains your ability to be aware, to experience, to observe, to be. Noticing patterns within this volume. Perhaps. Waves. Energy. A stronger sense. An awareness.

Full lo nee ah.

Good, bring your awareness back to that point of light of the Fullonia. Bringing all of your awareness back, back from the cocoon, letting the core dissolve, release, as you bring your awareness back to that point of light of the Fullonia. As though you are subtracting frequencies.

Bringing your awareness back to the time and space of the earth plane.

Good, then bring your awareness to the Renawre. To the Renawre cocoon. Notice the shimmer within that cocoon; the brilliance that it has gained by your exploring here.

Ree nah ree.

Good. And with that we bid you most pleasant journeys as you continue to come back, more and more completely to the time and the space of the earth plane.

Program 14 DaBen Light Body Core and Cocoon Journey 2

Welcome. Let us explore now the light body and the way in which you can use your awareness to a greater means of your experiencing in the light body.

Good. Now, finding that harmony within the renawre cocoon now, each of the lower center, adjusting, observing the upper centers now.

Nu ee yah. Di nin ee yah.

Good, and observing now. Rhan thee ah. Pi ee ah. Pi ee ah. Re naw Re naw re. Good, and now following this Renawre cocoon around, experiencing the harmony there, moving smoothly and easily now to that point of light of the fullonia, that smallest possible of light at the chest, becoming brighter and brighter now. Fuhl loh ee ah.

Good. And now, notice out about you about thirty feet or so, in all directions a change in the energy. As though some how there were a boundary here, all about you. Noticing now the cocoon, as though this boundary formed a layer, a cocoon of energy, in which you can use as a focus for your consciousness, as a way for you to notice all the patterns of light of your light body. For your light body extends beyond this boundary, this cocoon, but for now, let us just focus on that portion of the light body within this cocoon.

Thirty feet all about you in all directions, above and below and behind and at your sides. And notice now that as you focus upon that cocoon that you find a column of light, almost crystalline light, along your spine, perhaps slightly in front, whatever size seems most comfortable to you, extending up beyond your head and below your feet now, along your spine. And somehow although it is not important to notice how it connects, but somehow it blends in with the cocoon, this core, this core of crystalline light.

Just experience now bringing your awareness from the cocoon at thirty feet out to the core, and back out now. Just be in your experience as you do that, noticing all the light within, all the patterns in that light now. The way that pattern tends to move in your awareness now throughout this whole volume of the cocoon. As a part of your ability to experience, and as you focus upon this volume of the cocoon now, you notice more and more details to the patterns and the movements, and the way that pattern propagates throughout this entire volume.

Bringing your awareness back and forth from the core to the cocoon, and then the volume of the cocoon. Fuhl lon ee ah. Fuhl lon ee ah.

Good, and noticing more and more about the patterns within the cocoon now. Expanding your awareness to include the entire volume once again, so that you are able somehow to have an equal degree of focus, to notice an equal amount of detail throughout the entire volume, from the crystalline core to the cocoon boundary, the same detail. Long pause.

Fuhl lon ee ah. Good, holding that in your awareness now, as you find your ability to experience this increases. And move into each of the patterns now, each of the patterns in that volume, move into. Notice how that increases your ability to be aware of the light, indeed it is increasing the light here. Notice as that energy comes back from the cocoon boundary now and moves out from the core, as that energy passes each other, more and more light is created and your ability to be aware is increased. Just following that with your experience now, just being your experience.

Fuhl lon ee ah. Good, and as you follow on that experience now, notice that the more and more patterns that you are able to find within the cocoon, the easier it becomes to create that light and be a part of your light body now, to follow on your experience here. And in those patterns you will find pure energies, patterns that will not reduce to a more simpler form. These patterns we will for right now call frequencies, and there is much to be gained by exploring and discovering as many frequencies as you can. And to notice their ability to allow you to discover yet more and how these frequencies when held in your awareness, individually, or as distinct individuals among many, that you are able to somehow move into in a complete and wonderful way, the qualities of light that you have awakened in your light body.

Moving your awareness from the core to the cocoon now, back and forth, noticing the patterns here. Fuhl lon ee ah. Fuhl lon ee ah.

Good, and with that awareness now, being your experience with that awareness. Notice once again the entire volume of the cocoon, all the light that is here, all your ability to be aware of this light.

Good. Now, just noticing more and more of the qualities of light in these patterns in your frequencies now. Moving your awareness from core to cocoon, and holding the entire volume in your awareness. Just be your experience, follow these shifts now, follow these shifts.

Fuhl lon ee ah.

Following these shifts now, once more, moving on this energy, finding that entire cocoon volume in your awareness, being your experience, holding... good. Fuhl lon ee ah. Fuhl lon ee ah.

Good, just being your experience, noticing the light. Good, and now letting yourself come back to the point of light of the fullonia, and then back to the Renawre cocoon, very slowly now, very smoothly and slowly, noticing the way that you let that light go, and yet it is still a part of your experience, as you experience the Renawre cocoon now, and notice the increased shimmer there, the shimmer of this light in the Renawre cocoon. Re naw re naw re naw ree.

And now, noticing the shimmer in the Renawre cocoon, being your experience, as you come back, fully and completely now, slowly, noticing how that light that you were able to focus upon in the light body cocoon, has translated back to the time and space of the earth plane. And so as you come back into that time and space fully and completely now, we bid you most pleasant journeys.

Light Body Study Sequence

To view a wonderful chart of the light body programs and determine what is next for you, view our [Light Body Study Sequence](#) page online.

Awakening Your Light Body

by

DaBen and Orin

Channeled by Duane Packer and Sanaya Roman

Sponsor's Guide

For Sponsoring Others with DaBen and Orin's
Awakening Your Light Body Audio Course
or the official light body course in your language

Contents of Sponsor's Guide

<u>Hello from Sanaya and Duane</u>	95
<u>Vision for the <i>Awakening Your Light Body</i> Course</u>	96
Preparing	
<u>Vision</u>	97
<u>Possibilities for Sponsoring or Classes</u>	98
<u>What You May Say in Your Flyers and Announcements</u>	98
<u>Light Body Courses and Materials Available from <i>LuminEssence</i></u>	99
Building Your Community and Selecting Students	
<u>Building Your Community</u>	101
<u>Selecting Students to Sponsor</u>	102
<u>Are Your Students Ready to Take the <i>Awakening Your Light Body</i> course?</u>	103
<u>Light Body Course Not Therapeutic in Nature</u>	104
<u>A Fun Quiz to Take to Test Your Light Body Knowledge</u>	105
Guidelines for Sponsoring	
<u>Sponsoring Using DaBen and Orin's Six-Part Audio Course</u>	110
Suggested Class Structure for Sponsoring Others in Learning the Light Body Centers	
<u>General Guidelines for Class Structure</u>	108
<u>Giving Classes Using DaBen and Orin's <i>Awakening Your Light Body</i> course</u>	110
<u>Basic Transmission Principles</u>	110
<u>Summary of DaBen and Orin's Processes for Each Course</u>	112
<u><i>Awakening Your Light Body</i> Course Program Titles</u>	113
<u>Continuing Education for You As A Light Body Sponsor</u>	115

Awakening Your Light Body Sponsor's Guide

Hello from Duane and Sanaya,

We are delighted you have come this far and have completed the *Awakening Your Light Body* course. DaBen tells us it is wonderful to experience the growing light you are creating on the inner planes. You now have the tools to go beyond just having your life work—you can go to as yet unimaginable levels of abundance, well-being, and vibrancy as you continue to awaken your light body and use the tools of light you have learned.

As a graduate, you are eligible to sponsor others. You will need to use DaBen and Orin's six-part *Awakening Your Light Body* course to sponsor others with, if you are a USA student. If you have learned the light body from a teacher and do not have a set of these albums, your teacher can purchase them for you or you can order them directly from *LuminEssence*. If you do not live in the USA, you will need to sponsor others with the official light body course for your language, if one exists. (You can visit our website for a list of our International light body teachers and the official light body albums in other languages.) You can refer to *Awakening Your Light Body* course titles in this guide for information on what journeys and information are contained in the six-part DaBen and Orin *Awakening Your Light Body* course.

As an *Awakening Your Light Body* graduate you are eligible to take the advanced light body course by DaBen or by a qualified teacher called *Radiance: Self-Exciting—Building Your Light Body*. You are also eligible to take *Radiance: Filling in the Frequencies* by DaBen and Orin, or by a qualified teacher. We suggest you start with the *Radiance: Self-Exciting* course and either work with the frequencies during or after you complete that course. Information about these courses is on our website. We have a number of additional graduate light body audio courses you may enjoy as well.

As a graduate of the *Awakening Your Light Body* course, you are now eligible to attend certain light body seminars, either in person or remotely, with DaBen and Orin. You can experience DaBen and Orin's live transmissions of the energies just for you. Each seminar will teach you new light body skills and further awaken and build your light body.

If you want to teach by transmitting the sounds of the centers aloud as DaBen or your teacher does, you will need to take the *Radiance: Transmitting Light* and the *Radiance: Self-Exciting—Building Your Light Body* courses by DaBen or by a qualified teacher. Please be sure to visit our website and sign our guestbook and let us know about you. If you did not take light body courses through *LuminEssence*, let us know you are a light body graduate, and include information about the light body courses you have taken, your teacher's name, and graduation dates. We will then include you in our transmissions of light and energy.

Congratulations once again for your courage and willingness to grow. As you have taken this step of awakening your light body you have made a contribution to all of humanity, opening an energetic doorway for those who are following one step behind you.

~Duane and Sanaya

DaBen and Orin's

Vision for the *Awakening Your Light Body* Course

Join us in holding a vision that:

Each of you who is awakening your light body is adding to and creating a *gridwork of light* on the inner planes.

This *gridwork of light* is available to each of you as a source of soul-nourishment, stability, strength, energy, and light.

This *gridwork of light* increases daily in the beautiful, clear, harmonious, balanced, radiant, and light-filled energies it contains.

Your connection to other *Awakening Your Light Body* students enhances the purity and strength of this *gridwork of light*.

Each of you transmits the pure frequencies of the vibrational energy and light body centers as set by DaBen, so these frequencies become stable on the earth plane allowing more and more people to spontaneously awaken their light bodies.

Each of you increases your ability to transform the energy around you into light, to become a clearer transmitter of light, and to experience the never-ending unfolding of these energies of light. Each of you honors the energies of the light body with integrity, reverence, and respect in your actions, words, and thoughts.

Everyone who is ready will have an opportunity to awaken their light bodies.

Each of you who sponsors or teaches the *Awakening Your Light Body* course makes it your goal to empower people to have a direct experience of these higher spaces and recreate these experiences for themselves.

You will be able to be with DaBen and Orin in courses at key energy times, to receive their live transmissions, to strengthen and build your light body using the new frequencies of light available, and to experience the empowering energy of a light body group.

Each of you studying the light body course has a copy of this statement of vision to refer to and energize with your thoughts.

Preparing Vision

Congratulations on awakening your light body! We are sure you have grown in many ways and have an expanding sense of your increasing radiance. We wish you the best and send you light as you continue to grow. It is our vision that you will become more and more radiant. We ask that you hold that vision for yourself as well and assist us in holding Orin and DaBen's Vision for the *Awakening Your Light Body* course as listed on the preceding page.

As you increase your radiance there may be people around you who want you to teach them what you are doing that is making your life work so well. You may have already had this experience. Sponsoring others in learning the light body gives you a wonderful opportunity to place your radiance.

As a graduate of the *Awakening Your Light Body* course, you are eligible to use your six-part *Awakening Your Light Body* course by DaBen and Orin, or use the official light body audio journeys for your language, to sponsor others in awakening their light bodies. We will call playing DaBen and Orin's audio journeys for others (or the official journeys in your language) **sponsoring** others in learning the light body. Feel free to share this course with others, however we ask that you do not copy this course onto any format for sharing. You may not post these audio journeys on the Internet. Please do not copy or transfer these copyrighted journeys to other people via audio listening devices, other digital media, file sharing programs, or other methods. You are not authorized to record these journeys in your voice for commercial resale or to copy these audio journeys onto any media for commercial sale.

You may use any of Thaddeus' music for your classes and for your audio recordings, royalty free, as our gift to you. Please go online for our [terms and agreements about using Thaddeus' music](#).

With the completion of this course, you are now eligible to sponsor others by playing DaBen and Orin's audio journeys for them, or by lending your journeys to others, or by playing these journeys in a class setting.

If you want to transmit the sounds of the centers as DaBen does, you will need to complete the [Radiance: Transmitting Light course](#) (LB851) as well as the [Radiance: Self-Exciting course](#) (LB131), either taught by DaBen and Orin or by a qualified teacher. We will call transmitting the sounds of the centers as DaBen does **teaching** the light body.

To make the transmittal of the *Awakening Your Light Body* information as effective and pure as possible, and to empower you as sponsors, Orin and DaBen have suggested policies in this guide to assist you in accomplishing this. These policies are in effect until revised. We thank you for honoring the light body information and assisting us in making sure this information continues to transform people's lives by going out to the world in as clear a way as possible.

Every time you sponsor others or teach the *Awakening Your Light Body* course, make it your goal to empower people to awaken their light bodies successfully and have a direct, good experience of these higher spaces and to be able to create these experiences for themselves.

Possibilities for Sponsoring Individuals or Classes

Becoming a Light Body Sponsor:

You can sponsor others in awakening their light bodies by playing or sharing your audio journeys with them. Your responsibilities as a sponsor means holding others in your awareness on a consistent basis while they progress through the *Awakening Your Light Body* course. Sponsoring them and assisting them to be successful might include talking with them, encouraging them to continue, meeting with them on a regular basis, running the energies together, and any other way you can discover that assists people in learning to create the light body experiences for themselves. You can learn a lot about the light body and expand your skills with it through sponsoring others.

We have evolved our policies after much thought, reflection, and experience based on today's technology. These policies may evolve and change as future technologies are developed. Please know that your support and willingness to purchase the audio journeys from *LuminEssence* makes it possible to keep this work available and to allow for new work to be created. Please [visit our website](#) for additional and/or updated information about these policies. We thank you for your integrity and your support of Orin and DaBen's work by not sharing these journeys except as noted.

Sharing DaBen and Orin's Journeys

1. We ask that you not share your light body journeys with others until you have completed all six courses in this series (Parts 1-6) and are an *Awakening Your Light Body* graduate. However, permission is given for you to share these light body journeys with one other person who is a partner, spouse, special friend, or loved one who wants to take this course with you.

2. Do not duplicate, copy, or transfer any *LuminEssence* audio recordings onto any format, including but not limited to tapes, CDs, DVDs, audio listening devices, digital media, file sharing programs, or through the Internet or any other medium or method except for your own personal use and to share with one other person as noted above, as they are copyrighted.

3. You are not authorized to record journeys in your own voice for commercial resale or to copy any audio journeys onto any media for commercial sale.

4. Do not share any Orin and DaBen journeys by making them available in any format on the Internet. Once the audio journeys are available via the Internet it is very easy for others to find them and to post them on other sites.

5. Please do not advertise that you are renting out, charging for, or sharing your DaBen and Orin audio journeys via the Internet or any other medium for a fee or for free. This includes but is not limited to any broadcast or podcast of the journeys.

Sharing DaBen and Orin's journeys in a live class setting

You can visit our website for [more information](#) on teaching classes based on this material. In addition to the above policies for sharing your *LuminEssence* audio journeys, please note these policies for holding live classes:

1. You may play your DaBen and Orin journeys for others if they are with you in person, or in a live class setting with the members attending in person. You may not play or post these DaBen and Orin journeys online for classes conducted through the Internet. Make sure your students have all the prerequisites so they will be successful in learning the skills taught in this course.

2. You may not copy or share these journeys with your students; each class member who wants the DaBen and Orin journeys will need to purchase and own their own course.

Teaching by leading your own journeys based on this course

1. DaBen's Material: If you complete DaBen and Orin's or take the *Radiance: Transmitting Light* Teacher's course from a qualified teacher, and DaBen or your teacher's *Radiance: Self-Exciting* course, you may teach the light body course as DaBen does, by transmitting the sounds of the centers.

DaBen and Orin want to make sure people who are transmitting the sounds of the centers have learned the principles of transmission, know how to transmit pure frequencies, monitor feedback, and so on, as taught in the *Radiance: Transmitting Light* course. Visit our website for more information.

2. Orin's Material: You may record and make copies of your seminars based on Orin's material in this course for students who attend your classes. You may not make your seminar recordings available commercially, nor post them on the Internet unless they are password protected and only for members of your classes. Please make sure you have worked with these journeys a number of times and have experience with the skills taught.

3. You may make audio recordings of your own live seminars/classes based on DaBen's material for students who attend your classes, however we ask that you not make your seminar recordings available commercially or to people who did not attend your class. Please do not make your audio course available over the Internet unless they are password protected and only for members of your light body classes.

4. Your students will need to be on record as owning a set of DaBen and Orin's light body albums, or the official set for your language, if they want to sponsor others as you have. Please make sure each of your students has access to this Sponsor's Guide upon graduation.

5. You may not make a set of your audio journeys based on this course in advance that you make available to all your classes (instead of making live class recordings for each class, based just on that class). To pre-record your journeys, you would need to have signed agreements with *LuminEssence*.

You may use any of [Thaddeus' music](#) for your classes and for your audio recordings, royalty free, as our gift to you. Please go online for our [terms and agreements about using Thaddeus' music](#).

What You May Say in Your Flyers and Announcements

Sponsoring others, using your audio journeys, provides a valuable opportunity for your growth and a way to place your radiance. In order to assist you in learning by creating your own forms to teach the *Awakening Your Light Body*, *LuminEssence* does not authorize, certify, or approve teachers. To make this clear in your flyers, please use the exact wording below to describe your training in *Awakening Your Light Body* and your association with *LuminEssence*. In this case, we are assuming you will base your classes on playing the DaBen and Orin journeys in your classes, or playing the official light body journeys for your language, rather than transmitting the sounds of the centers as DaBen is doing.

_____ (Your name) is a graduate of the *Awakening Your Light Body* course as developed by DaBen and Orin, channeled by Duane Packer and Sanaya Roman, and is sponsoring others in learning this course based upon his/her understanding of it.

Awakening Your Light Body Sponsor's Guide

Optional: _____ (Your name) has completed the advanced *Awakening Your Light Body* courses: *Radiance: Self-Exciting*; *Radiance: Filling in the Frequencies*, *Radiance: Transmitting Light*, and so on. (You may include any courses you have taken.)

Note: You may want to indicate how long you have studied the light body, and also the format you will be using to teach, i.e. using Orin and DaBen audio meditations, guided meditations from you and your guide, and so on.

Do not say anything else about your connection to *LuminEssence*, Duane and Sanaya, or Orin and DaBen that is not contained in the above statement. Please do not imply that you have been authorized, approved, or certified as a teacher, as we are not accrediting teachers. These are your students and your classes; we want to see you develop your own teaching methods and processes that fit your students.

You may use anything from our literature on the Light Body to describe your light body class in your flyers. You may use our exact words if you wish. Do not make any claims about the light body that we have not made, as we have been careful with our wording. Be careful not to promise too much, and use words like “may help” or “some people have found...” to allow for a broad range of individual experiences. Make your flyers as professional in appearance, spelling, and grammar as you can. Have your materials typeset or laser printed if at all possible; your response will be higher.

We believe those who are ready for the light body course will come to you, and we prefer you use inner work and word of mouth to bring your students to you. Orin's audio course, *Becoming A World Server*, (M200) contains many processes for calling to you your students. We want to keep the *Awakening Your Light Body* course as a special teaching, visible only to those who are ready. We suggest that you do not buy mailing lists or advertise in magazines. From our experience, this kind of promotion rarely brings you your students. Please help us to keep the light body as a very special teaching and make it your goal to only invite those to take the course who are ready.

Light Body Courses and Materials Available from LuminEssence

Awakening Your Light Body Manuals. Each of the manuals that come with the light body can be purchased separately. They contain the transcripts of the journeys in each album, plus space for journal notes, in addition to light body information, questions and answers, and so on.

Awakening Your Light Body Manual for International Teachers: The *Awakening Your Light Body* manual contains all the information available about the vibrational energy and light body centers, without the Journal Notes and instructions for studying this as an audio course. It has been especially designed to be used as a teaching tool in your classes and to supplement your *Awakening Your Light Body* journeys. This manual does not contain transcripts of the journeys, nor does it teach how to awaken the light body. (Specify LBM)*

International Light Body Study Audio Journeys: For non-English speaking or international

students: Album contains twelve DaBen light body journeys, including nine required journeys and three suggested journeys to be played for your classes. These journeys come from the six-part DaBen and Orin *Awakening Your Light Body* course. Journeys are for playing during your classes and are available for purchase by your non-English speaking students. Album contains twelve DaBen journeys plus a spiral bound manual containing the English transcript of these twelve journeys. ([Specify LB001](#))* If you own DaBen and Orin's six-part *Awakening Your Light Body* audio course, you do not need this set.

[Awakening Your Light Body Sponsor's Guide:](#) For additional copies, you may visit our website and download this free guide. ([Specify LBS](#)). It is for *Awakening Your Light Body* graduates to use as a guide for sponsoring others with their six-part DaBen and Orin *Awakening Your Light Body* course, or for sponsoring others with the official set of audio journeys for your language, if they exist. If you are sponsoring others with your light body albums in another language, they must be the official albums for your language.

[Radiance: Self-Exciting—Building Your Light Body Course:](#) This course contains 24 journeys by DaBen. This course is highly recommended after finishing the *Awakening Your Light Body* course and is required if you are going to teach the light body by making the sounds of the centers as DaBen does. ([Specify LB131](#))*

[Radiance: Filling in the Frequencies Course:](#) Learn the frequencies that fill in your light body. You can increase your manifesting skills, discover where to put your light, and much more with this course. [Frequencies of Vision \(LB121\)](#), [Precision \(LB122\)](#), [Intensity \(LB123\)](#), [Clarity \(LB124\)](#), [Harmony \(LB125\)](#), [Brilliance \(LB126\)](#), and [Transparency \(LB221\)](#).*

[Radiance: Transmitting Light Teacher's Course:](#) You can become a light body teacher by completing the requirements and taking this course, or by studying with a *Radiance: Transmitting Light* teacher in a live class setting. (Visit our Internet site www.orindaben.com for a list of teachers.) When you have completed this course, DaBen's *Radiance: Self-Exciting* course and the *Awakening Your Light Body* audio course, and if you meet all other requirements, you may teach others how to awaken their light bodies. ([LB851](#))*

*Please visit our website for additional information on these light body products and others available from *LuminEssence* Productions.

Building Your Community and Selecting Students

Building Your Community

Orin and DaBen tell us you are drawn to the *Awakening Your Light Body* course because you are a teacher, healer, and leader. The next step for you in your spiritual growth may be to begin connecting with your "group" and transmitting light to them through the inner planes. As you do this you will draw to you those you are here to work with and serve. This group can be your family and friends, people you have not yet met, your students, those whose lives will be most enhanced by your work, business clients, or the plant, animal, or mineral kingdoms. Find this group as energy, both as individuals and as a group, and experience all you can about them as energy. Hold them in your awareness as you run the energies and enhance your own experience, and ask what is next for their growth. You may be drawn to do inner or outer work. If you keep asking what you can offer this group as the next step of their growth you will be guided to the right forms that allow you to best reach and bring light to these people.

Some of you may teach the *Awakening Your Light Body* course to these people; some of you may simply use these spaces in your music, art, healing, counseling, and other areas of your life's work to bring these frequencies of light to people through your work. When you feel ready, you can draw your group to you. We will join you on the inner planes and transmit light to you, the healers, teachers, and leaders, when you build your community and increase your world service.

Selecting Students to Sponsor

One of the most important aspects of being a successful sponsor is only sponsoring those who are most likely to succeed. We suggest you only accept students on whom you have checked with your Higher Self or guide as to the appropriateness of their taking your courses and their commitment and readiness for this step. Only work with people you feel are ready, committed to finishing the course, have had some exposure to self-growth techniques, and are on a growth path already. You might want to use questions like those on the page that follows to determine if your students are ready for this course.

We have found that the best students believe they create their own reality, are willing to take responsibility for the things that occur in their lives, and feel their spiritual growth is one of the most important aspects of their lives. You will want students who are interested in experiencing expanded states of consciousness, and preferably have already had some experience with meditation or other consciousness-expanding techniques.

The most important thing for you as a sponsor is to have students who will successfully learn and be empowered by what you are offering. It is better to have one student who truly responds to and learns what you are offering than ten who are only curious and do not use or apply the skills they learn.

BE VERY SELECTIVE ABOUT WHO YOU SPONSOR!

Are Your Students Ready to Take the *Awakening Your Light Body* course?

What follows are questions we ask people to ask themselves to determine if they are ready to take the *Awakening Your Light Body* course. Before you accept students, have them answer these questions to help them determine if they are ready:

1. Have you been on a path of spiritual growth for awhile? Are you ready to be on an accelerated path of growth?
2. Are you interested in experiencing higher, expanded states of consciousness?
3. Is finding and living your higher purpose important to you?
4. Are you fairly open to the new? Are you willing to let go of those things that no longer serve your higher good, and are willing to create those things that do?
5. Are you somewhat self-reliant and creative? Do you trust your inner guidance and seek to follow it with action?
6. Do you believe you create your own reality?
7. Are you aware that you have a Higher Self and soul? Are you drawn to such things as meditation, learning how to channel, developing your psychic or clairvoyant abilities, or other things that expand your consciousness?
8. Is spiritual growth important to you and are you willing to devote time and energy to it every week?
9. Are you receiving inner guidance to create new things in your life, to put more time and energy into your higher path and purpose?
10. Have you learned how to deal with the emotional issues that may come up as a result of being on a path of spiritual growth? Do you look for the good in every experience?
11. Are you sensitive to energy? Do you want to learn more about subtle energies and how to work with them?
12. Do you believe you deserve to have a wonderful, joyful, and abundant life?

If they answered "yes" to the above questions, your students may be ready to awaken their light bodies. Ask them to go within and ask for guidance to see if awakening their light body is their next step.

Light Body Course Not Therapeutic in Nature

We advise people who are enrolling in the light body courses the following:

"As a part of simply being alive on the earth plane, you will experience various situations that challenge you emotionally, physically, mentally, and spiritually. Awakening your light body does not create these challenges, nor does it create physical, emotional, or mental illness. None of the light body courses are meant to be therapeutic in nature. They work at another level to take you into higher spaces and to assist you in bringing those spaces back into your ordinary life. If you have any history of, or are currently in treatment for mental illness, such as manic-depressive, bipolar, schizophrenia, or other mental or emotional problems, do not take any light body courses until you have the consent of a licensed psychologist or psychotherapist."

We are also stating in our literature to people who are enrolled in the light body courses:

The light body is not therapeutic in nature:

"As a part of simply being alive on the earth plane, you will experience various situations that challenge you emotionally, physically, mentally, and spiritually. Awakening your light body does not create these challenges, nor does it create physical, emotional, or mental illness. It does, however, give you tools with which to work with them. The light body is not meant to be therapeutic; if you experience emotional problems during this course, we suggest working with a licensed psychotherapist who can assist you. The light body is not meant to replace any medical treatment. Work with the light body to gain more emotional flow, mental fluidity, and physical ease in conjunction with any regular medical advice or therapeutic treatment you may be receiving. Any physical effects from using the light body cease shortly after you return to ordinary reality and stop running the energy. If you have any physical symptoms that occur as you awaken your light body, treat them as you would treat any unusual physical symptoms and get the appropriate medical assistance and advice from your physician."

To determine people's readiness, you might want them to answer questions like those on the preceding page. We have included these questions in our newsletter for people to ask themselves before enrolling in the six-course DaBen and Orin *Awakening Your Light Body* audio series. Select your students carefully; choose those who are most likely to succeed.

A Fun Quiz to Take to Test Your Light Body Knowledge

How well do you know your light body material? (All answers can be found in the six *Awakening Your Light Body* manuals that accompany the audio albums.)

Nu'a

1. Describe the Nu'a.
2. What happens when you close the Nu'a cone, and when you open it all the way to a plane?
3. What does the Nu'a do?
4. Where is the Nu'a in men, in women?
5. What are the three stages of moving this muscle?
6. How long is the Nu'a cone?
7. What happens when you make the cone longer or shorter?
8. What are some of the indications that people should close down the Nu'a cone?

Dinia

1. Describe the Dinia.
2. What happens when you lift the Dinia plane in front, and when you lower it in front?
3. What does the Dinia do?
4. Where is the Dinia?
5. How does the Nu'a connect with the Dinia?
6. What is the other shape the Dinia balls can take, and what are they called when they take this shape?
7. Does the Dinia release or bring in energy when you contract it?
8. Does the size of the Dinia balls have any effect on your experience?

Leow

1. Describe the Leow.
2. What are the three stages of the Leow?
3. Where is the Leow?
4. What does the Leow do, what is its affect on the Renawre cocoon?
5. What is emotional flow?
6. How does the Leow connect with the Nu'a, Dinia?
7. What do the first three centers do?

Mumin

1. Where is the Mumin?
2. What can you do with the dome, and what is the optimum shape of it?
3. What kinds of energies can you bring through the Mumin?
4. Describe the Mumin. How thick is it?
5. Is the Mumin a center?

Ranthia

1. Describe the Ranthia. What size is it?
2. Where is it in your body? What does the Ranthia do?
3. If you follow the Ranthia as it turns, does it matter what direction it is turning in?
4. Can you make the Ranthia rotation faster or slower? What affects its rate of rotation?
5. How many compartments does the Ranthia have?
6. Describe what happens to the Ranthia when there is a lot of flow coming up from the lower centers, and when there is only a little.
7. What is different about the way you work with the Ranthia and all the upper centers from the way you work with the lower vibrational energy bodies?
8. What kinds of spaces and emotional states can working with the Ranthia create?
9. Does the axis of the Ranthia tilt?

Traeo

1. Describe the Traeo.
2. What does the Traeo do in relationship to the Ranthia, and in relation to the Pieah?
3. What does the Traeo do as a center?
4. Describe the mental body.
5. Which centers affect the mental body?
6. What energy setup can help you have more complete ideas?
7. What energy setup can help you quiet your thoughts using the Traeo and which other center?

Pieah

1. Describe the two stages of the Pieah.
2. How do you get into the void from the Pieah?
3. What is different when you enter the void from the Pieah, versus the Vee?
4. Describe mental fluidity and how to use the centers to create it.
5. Can the rods touch the Traeo?
6. What stage of the Pieah assists in creating states of mental focus, creativity, insights, and clear ideas?
7. What stage of the Pieah allows you to gain mental silence?
8. What are some of the spaces you can reach and things you can do from the Pieah space?

Renawre, the last vibrational energy body center

1. What is the Renawre, and what does it do?
2. What are the stages of the Renawre?
3. Describe the Renawre in each of its stages, I.e. what does the disk look like?
4. What are some of the things you can do from the Renawre space?
5. Do the Pieah and Renawre control the mental body?
6. What can you do from the Renawre to quiet your thoughts?

Fullonia, the first light body center

1. Describe the Fullonia.
2. Where is the Fullonia?
3. What does the Fullonia do?
4. What are the three stages of the Fullonia?
5. Where is the Ranthia in relationship to the Fullonia?
6. What are some steps you can take if you are experiencing nothing for periods of time in the Fullonia?
7. What new skills are needed to more fully experience the Fullonia that were not as necessary to experience the vibrational energy body centers?
8. Do you have to go through all the vibrational energy bodies to find the Fullonia?
9. Describe the light body cocoon.
10. Why do we use the cocoon?

Saha

1. Describe the Saha.
2. What does the Saha do?
3. Where is it?
4. Can you consciously influence the Saha?
5. What do you do with the balls to gain a more intense experience of the Fullonia?

Vee

1. Describe the first, second, and third stages of the Vee, including their names.
2. Do you need to experience these stages sequentially?
3. What things can you do if you are not experiencing the Vee space?
4. What is the difference in the way you experience the void when you enter it through the Vee versus when you enter it through the Pieah?
5. What is an important skill with the Vee to experience it more fully?
6. What are some of the stable places in the Vee? What does "stable place" mean?

7. What are transition points?
8. Why is it important to return slowly, in stages, after you have been out in the Vee space?
9. How do you navigate in the Vee?

Miscellaneous

1. Which centers can form planes?
2. Which centers can take on a spin?
3. What is the light body gridwork? Can you describe it?
4. How is transmitting energy different from sending energy?
5. Describe your emotional body. Is it smaller or larger than your mental body?
6. What happens to your emotional body when you create more flow in your lower centers?
7. What does it mean in light body terms to "be in the flow?"
8. How do you influence the lower centers?
9. How do you influence the upper centers?
10. How do you deepen and enhance your experience of the upper centers?
11. What happens when you make all the centers into planes? Can this be done?
12. How do you set a healing space using the light body energies?
13. How do you stay neutral using the light body energies?
14. How do you harmonize with the energies about you using the light body energies?
15. How do you quiet your thoughts, or have new, more creative thoughts using the light body?
16. Is there any formula for how to use the centers to create certain experiences or results?
17. Are we working with Kundalini energy as the light body is awakened?
18. Why is it important to continue to build your skill with the lower vibrational energy bodies while you are learning the upper centers or the light body centers?
19. What light body center is located in the area between the Diania and the Leow?
20. Can these energies be used in a negative way?

General Questions

1. What is the light body that we are awakening?
2. Which three centers form the power base for the light body?
3. How is the light body different from the chakras?
4. What does it mean to open the back of the head and neck?
5. Do you know what it means when the room "goes mental?" Do you know how to recognize it, influence it, bring it about consciously, and stop it when you want the energy to shift?
6. What do you do if you or someone you are sponsoring goes on a journey and:
 - Comes back from the journey feeling spacey, dizzy, nauseous, or too hot, nervous, or scared?
 - Comes back from the journey with itching or tingling all over?
 - Thinks they experienced nothing, or had so much mental chatter they can't follow the journey?
 - Wonders if any of this is real?
 - Doesn't feel they are getting it because their experiences aren't the same as others?
 - Feels fragile after returning from a journey?
 - Has muscle aches or headaches after the journeys?
 - Wants to get mental and asks you question after question, or feels confused?
 - Falls asleep during the journey and wants to know what to do about it?
 - Goes somewhere during the journey but can't remember where?

How would you answer these questions:

1. How do I use the light body in my daily life?
2. What is the light body for?
3. What are some of the benefits of awakening your light body?
4. What do you do with the centers?

A hint: The light body can take you into higher spaces where you can sense and work with the subtle energies, gain more radiance and light, quiet your thoughts, have emotional flow and mental fluidity, harmonize with the energies around you, open your channel upward, connect with your soul and monad, connect with the nonphysical beings of light, manifest by working with things as energy, and all the things you have learned as you took the *Awakening Your Light Body* course. We hope you had fun with these questions, and used them to increase your knowledge and experience of the light body.

~ Duane and Sanaya

Guidelines for Sponsoring

To make the transmittal of the *Awakening Your Light Body* information as effective and pure as possible Orin and DaBen suggest the following policies to assist us all in accomplishing this. These policies are in effect until revised. We thank you for honoring the light body information and assisting us in making sure this information continues to transform people's lives by going out to the world in as clear a way as possible.

Sponsoring Others:

DaBen and Orin congratulate you for completing the *Awakening Your Light Body* course! You can share and copy your course journeys with up to a total of three people who are ready for this course, acting as a sponsor for them. Sponsoring others means you play your light body journeys for them, lend them your audio recordings, and hold them in your awareness, assisting them as they progress through the light body course.

We ask that you **do not duplicate** any of the material in the six-part Orin and DaBen *Awakening Your Light Body* course, except if you are sponsoring others. If you do not want to sponsor others, or if people want their own recordings, they may contact us to purchase the light body course for themselves.

We ask that you not distribute any of your own written material about the light body nor make available any audio recordings for purchase containing the light body sounds on them made by yourself, unless you have a signed agreement with *LuminEssence* to make the official light body recordings for your language.

If you want to teach by transmitting the sounds and frequencies of the centers yourself, you will need to take the [Radiance: Transmitting Light teacher's course \(LB851\)](#) and [Radiance: Self-Exciting—Building Your Light Body \(LB131\)](#) course through *LuminEssence*, or by a qualified teacher. DaBen and Orin want to maintain the purity of the frequencies transmitted and guide you in transmitting these energies to others. Completion of these two courses entitles you to teach the basic light body course to others by transmitting the sounds of the centers. In *Radiance: Transmitting Light* you will learn all the elements of successfully transmitting these centers to others. This course is designed to assist you in doing the energy work to call to you your students and clients, and help you get your work out in a more powerful way as you become a clear transmitter of light. If you are sponsoring others, you will be using the six-part *Awakening Your Light Body* course by DaBen and Orin, or the official light body recordings for your language, if they exist.

You may not post these audio journeys on the Internet. Please do not copy or transfer these copyrighted journeys to other people via audio listening devices, other digital media, file sharing programs, or other methods. You are not authorized to record these journeys in your voice for commercial resale or to copy these audio journeys onto any media for commercial sale. We thank you for your integrity and your support of Orin and DaBen's work by not sharing these journeys except as noted above.

You may use any of Thaddeus' music for your classes and for your audio recordings, royalty free, as our gift to you. Please go online for our [terms and agreements about using Thaddeus' music](#).

Suggestions:

Only pick people to sponsor who are truly ready and are motivated to complete this course. Ask them for a commitment to finish it when they start.

If you would like us to transmit to your students, encourage them to visit our website, sign our guestbook, and let us know they are a light body student and that you are their teacher. Or, you may visit our website yourself and give us information about your students.

Review the *Suggested Class Structure for Sponsoring Others in Learning the Light Body Centers* for presenting the Light Body centers so you can more easily recall your learning experiences and assist them with learning these skills coming from your own experience.

As they start Part 1, do an initial transmission to them to link them with the Light Body gridwork and help them begin to activate their light body. You might want to review Part 5, Program 12 for a process to link them with the Light Body gridwork. Continue to hold them in your awareness and transmit to them whenever you are drawn to. Use the journeys on transmission in Part 5, Transmission (Program 6) and Soul-Linking (Program 8), if you need to review transmission techniques.

If possible, meet with the people you are sponsoring in person to run the energy together. As you play DaBen's audio journeys transmitting the sounds of a center, join DaBen in transmission by being in your Fullonia and holding the other person and the center being worked with in your awareness, all simultaneously.

Do not take responsibility for other people's issues. Remember the Light Body cannot create or cause their problems. Help them to remember to use the light body tools they have learned to find solutions. Your role is to empower them to find their own answers, not to provide answers for them. Remember you are not responsible for their "getting it" or for their making their life work. You can set a space for them to grow, but only they can choose to use that space to grow.

If resistance, doubts, or issues come up, remind them to use Orin's Subpersonality Journey (Part 1, Program 4) or Orin's Age Regression Journey (Part 1, Program 5). Have them get into their Renawre cocoon (or whatever centers they have learned) before they talk about any of their issues or problems. This way they can view their issues from a state of emotional flow and mental fluidity. Encourage them to use light body tools to solve their problems.

You can practice Staying Neutral (Part 2, Program 7) or Setting a Healing Space (Part 2, Program 8) and any other of the skills you have learned to maintain emotional flow and mental fluidity as you talk to them. Use this as an opportunity to work with others from an energy rather than a personality level.

Upon completion of this course your students will be eligible for many of DaBen and Orin's advanced light body courses and seminars.

When your students graduate, be sure they have access to this [Sponsor's Guide](#) (LBS), which may be downloaded from our website for free.

Your students are welcome to come to DaBen and Orin seminars for which they are eligible, enroll in advanced light body courses, or sponsor others using the six-part course. You may discover a whole new richness to the centers as you transmit them to others and assist others in awakening their light bodies. Enjoy!

Suggested Class Structure for Sponsoring Others in Learning the Light Body Centers

Holding Classes Using DaBen and Orin's *Awakening Your Light Body* Course

General Guidelines for Sponsoring Others in Learning the Light Body Centers in a Class Setting:

(You are playing DaBen and Orin's journeys to transmit the sounds.)

You may teach the centers to others by using Orin and DaBen's albums from the six-part *Awakening Your Light Body* course, or from your teacher's albums, if they are the official set for your language. We ask that you not duplicate any journeys from DaBen and Orin's *Awakening Your Light Body* six-part course for your students. If they want copies of DaBen and Orin's journeys please have them purchase sets from us directly. Please follow the sponsoring instructions below.

If you have not taught classes before, we recommend sponsoring one or two people with the six-part *Awakening Your Light Body* course by DaBen and Orin first. This will prepare you for teaching a larger group.

Review the suggested structure for presenting the Light Body centers so you can more easily recall your learning experience and assist your students with learning these skills. You may also want to review the suggestions for *Sponsoring Using the Six-Part Course* in the previous section.

Use DaBen's journeys to teach the centers to your students. You may create your own meditations or use Orin's journeys to teach other skills besides the vibrational energy or light body centers.

Remind your students that they are not eligible to sponsor others until they have finished learning all the vibrational energy and light body centers. If they want to sponsor others, they will need to use the six-part *Awakening Your Light Body* course by DaBen and Orin or the official light body course for your language, if it exists. If you or your students want to teach the centers by transmitting the sounds of the centers aloud, the [*Radiance: Transmitting Light* teacher's course \(LB851\)](#) and the [*Radiance: Self-Exciting—Building Your Light Body* \(LB131\)](#) will need to be taken through *LuminEssence* or through a qualified teacher.

Upon graduating, your students are welcome to come to our seminars for which they are eligible, enroll in our advanced light body courses, or sponsor others using the six-part course. We will assume they know all the skills necessary to create their own experience of the light body and are familiar with each of the centers.

It is important that you receive an equal energy exchange for teaching. Giving you energy back in the form of payment or whatever is of value to you can make it worth your while to invest time and energy into teaching. The commitment of time, energy, and payment of some sort empowers your students to take the course more seriously, make a stronger commitment to it, and gives them a much better chance of successfully awakening their light bodies.

Basic Transmission Principles

As you give classes using DaBen's journeys to teach the vibrational energy and light body centers, you can transmit silently along with DaBen. As you do this you will want to observe a few basic principles of transmission. If you are using the audio journeys, transmit to your students along with DaBen.

Transmission of the vibrational energy body centers is done by holding the Fullonia, the center being transmitted, and the person or people being transmitted to simultaneously in your awareness, all the while enhancing your own experience. You will want to focus on as precise and pure a frequency for each center as you can. You will want to transmit from a stable place in the Fullonia, the stage after it begins pulsing.

Transmission of the Fullonia, Saha, and early stages of the Vee (Vee cone with light pouring down through it) is done from the place in the Vee of the cone folding down before you are lifted up, using that tension point as a stable place.

Transmission of the later stages of the Vee, cone folding down, ball and flower, to stages of pollination of flower is done through the Vee "transmitting node" as taught in DaBen and Orin's *Radiance: Transmitting Light* course.

General Guidelines for Class Structure

The Nu'a and Dinia are to be taught in separate processes on the same day.

The Leow can be taught on the same day as the Nu'a and Dinia. The Leow is to be taught within three weeks of the Nu'a and Dinia.

Do not teach the Ranthia on the same day as the first three centers or your students may not have a complete experience of the Leow. You will want to teach the Ranthia within three to four weeks after the Leow or your students could have too much energy buildup in the Leow.

Allow at least a month between teaching the first four centers and the upper centers.

The Traeo, Pieah, and Renawre can be taught together or within a few days of each other.

Allow at least a month between teaching the upper centers and the Light Body centers to allow time for integration.

Teach the Fullonia at least a day before teaching the Vee. Teach the Saha after the Fullonia and before the Vee.

Your students may try to rush you through the centers - do not let them talk you into giving them the centers too quickly! They will be grateful to you in the long run. If the first four centers are not adequately learned and worked with, your students will not be as able to feel or recreate for themselves the experience of the upper centers. If they have not achieved a level of harmony in their vibrational energy bodies, they will not be able to hold the Fullonia steadily. The Fullonia is the doorway to the Vee; if the Fullonia is not steady the Vee will be hard to experience.

Do not change the names or sounds of the centers. DaBen has spent hours perfecting the names to reflect the frequencies of energy that awaken each center and open to expanding energies.

We want to keep this teaching as pure as possible, and at the same time we want you to be able to be creative with your own classes. We ask that you teach the centers as outlined in the above criteria. You are welcome to develop your own processes to assist people in transforming their personalities and handling an accelerated rate of spiritual growth. Orin's areas of focus in *Awakening Your Light Body* included advanced tools to accelerate and integrate rapid growth; processes to transform the personality; processes to see self as a Master, and to open the channel to the Higher Self. Orin wanted to prepare you for more world service and teach you how to soul-link with other people, Masters, and guides so you could receive assistance in awakening and give assistance to others in their process of awakening.

In teaching, presenting the centers, or answering questions be true to your experience and come from the highest level you can. Remember that your goal is not only that your students experience these energies, but that they also consciously learn to create these experiences for themselves.

Summary of DaBen and Orin's Processes for Each Course

DaBen and Orin organized the live *Awakening Your Light Body* courses into the following three classes:

Part 1 - Basic: Building Your Power Base

Centers: Nu'a, Dinia, Leow, (Mumin), Ranthia. DaBen and Orin journeys contained in Parts 1 and 2 of the

Awakening Your Light Body course.

DaBen's Goals: 40-60% control over your emotional body; ability to shift a muscle ache by untangling your emotional body from your physical body; some inkling of what it takes to transform physical body things; and to build up enough power to later ignite your experience of upper centers.

Part 2 - Advanced: Activating Your Higher Energy Centers

Centers: Traeo, Pieah, Renawre. DaBen and Orin journeys contained in Parts 3 and 4 of the *Awakening Your Light Body* course.

DaBen's Goals: 40% control over your mental body; more of your emotional body under control, ability to disentangle your emotional and mental energy bodies at will; development of a clearer channel, realization that you are not in control, that you are riding the energies but not creating them.

Part 3 - *Awakening Your Light Body*

Centers: Fullonia, Saha, and Vee, and Core/Cocoon DaBen and Orin journeys contained in Parts 5 and 6 of the *Awakening Your Light Body* course.

DaBen's Goals: To have a high enough degree of harmony in your vibrational energy bodies so you can experience your light body; to be responsible for what is in the energies around you and how you use these energies; and to open your consciousness fully enough so the light body can ignite and become self-generating.

When planning your seminars, remember to allow time for journeys, questions and answers, time to work with partners, and time to work alone. You need to alternate quiet time with talking time; higher spaces with the opportunity to come back and be in personality spaces.

We suggest no more than 6 to 8 meditations per day for courses; leave time for discussion, answering questions, personality interactions, breaks, and so on.

Awakening Your Light Body Course Program Titles

To assist you in planning your classes, below is a list of all of the Orin and DaBen journeys contained in the six-part *Awakening Your Light Body* course. Journeys are by DaBen unless otherwise noted.

Part 1: Building Your Power Base

- Program 1 DaBen and Orin: Introduction
- Program 2 DaBen: Nu'a, Dinia
- Program 3 DaBen: Nu'a, Dinia - Second Journey
- Program 4 Orin: Subpersonality Journey
- Program 5 Orin: Age Regression: Evolving Your Inner Child
- Program 6 DaBen: Nu'a, Dinia - Third Journey
- Program 7 DaBen: Leow
- Program 8 DaBen: Nu'a, Dinia, Leow
- Program 9 DaBen: Emotional Release Journey
- Program 10 DaBen: Self-Healing Journey
- Program 11 DaBen/Orin: You are the Master Journey
- Program 12 DaBen/Orin: Journey to the Temple of the Masters

Part 2: Opening Your Heart Center

- Program 1 DaBen: Introduction to Ranthia
- Program 2 DaBen: Strengthening the Ranthia
- Program 3 DaBen: Floating on the Ranthia
- Program 4 DaBen: Explorations of the Ranthia
- Program 5 Orin: Awakening Your Inner Healer
- Program 6 DaBen: Self-Healing
- Program 7 DaBen: Staying Neutral
- Program 8 DaBen: Setting a Healing Space
- Program 9 DaBen/Orin: You Are the Master Journey – Compassion
- Program 10 DaBen/Orin: Interdimensional Traveling Journey – Gas Beings
- Program 11 DaBen/Orin: Forgiveness Journey
- Program 12 DaBen/Orin: Temple of the Masters Journey

Part 3: Activating Your Higher Energy Centers

- Program 1 DaBen: Traeo
- Program 2 DaBen: Pieah
- Program 3 DaBen: Renawre
- Program 4 DaBen: Exploring the Renawre Cocoon
- Program 5 DaBen: Traveling on the Gridwork
- Program 6 DaBen: Opening Creativity and Receiving Insights
- Program 7 DaBen/Orin: Changing Your Thoughts
- Program 8 DaBen/Orin: Interdimensional Traveling
- Program 9 DaBen: Exploring Frequencies
- Program 10 DaBen: Entering the Void
- Program 11 DaBen/Orin: Journey to Past Lives
- Program 12 DaBen/Orin: Being Born as a Master

Part 4: Aligning Your Vibrational Energy Bodies

- Program 1 DaBen: Traeo/Dinia
- Program 2 DaBen: Renawre/Ranthia
- Program 3 DaBen: Renawre/Pieah
- Program 4 DaBen: Drinia/Dinia
- Program 5 DaBen: Experiencing Centers as Plane
- Program 6 DaBen: Recharging at Core
- Program 7 DaBen: Working on a Relationship Issue as Energy
- Program 8 DaBen: Working with Abundance Issues as Energy
- Program 9 DaBen/Orin: Running a Finer Gridwork Through All Centers
- Program 10 DaBen: Expanding Your Aura

Part 4: Aligning Your Vibrational Energy Bodies, con't.

- Program 11 DaBen/Orin: Opening Your Channel
- Program 12 DaBen/Orin: Journey to the Temple of the Masters

Part 5: Awakening Your Light Body

- Program 1 DaBen: Fullonia Introduction
- Program 2 DaBen: Second Fullonia Journey
- Program 3 DaBen: Fullonia, Saha Introduction
- Program 4 DaBen/Orin: Meeting the Planetary Logos
- Program 5 DaBen: Fullonia—Intensity
- Program 6 DaBen: Transmission
- Program 7 DaBen: Fullonia—Waving
- Program 8 DaBen/Orin: Soul-Linking
- Program 9 DaBen: Fullonia/Saha—Power
- Program 10 DaBen: Fullonia/Saha and the Vibrational Energy Bodies
- Program 11 DaBen: Fullonia/Saha and the Renawre Cocoon
- Program 12 Orin: Journey to the Temple of the Masters

Part 6: Becoming Radiant

- Program 1 DaBen: Introduction to Vee
- Program 2 DaBen: Vee-Triangle Forming
- Program 3 DaBen: Vee-Ball and Flower
- Program 4 DaBen: Vee-Ball and Flower Second Journey
- Program 5 DaBen: Vee to Pollination of Flower
- Program 6 DaBen: Vee to Pollination of Flower Second Journey
- Program 7 DaBen/Orin: Transforming Your Personality
- Program 8 DaBen/Orin: Building the Cord Upward
- Program 9 DaBen: Journey to the Nodes (Note, do not teach nodes unless you use this recorded journey; DaBen has not yet taught people how to transmit the frequencies of the nodes and does not feel it is yet time to do so.)
- Program 10 DaBen: Saha and Vee
- Program 11 DaBen/Orin: Experiencing the Absolute
- Program 12 DaBen/Orin: Journey to the Temple of the Masters
- Program 13 DaBen: Core/Cocoon Journey 1
- Program 14 DaBen: Core/Cocoon Journey 2 Continuing Education for You as a Light Body Sponsor

Continuing Education for You as a Light Body Sponsor

Congratulations on making the commitment to assist others in awakening their light bodies. This Sponsor's Guide, and your education in preparing to teach the light body, are an important part of your "base" as a light body sponsor. It is important that you continue to grow and to expand your light body skills. Active and on-going sponsoring includes being open to student's questions, expanding your light body and its purity and clarity through the gift of your students' willingness to learn, and your continued growth is suggested. We suggest you do this through continuing your education in the following ways:

a. Learn advanced light body skills, taught by DaBen, with support and complementary skills taught by Orin. This would include learning the self-exciting light body skills, and the frequencies of vision, precision, intensity, clarity, harmony, brilliance, and transparency. These frequencies assist you in becoming even more powerful in transmitting the light body centers and spaces, assisting both you and your students. Filling in the frequencies of your light body can create many shifts in your life, in your radiance, in your ability to manifest and to place your radiance, and in your ability to awaken other people's light bodies.

b. Other opportunities for advanced study: Become more skilled with self-exciting, as this is the foundation of most of DaBen's advanced teachings.

c. Expand your consciousness with other light body courses as they are made available and as you feel drawn to do so.

Refer to the [Light Body Study Sequence Chart](#) for more information.

d. Develop your own directions and complementary directions that come out of your light body knowledge and experiences.

e. Learn complementary skills that other teachers, including light body teachers, have developed.

f. [Become an Awakening Your Light Body teacher](#). You can teach others how to awaken their light bodies through transmitting the sounds of the centers as DaBen does with the completion of certain requirements and the *Radiance: Self-Exciting (LB131)* and the *Radiance Transmitting Light (LB851)* courses.

Earth Plane Skills to develop:

1. Increase your physical fitness and awareness of your body so that you can more easily handle the increased flow that these energies and teaching can bring into your life.

2. Learn basic earth plane skills such as how to design a good flyer, type, use a computer, make audio recordings, and find and negotiate for appropriate seminar space. We suggest having your classes in a place that has good heating and lighting that you can control; that has carpeting, plenty of space, and has some sleeping and eating arrangements nearby. Think of your students, and make as many arrangements as you can to assist them in feeling welcomed, comfortable, and well taken care of. Start and end on time, give people a schedule of your class that you stick to, and act in a professional manner at all times. We also suggest that you have assistants at your classes who are graduates of the *Awakening Your Light Body* course. Be prepared, rehearse, train your assistants, have good notes, and give the very best seminar you are capable of giving. The success of your students is the most important aspect of your courses to focus on. Remember, these are suggestions, not requirements. The light body in itself is a path you could spend a lifetime exploring. We encourage you to develop your potential in all areas of your life.

You are now a light body graduate and are eligible for all the graduate light body courses. Join us on the inner planes on Sunday mornings, play your journeys, run the energy, and assist us as you do in making more light available to humanity.

~Duane and Sanaya

Graduate Light Body Courses with DaBen and Orin

DaBen's [*Radiance: Self-Exciting—Building Your Light Body*](#) Course

Self-exciting is a skill and a state of being on which many other light body skills and states of consciousness are based. What do self-exciting states feel like? Self-Exciting is a skill that allows you to be supported by the energies about you, to join the flow, and to have the experience of "everything working." When you are in a self-exciting state, it is easy to be your experience and to be carried by the energies. There is no sense of self-criticism or self-judgment.

In self-exciting states, your emotions are flowing, peaceful, and harmonious. Your heart is open. You have mental fluidity—when thoughts come up, there is no emotional attachment to them; they are simply there. Your mind is clear and your thoughts flow one into another without circling around. Each thought brings you a new idea, insight, or clarity to what you are thinking about. You are more connected to your higher mind; you are creative, intuitive, and more aware of your inner guidance.

Being in self-exciting states allows you to experience having no thoughts. You can discover ways to *be*, becoming your true Self beyond thoughts and emotions. There is a feeling of oneness; you can sense the way you fit into everything else. Everything you do contributes to your increasing light. You experience living more fully in the present moment.

Radiance: Self-Exciting—Building Your Light Body course creates opportunities for "moment-to-moment" awareness so you can operate from the present moment, your point of power. All the journeys contain transmissions by DaBen of self-exciting states as well as states of consciousness that go beyond self-exciting, allowing you to experience new states of consciousness every time you listen. Course contains 24 audio journeys by DaBen and extensive written material, including a summary of each journey. Self-Exciting is the foundation for many other light body states of consciousness. (LB131)

DaBen's [*Radiance: Filling in the Frequencies*](#) Course

You can take this course before, during, or after studying DaBen's *Radiance: Self-Exciting* Course. Parts 1-6 contain journeys by both DaBen and Orin; Part 7 contains journeys by DaBen only. All albums contain 12 or more journeys. Part 1: [*Frequencies of Vision*](#) (LB121); Part 2: [*Frequencies of Precision*](#) (LB122); Part 3: [*Frequencies of Intensity*](#) (LB123); Part 4: [*Frequencies of Clarity*](#) (LB124); Part 5: [*Frequencies of Harmony*](#) (LB125); Part 6: [*Frequencies of Brilliance*](#) (LB126); Part 7: [*Frequencies of Transparency*](#) (LB221).

In the first course, DaBen teaches you four frequencies of vision to "see" things as energy and to enhance your ability to experience your light body. These frequencies assist you in lifting the veils to your higher mind. You can expand into your full light body and "awake" more fully into the consciousness of your soul and spirit. As you play with these frequencies of vision, you can use them throughout the day to gain a new perspective, to get detailed insights about whatever you focus on, and to increase the light you hold and radiate. The consciousness these frequencies bring allows you to observe, see, and experience things more clearly, with greater understanding. You can choose actions that have the most flow and carry you the furthest. You can enhance your channeling, better understand people or things, and change things by working on them as energy.

You can work on various areas of your life as energy to create profound and effortless shifts. You can “set the energy” so situations and events in your life come about in higher, more harmonious, open, expansive, and loving ways. You can learn to see the energy patterns of crystals, plants, and earth energies. You can see more of who you are and why you are here. In several powerful journeys with Orin, you will learn how to use the light body energies in practical ways, such as to stay in a higher flow, to stop resistance to your growth, to get out of lower states more rapidly, to surrender and trust, and to have the highest day possible.

Graduate Light Body Seminars as Audio Recordings

All of these seminars have been professionally recorded and edited, and these audio recordings should provide you with many exquisite, wonderful experiences of light and expansion. Contained in all of these courses are the journeys offered at the live seminar, as well as talks by Duane and Sanaya. Each of these is a complete course within itself, and will guide you to many wonderful experiences as you work with your soul and spirit, with light body spaces, and join with many beings of light for transformation. Refer to the [Light Body Study Sequence Chart](#) for more information.