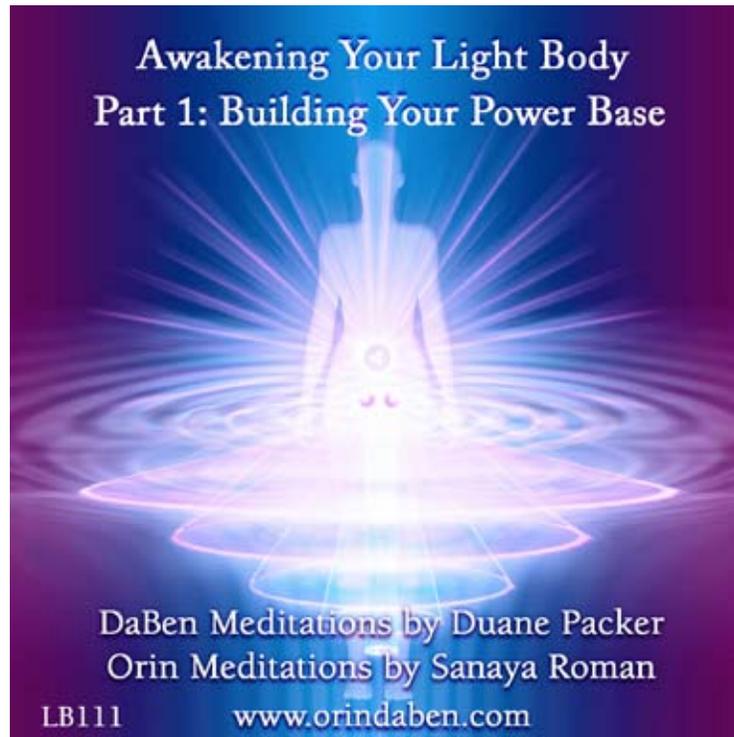


Awakening Your Light Body Part 1
Building Your Power Base



DaBen Meditations by Duane Packer
Orin Meditations by Sanaya Roman

Written Material to Accompany
the Audio Course

Includes Transcripts

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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](#)

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LB111P PDF v1.01

Part 1 *Awakening Your Light Body Course*

Building Your Power Base

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 and Orin: Introduction	20:20
Program 2	DaBen: Nu'a, Dinia <i>Music: Illumination TH061E</i>	21:01
Program 3	DaBen: Nu'a, Dinia - Second Journey <i>Music: Lord of Love TH065E</i>	20:53
Program 4	Orin: Subpersonality Journey <i>Music: Sacred Journey TH056E</i>	30:17
Program 5	Orin: Age Regression - Evolving Your Inner Child <i>Music: Angels of Love TH020E</i>	31:23
Program 6	DaBen: Nu'a, Dinia - Third Journey <i>Music: Solar Contact TH006E</i>	20:50
Program 7	DaBen: Leow <i>Music: Strands of Light TH017E</i>	20:38
Program 8	DaBen: Nu'a, Dinia, Leow <i>Music: Divine Spark TH021E</i>	20:31
Program 9	DaBen: Emotional Release <i>Music: Sea of Light TH039E</i>	21:24
Program 10	DaBen: Self-Healing <i>Music: Temple of Healing Love TH009E</i>	21:11
Program 11	DaBen and Orin: You Are the Master <i>Music: Initiation TH024E</i>	29:53
Program 12	DaBen and Orin: Journey to the Temple of the Masters <i>Music: Spiritual Sun Lifting TH047E</i>	29:50

Next Course in This Series and Related Audio Courses

[Awakening Your Light Body Part 2: Opening Your Heart Centers LB112](#)

[Orin's Transformation: Evolving Your Personality SG200](#)

Read up to date information on our website about all of our [light body basic course materials](#).

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

For an overview of all of Orin's courses please visit [Orin's Path of Self Realization](#).

Welcome and Greetings!

As you take this *Awakening Your Light Body* course, you are embarking on a great adventure of discovery and growth. This adventure is a spiritual journey, an awakening to your soul, a discovering of the greater universe of which you are a part. Take a moment to affirm your commitment to yourself and your spiritual growth. Put your hand over your heart and say to yourself, "I commit to you, your path is important." Feel the strength of your commitment to your path of awakening and enlightenment.

If you would like to call upon us, you may do so. All you need do is request a transmission of light from us, and we will send it to you to awaken your light body. You may also want to call upon your own guide and Higher Self, feeling their loving, gentle presences as you open to your greater potential.

The first three centers you will be learning are the centers that power your vibrational energy bodies. They bring in and harmonize energy you take in from your environment, and help create emotional flow and physical vitality. These are the centers you have the most influence over, and the way you use them can enhance and intensify your experience of your higher vibrational energy body and light body centers.

Our instructions are designed to give you a step-by-step process to awaken your light body. Maximum results will come from following the instructions in sequence at your own pace. We suggest that you not read ahead until you are instructed to do so, as we would like you to experience these centers for the first time without any expectations or preconceived ideas of what you might experience.

Those of you who are taking this course are volunteering to be on the leading edge of expanding what is possible in human consciousness. You are sensitive, have heard your inner call, and are responding to your higher wisdom. Send light to yourself in the future. Imagine your future self, the self that has successfully completed this course, sending light and encouragement back to you. We welcome you to this course in awakening your light body, and thank you in advance for the contribution you are making to all of humanity by being willing to take this step.

- *DaBen & Orin*

- Please read the following pages before listening to the journeys. The next marker • will give you the Program to listen to first.

A Message from Sanaya and Duane

Hello and welcome to the *Awakening Your Light Body* course!

You have heard and responded to the inner call to awaken your light body, and are getting ready to embark on a wonderful adventure of growth. Orin and DaBen recognize your commitment to your spiritual path, world service, and becoming a source of light.

If you requested it, and were open to receive it, Orin and DaBen have sent you a special transmission of energy to assist you in awakening your light body. As you harmonize your vibrational energy bodies and radiate light as you awaken your light body centers, you become much more visible in the higher realms. Orin and DaBen tell us they are sponsoring you by holding an extra focus of light for you as you take this course. You are the ones who will take this knowledge and light out to the world in a much larger way, and they are deeply grateful for your willingness to take this step and the contribution you are making to all of humanity as you radiate more light.

We have asked that you keep some written notes of your experiences and we have provided Journal Notes sheets for this purpose. These notes will assist you in developing your ability to observe yourself and your progress and in increasing your self-awareness.

We ask, that you:

- We ask that you not share these courses until you have learned all the light body centers and are willing, in sharing your course, to undertake the role of sponsor. DaBen and Orin are very aware of you who are enrolled in this course, and are holding a focus for you and sponsoring you as you work with these journeys. If you do not want to sponsor others, suggest they enroll with us directly.

- Wait to teach these centers to others by transmitting the sounds of the centers as DaBen is doing until you have completed all six parts of this course. Also, you will need to complete the Teacher's course, *Radiance: Transmitting Light*, as well as be a graduate of DaBen's *Radiance: Self-Exciting—Building Your Light Body* course. To successfully transmit these centers you need to have an awakened light body and a knowledge of the skill of transmission. Completion of these courses will assist you in being able to awaken other people's light bodies through your live transmissions of the centers.

This course has been carefully planned for your success. DaBen and Orin have organized this series into six courses, also called *parts*. After completing Part 1, you will be eligible to receive Part 2, and so on. We have included information about Part 2, and criteria to determine when you are ready. Although you have no obligation to continue, we ask that you have the inner commitment to complete the entire series of six parts, as we have found that commitment is an important element of success. The powerful and positive changes each part creates need to be integrated, so we suggest you work with each part for at least three to four weeks before you continue to the next level. (You can take longer if you wish.)

The recommended time for completion of the entire six parts is five to six months, allowing three to four weeks to practice each level and gain some skill with the centers before moving to the next level. Courses cannot be ordered out of sequence, as this series of courses has been carefully designed to take you step-by-step, in a balanced, integrated way, to the awakening of your light body.

It started several years ago . . .

Sanaya: Duane and I were channeling information for the *Opening to Channel* book one night when DaBen suddenly said the word "Ranthia." We did not know what he meant, but he explained that a higher system of energy than the chakras that had always been present, but not active, was coming into greater activity in the human aura. He told us it would create a major evolutionary leap for humanity. The Ranthia was around the heart center, and was beginning to awaken to greater potency in those who were ready. Although he had our curiosity aroused, DaBen would not say anything more about this.

About a year later, Duane and I were channeling when Orin and DaBen proceeded to tell us about ten energy centers and how they worked. We were not sure what we were supposed to use the information for, so we filed it away, puzzling about it.

A few years later, Duane felt called to go to the Utah desert to seek power spots. While in these power spots, DaBen began teaching Duane how to awaken his own light body centers. After that, when Duane went to these power spots, he experimented with the light body centers under DaBen's direction. He began to clairvoyantly see the energy centers that we call the seven vibrational energy body centers that power the three light body centers. DaBen taught Duane how to awaken these centers in others through sounds and energy transmissions. DaBen explained that the power spots contained the higher frequencies of energy and light that would soon be present everywhere, and that these were the frequencies necessary to awaken the light body.

Orin, in the meantime, was developing courses in spiritual growth; personality techniques to make it possible to adjust to rapid, accelerated growth; and techniques to assist people in growing through joy rather than through struggle, and in becoming more aware of the subtle energies. Several years ago Orin and DaBen combined these techniques to put together a course in awakening the light body. We invited people to take a series of classes, and followed their progress for several years. Their success at learning these centers and the changes in their lives were beyond anything we had imagined.

We have now taught these centers to thousands of people. We followed many of these people for years, asking them to keep a journal of their experiences and send them to us regularly. We were able to observe firsthand the changes and growth that people were able to make as they learned to harmonize their vibrational energy body centers and awaken their light bodies. Using these energy centers, people reported an enhanced ability to manifest, control their emotions, stay calm and centered, be transparent to others' emotions, change their thoughts, achieve expanded states of consciousness, and make positive changes in many areas of their lives.

Many reported a much stronger sense of self-identity and personal power. Several reported dramatic instances where they were able to speak their truth around their families, parents, or friends and be heard for the first time. Most reported important changes in their personal relationships. Many found a new closeness with their loved ones. About half the group had major relationship issues come up, ones that they

had "swept under the carpet" for years. They found they had new tools to solve these issues, and in solving them changed the whole nature of their relationships for the better. Many felt they had no major issues come up, but instead were amazed at the changes occurring in their loved ones—shifts in thinking, new levels of communication or thoughtfulness—things that they had hoped for for years and had given up on ever having.

Many said they had a lot of old issues come up, but were able to work through them more calmly. (As you harmonize your energies, places that have been "stuck" may come up as they are being released.) Many said they felt a greater sense of self-acceptance and self-forgiveness, and stopped being so hard on themselves.

Many people noticed that they were able to stay centered around other people and not take on other people's energy as they worked with the centers. Many people found themselves more tolerant and patient. Most found that they were more able to listen to others with compassion, feeling more loving and non-judgmental. They said they felt freer to be themselves than ever before. Many experienced an increase in their psychic abilities and clairvoyance.

Because people were able to reach higher states of creativity, artists, musicians, writers, and people in other creative endeavors found their work reaching new levels.

People frequently commented that manifesting was easier, that things simply appeared at the right time, and that "miracles" seemed to increase. Many found their lives and circumstances improving for the better without as much effort on their part. It was as if they had found a higher flow where things happened more joyfully and easily.

One person wrote, "I am staying in higher places for longer periods than ever before. Sometimes I am centered and focused, peaceful and calm for a whole day now rather than for just a few minutes or hours. I still have my "down" periods, but they do not last as long and I do not go as far down. I am able to stay calmer in situations at work that used to bother me. I had wanted a job promotion, but had given it up as impossible since my boss and I do not have a great relationship. I used these techniques to harmonize my energy for hours one weekend, and when I returned to work Monday my boss said he had been thinking about me all weekend and wanted to offer me a promotion!" Another person wrote, "My business has doubled since I have been using these energy centers. I run a small business and every time I run my energy the phone starts ringing off the hook shortly thereafter. People certainly are attracted to these energies!"

Many found meditation becoming a new experience as they consistently reached higher states. Most noticed an improvement in their ability to concentrate, turn off their mind chatter, and notice what thoughts were coming from their Higher Self and what thoughts were not. Some, who prior to this course were having trouble visualizing or meditating, noticed an improvement in their ability to visualize and have recognizable inner experiences. One person commented, "I have been meditating for many years. I can now reach states of consciousness in minutes that used to take me hours—if I reached them at all!"

The excitement and enthusiasm over the results people were able to accomplish was truly wonderful. We heard many stories of wonderful happenings as people learned to stay in centered, high states more and more often.

We want to add that no one's life became perfect all the time, for enlightenment is a continual process of growth and unfoldment. To successfully use these techniques does require energy and intent on your part. The benefits only happen if you use the tools you will be taught. It does not involve prior skill, but simply a willingness to practice, be playful and inventive, and make a commitment to your growth. We suggest that you

practice these techniques for a half-hour three to five times a week. The more you use these techniques, study them, and add to them with your own discoveries, the more results you will experience.

Information about the vibrational energy and light body centers

There are seven vibrational energy centers that affect your physical, emotional, and mental energy bodies. The three lower vibrational energy body centers regulate the amount of energy you take in from your environment and can be used to add harmony and smoothness to the energies present. By taking in energy and adding a coherence to it, these three centers (taught to you in Part 1: Building Your Power Base) set up the power base for your vibrational energy body. They are the only centers that can be directly influenced through the muscle system, and learning to influence these centers in various ways makes it possible to experience your higher centers more completely. As you work with these lower centers, you may experience a stronger sense of identity, personal power, ability to control your emotions, stay centered, and release old blocks.

There is a membrane between the upper and lower centers which acts as a filtering system for energies reaching the upper centers. The center in the area of the heart regulates the flow of energy from the lower to the upper centers. This center can expand your ability to self-heal and set a healing space for others. Many of the states of consciousness you can feel as you learn to run these energies are relaxing and peaceful. They can help you go beyond your intellect into direct experiences of beingness and knowingness. You will learn how to energize your upper centers, bringing a higher frequency to your thoughts, opening your channel to the higher dimensions, and connecting with the Universal Mind.

There are three light body centers. You can only experience these centers and consciously radiate when you have learned to hold a certain harmony in your vibrational energy bodies. (In this course, you will be led step-by-step to harmonize your energy bodies.) As you awaken these centers, you become a greater and greater radiating source of light. The light you radiate can create positive changes in your life. The people, situations, and things you draw to you will be more aligned with your higher purpose. The light body centers connect you with the higher dimensions of light and illuminated states of awareness. You can experience more of the infinity that you are as you connect with the Absolute reality beyond the illusions of the earth plane.

Why awaken your light body?

Orin and DaBen: As you awaken your light body you will sound a note within you of a higher vibration, a note that can change your life and have a positive impact on the world around you. You can draw to yourself opportunities to make a difference in the world as you begin to radiate more light. With the awakening of your light body, you can become even more conscious of your path of spiritual growth, enlightenment, and greater world service.

Awakening your light body can assist you in having a clearer vision of what you are here to do, lifting the veils so you can see more of your purpose and who you are. If you are teaching or working with others, you may use it to help your work have a more profound effect and make you more magnetic to clients and students.

Awakening your light body can make an enormous difference in your personal relationships. As your energy becomes higher, more beautiful and radiant, people will act and think in higher, more loving ways around you without your trying to change

them. Your heart will be open and you will understand what it means to love as your Higher Self. If you are around children, these energies can help them reach greater levels of calmness and focus.

Awakening your light body can give you greater control over your emotions and mind. As you understand your light body and learn how to consciously generate the energy that sets it up, you can create inner illumination, mental clarity, and an open heart. You can more easily choose how you want to feel, the thoughts you think, be more focused, mentally alert, and physically vibrant. It will help you work more effectively on the inner planes, using thought and energy to create results. You will learn how to "get out of your head," stop the mind-chatter, and BE in the experience.

As you harmonize your energies you will be able to more easily choose to live in a higher flow. In this flow you can be at the right place at the right time, and find things happening easily and joyfully. You do not need to work hard or to struggle to have loving relationships and a life that works. As you harmonize your energy bodies you can become more magnetic to your higher good and find many things coming to you right as you need them. You will be challenged as to how much good you can allow yourself to feel and how much abundance you can allow yourself to receive.

Working with these centers can enhance any other path or techniques you enjoy using. They can greatly enhance meditation, bodywork, and any other therapeutic techniques you have chosen. If you are a therapist, counselor, or healer, they will assist you in setting a space that makes it easier for others to make the changes they have been wanting to make.

These techniques are easy to learn. The energy centers that power the light body are definite and real. You can feel and work with them. You can create positive and real results as you do this. You can go higher; feel more balanced, stable, clear-headed, and creative; and gain a new perspective on life. Awakening your light body can create many profound changes in your life.

Instructions for Using These Journeys

Running the Energies

Working with the vibrational energy and light body centers has been called "running the energies" in the journeys and written material. You can run the energies anywhere—in public, at work, around loved ones. You will learn much about running the energies to create flow and harmony in your life; reach subtle, expanded states of consciousness; and stay centered and balanced. You will learn how to run the energies to let your emotions flow, expand your creativity, have more insights, and open a channel to the higher dimensions.

Preparation

You may want to create a special place with a mat, pillow, or comfortable straight-backed chair. You will want a place that is peaceful for you where you can be undisturbed for at least 20-30 minutes, the length of the meditations. Wear comfortable, loose fitting clothes.

Posture

We have found it beneficial to sit with your knees lower than your hips. This can be accomplished by sitting on the edge of a firm, high pillow. Special meditation pillows, (called Zafus) and benches are available for this purpose, but any firm pillow will do. Sit with your legs crossed, or folded under you. Chairs are acceptable if you can sit comfortably for 20-30 minutes with an erect spine. The important thing is to be reasonably erect and comfortable. You will want your back to be straight, relaxed but upright, as if your spine were being pulled up by a string attached to the top of your head. Be sure to relax your jaw. Most people prefer to close their eyes, and we suggest you start your learning with your eyes closed.

How Often

We suggest that you run the energies either on your own or by listening to a DaBen journey at least three to five times a week. You can use DaBen's processes more often, however we suggest that you not listen to them more than two times a day in the beginning, as it may create a greater acceleration of growth than your personality is ready for right now. If at any time you feel that things are changing too fast, or you find yourself resisting listening to the journeys, simply put them away for a while until you are drawn to them. Trust your inner wisdom to lead you to using these processes as many times as is beneficial for you. Orin's journeys will help your personality integrate the changes that awakening your light body might create, so you may use them as often as you are drawn to them.

Stretching

It will greatly enhance your experience of these energies if you stretch before you listen to DaBen's journeys. Stretches that open the chest area and gently open and stretch the spine, such as yoga, are the most beneficial. If you would like to learn more about yoga or stretching, there are many fine books and videos you can use. Stretching will assist you in opening your physical energy to handle the greater amount of energy and light you will be bringing in. Even a few minutes of stretching before you listen to DaBen's journeys will be beneficial. You may also want to stretch briefly after you finish running the energy; this will help your physical body adjust to the new energy flow you just created.

Physical Sensations

You may have noticeable physical sensations while running these energies. Tingling, warmth, spaciness, floating, itching, enhanced hearing, or other physical sensations are completely normal and may or may not occur. If they are caused by running the energy, they will disappear within a few minutes after you stop running the energy. You may feel your breathing open up, want to straighten your back, or adjust your posture. You may feel more peaceful and relaxed. Some people feel a band of energy around their heads, or tightness in various places in their bodies at various times while running the energies. As you harmonize your energy and it begins to flow, such symptoms might occur in places that are not yet open to the greater energy you are running through your body. Simply imagine you are opening these areas to allow more flow of energy. It may also help to sit up straighter and open the back of your head and neck. As you open to this larger flow, physical discomfort should disappear within a few minutes.

No Expectations

It is best to enter into each meditation without picturing how you want to feel during the meditation. Each time will be a different experience. You may have a wonderful experience and expect that the next time you run the energies you will have an identical experience. DO NOT try to recreate an experience—each time you run the energies you will have a unique experience. Rather than "trying" to picture or make something happen, simply relax into the experience, observe, and follow on the energy of DaBen's or Orin's voice. Some days you will have wonderful, uplifting experiences right away. Some days you may have distracting thoughts and find it takes longer to quiet down and go higher. Sometimes you will have intense visualizations, other times you may feel only a subtle shift of consciousness. Be easy on yourself and let whatever experience you have be the perfect one for you. You will learn much about how your mind works, how to quiet it, and how to keep your energy flowing as you run the energies.

Enhancing Your Experience

As you run the energies, you may receive many insights and ideas. You may want to keep a pen and paper nearby to make notes so you can continue to meditate. You may find yourself thinking of other people. We have found it useful to send them thoughts of light, and imagine their images dissolving into the light. Various feelings and emotions may arise; simply note them and let them go. Do not attach importance to any thoughts or feelings, but observe them from a detached perspective. We have provided journal notes for you to record your experiences. You will want to note how easy it was to concentrate, what distractions came up, and anything else you experience. You are developing the ability to observe yourself with detachment, a very important step in reaching higher states of consciousness.

If you feel sleepy, listen to the journeys at another time when you are alert and relaxed. It is often better to listen before eating. Stretch before listening. Sometimes you will feel as if you are floating and it is hard to hear or follow the instructions. Simply enjoy these states, and follow the energy DaBen or Orin is generating rather than their words. We have found that when people first experience these higher energies it is sometimes necessary for the personality, which wants to analyze and figure everything out, to step out of the way. If you do not remember afterward what you experienced, you may

be experiencing these meditations in a deeper way, exploring states of consciousness beyond your intellectual ability to absorb or analyze. The more consistent the power you generate in the lower three centers, the more you will be able to sense and remember your experiences. Be easy on yourself—trust that whatever you experience is perfect. There is NO RIGHT or WRONG way to experience these journeys—only YOUR own unique, perfect way.

Talking about Your Experiences

People have asked how to explain what they are doing to their friends. We simply say we are learning how to harmonize our energy to reach states of relaxation, inner awareness, and focus. We have found that it is not necessary to talk much about what we are doing; it is best to let people observe the changes that are occurring in us and only tell them what we are doing when they ask. Share your excitement, but remember that you can polarize people when you talk about something too much or try to push it on them. We found that people's lives, their thinking, and their energy began to change so rapidly that others wanted to know what they were doing. Teach by your example!

Part 1
Awakening Your Light Body Course

Building Your Power Base

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

Getting Started

- Listen now to Orin and DaBen's welcome on Program 1.
- After you finish Program 1, listen to Program 2 to learn the first two vibrational energy body centers. Wear loose clothing and get into the recommended sitting posture. When you finish, record your experiences on the Journal Notes for Program 2 and the "Growth Snapshot" Journal Notes that follow.
- Listen to Program 2 at least once; several times is better. Then read the pages on the Nu'a and the Dinia. A marker • will give you the signal to go to Program 3.

Program 2 First Nu'a and Dinia Journey by DaBen:

Record your experiences with the first two vibrational energy body centers, such as subtle physical sensations (tingling, heat, spacey, lost consciousness, and so on), any emotions, sensations, images, or thoughts you remember.

Date of practice with journey:

Experiences:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Growth Snapshot: Use this page as a reference for your growth. You will be surprised as you read this from a future date at how far you have come. We have found that recording where you are at now is important to your future ability to see how far you have come. Once people reach a new level, they often forget life was any other way, and feel they have not come far enough. This will assist you in observing your progress. Use extra pages if you need them.

Date:

My main concerns right now are:

(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 like to see in my life:

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

- **READ ONLY AFTER LISTENING TO:
Program 2 by DaBen.**

Building Your Power Base Nu'a and Dinia

Congratulations! You have just worked with the first two vibrational energy body centers, the Nu'a and the Dinia. DaBen has used certain images with each center. The diagram on the next page illustrates the images DaBen used for these two centers. As you learned, these two centers can be activated in our consciousness by muscles. For women, the Nu'a is located inside the vaginal wall, and is a very small muscle near the front. Do not contract your entire pelvic floor, as this can cause irritation to the bladder. In men, the Nu'a is located slightly in front of and below the prostate gland. If you are not sure what muscle to move, try several until you notice a change in your breathing, a need to sit up straighter, or any other subtle change. The area of muscle you move may cover a larger area in the beginning, but as you work with the Nu'a try to isolate the muscle. You will find a smaller and smaller muscle that when moved gives you the same experience as moving larger areas of muscles. The precise point or muscle is not critical; as you work with the Nu'a the muscle will adjust itself. You do not need to contract the muscle strongly. A gentle, easy contraction will have the same results.

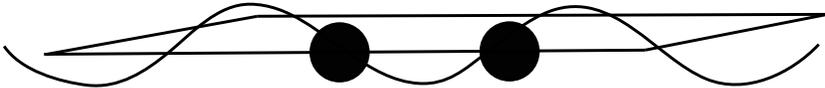
The Dinia is also associated with muscles. In women, these muscles are slightly above the ovaries. In men they are located in the same general area. To locate the Dinia, with your fingers locate the tops of your pelvic bones at the sides of your abdomen, about two inches below the level of your navel. By moving your fingers from the pelvic bone crests down and toward the center of your abdomen about one thumb length you will be near the locations of the Dinia centers. The actual centers are centered in the body. Experiment with moving the muscles here in as small an area as you can. The actual movement will be quite small and should be done very gently and easily.

The Nu'a and the Dinia work together. It is almost impossible to bring one into your awareness without activating the other. As you contract the Nu'a, you are bringing in energies from all around you. This energy includes everything about you: the earth, nature, other people's energies—all the frequencies of energy present in your environment. There are no good or bad energies; only energies that have varying degrees of usefulness to you. Some energies are easy to use; other energies require much refinement before you can use them. The first three centers you are learning, in this album, are the power centers that teach you ways to gain a fine-tuned control over the amount, frequency content, amplitude, and intensity of the energies you take in from your environment. As your skill grows, you will be able to harmonize with and more comfortably be around a larger range of people, environments, and energies.

The Nu'a cone can be long or short. The longer you make the cone, the more energy you take in. However, beyond seven to ten feet you may notice very little increase. The angle of the cone can be narrow, like a cylinder, or open to varying angles until it forms a plane. The more you open the angle, the more energy you are bringing in from around you. When you close the cone to a cylinder, you eliminate most outside energy from coming in. The best angle for the cone is the angle that comfortably enhances your experience. In the beginning, we suggest you not open the cone all the way up to a plane. Doing this can result in physical discomfort as your body is not yet used to

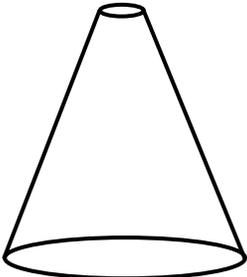
Vibrational Energy Body

Visualization Aid for Nu'a and Dinia



DINIA
(din-ee-ah)

NU'A as
cylinder, cone,
and plane.



NU'A
(new-yah)

Vibrational Energy Body

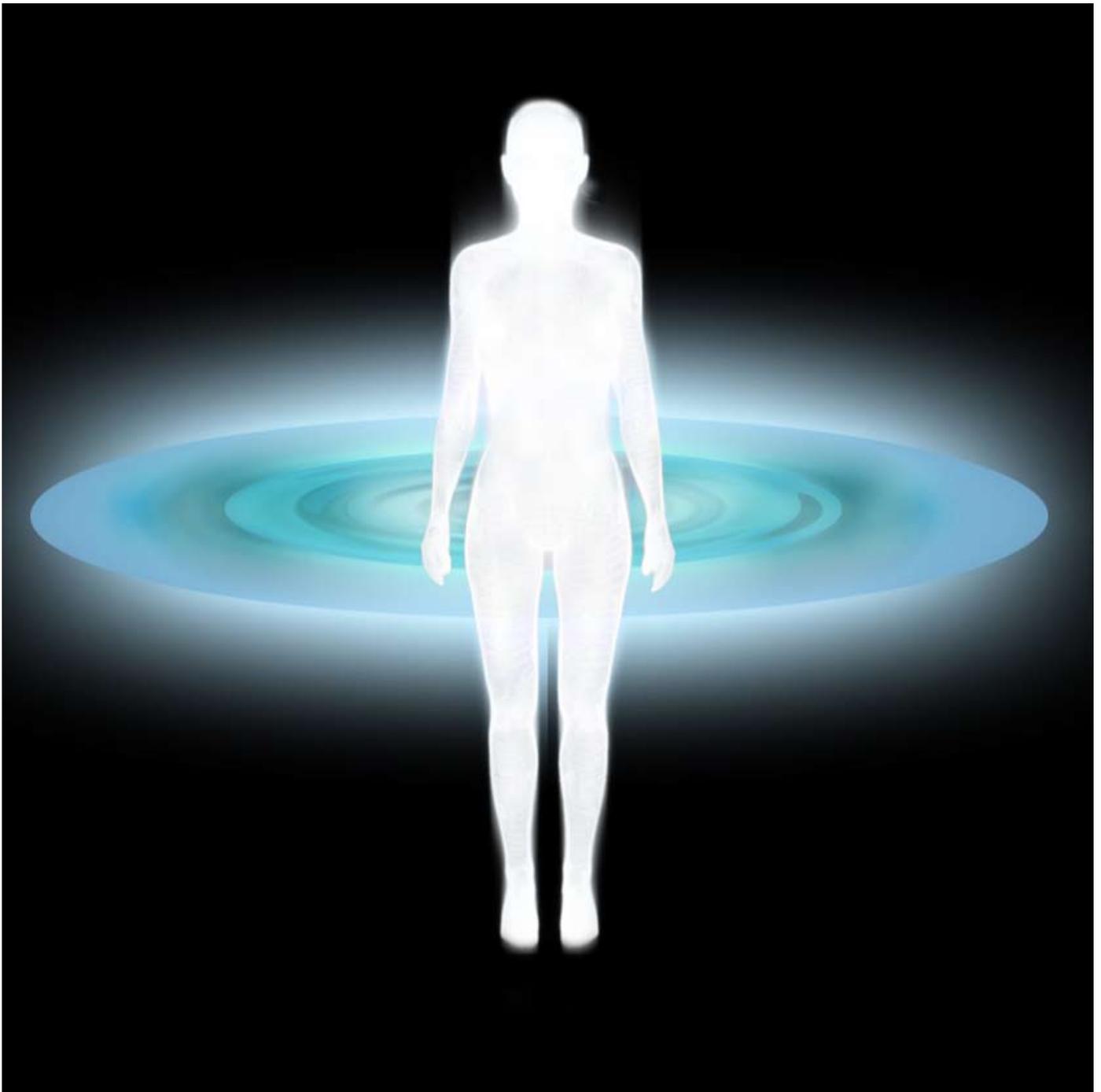
Visualization Aid for Nu'a



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.

Vibrational Energy Body

Visualization Aid for Dinia



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this much energy flow. Until you have a greater skill in harmonizing with a variety of energies about you, opening the cone too much can create anxiety if your environment is not as harmonized or friendly as you would like. Opening the Nu'a cone into a plane can overload your systems and make you feel drowsy, disoriented, dizzy, or unable to remember at a conscious level what you are experiencing. If you notice any of these symptoms while working with these energies, close down the cone of the Nu'a until the amount of energy you are bringing in feels comfortable to you.

The walls of the Nu'a cone are not usually well-defined. They can take on, to some degree, the beginning function of filtering the energies around you. The walls may become more defined the closer they get to your body. Do not worry about what the walls of the cone are made of, just observe and play with the cone and notice how your thoughts, feelings, and breath change as you do. The Nu'a is one of the most powerful of the vibrational energy body centers. You will use it throughout this course, as it determines the amount of energy you bring in. The Nu'a has a subtlety to it which keeps increasing as you use it in combination with the other centers. The subtleties happen by the rhythm and length of the contraction, and by how you use your physical muscles. The Nu'a stimulates a change in your breathing as your breathing opens up to handle the larger amount of energy flow your Nu'a brings into your physical body.

The Dinia is composed of two spherical or ellipsoid balls. Making them spheroid or ellipsoid has different effects, which you will learn about in future lessons. The Dinia begins to harmonize, modulate, soften, modify, and bring to a focus the qualities of the energies brought in through the Nu'a. It changes the frequency of the energies the Nu'a is bringing in to make them more usable for you. Whereas the Nu'a brings in energy when you contract it, the Dinia releases energy as you contract it. Squeezing the balls through tightening the corresponding muscles of the Dinia creates a wave that comes out all around you, covering 360 degrees. These waves create a plane, a surface defined by the waves. The waves move out much like ripples in a pond, flowing in all directions. Each Dinia ball is generating waves.

Play with how far out you can follow these waves with your awareness. Send your consciousness out along the waves at least five or six feet. One measure of how well-tuned you are getting the energies will be how easily you can, with your awareness, follow the waves as they move out; following the waves six to ten feet is fine. Sometimes you will notice that the waves change from what you generated the further out you go. Following them for a greater distance is not necessarily better, but is a measure of your attunement to the subtle energy about you. You need not always follow the waves out; do so when you are exploring the Dinia or want to experience your attunement to the subtle energies. Most of the time, particularly when you are involved in your experience or working with your higher energy centers, you may only notice the waves as they extend a foot or two from your body.

You can tilt the front of the wave-plane up toward your head, which allows in more energy. Or, you can tilt the front of the wave-plane down toward your feet, which decreases the amount of energy coming in. You can contract the Dinia in various ways. Frequent, fast contractions can create short, fast waves. Long, slow contractions can create flat, smooth waves. Each will create a different experience. Longer, smoother waves tend to be calming, Short, faster waves tend to bring through more energy.

If you are in a harmonized, friendly environment, around nature, guides, or in higher energies, you may want to open the angle and lengthen the cone of the Nu'a, and tilt the plane of the Dinia up. If you are in a tense, negative, or uncomfortable environment,

you may want to close down the Nu'a cone to a cylinder, shorten the cone, and angle the plane of the Dinia downward so that very little energy from outside comes in. You can also play with making the Dinia waves fast, short, long, or slow as ways to change the energy you are bringing in through the Nu'a. Remember there is no bad energy, only energy that you have not yet acquired the skill to use to enhance the states of consciousness you want to be in.

Constantly play with the size and angle of the Nu'a cone and the type of wave coming from your Dinia. It may change from moment to moment, as the energy about you is dynamic. Actively adjusting the Nu'a and Dinia allows you to make the most out of your experience of using the energy around you. Each time you run the energy you will have a new and slightly different experience. The energies around you are constantly changing, and your emotions and thoughts will be unique each time. The best way to experience results is to be inventive until you create the experience and felt-sense that is best for you.

Questions and answers about the Nu'a and Dinia

In teaching this course to many different people we discovered there were as many ways to experience the centers as there were people. You may have similar experiences, or your experiences may be completely different. Some people saw colors, some saw light, others saw symbols and images as they ran the energies. Some saw gridworks, felt places in their bodies light up, or saw patterns or streams of energy. Some had no visualizations. Some had physical sensations and felt as if they were floating, blissful, light, relaxed, and so on. Some felt a heightened awareness of their own energy and the energies around them, such as sounds, feelings of others, or their own thoughts. Some simply noticed that their breathing changed, and that they were more aware than normal of their posture. Some had a greater flow of insights, and found an enhanced ability to think clearly. Some had an inner awareness that was beyond words. Let whatever experience you have be the right one for you. Each one of you will be using these energies and states of consciousness for your own unique higher purpose, so let your experiences develop naturally rather than trying to have experiences similar to other people's.

After each meditation with the energy centers we had a question and answer period and a time to share experiences. We have included the comments and questions from the people in our classes that were made frequently in case you have similar questions or experiences. In every class we sent energy to you who would be joining us in learning these centers, welcoming you in our hearts. Join us as a class now.

Question: Do I contract the muscles of the Nu'a and Dinia all the time? It seems like I reached a point where the contraction did not seem necessary because I already felt the way I wanted to feel.

Answer (DaBen): (Answers by DaBen unless noted otherwise.) It is perfectly normal to lose awareness of the contractions of the Nu'a and Dinia. These centers are generating power for your other centers, and you will reach a point where you do not need to generate any more power. You might create a challenge as to how long you can maintain awareness of the contractions, but there will be a point where you know you have reached the place you want to be. When you learn the upper centers, you will contract the Nu'a occasionally to enhance your experience of these centers, but you will not continuously contract it.

This brings up a good point. If any of you feel that we have gone on for too long setting up a center because you are already there, stop following our instructions and work directly with your experience. Some of you need longer to feel the effects of these centers, some of you need less time. You do not need to spend a long time with the Nu'a before going to the Dinia. I have arbitrarily chosen an amount of time for the Nu'a and Dinia set up, but the amount of time you actually need will be different for each of you. Sometimes you may need no set up at all—you may instantly get the feeling. If you get the feeling right away, let go of our words and continue with your experience.

Question: Am I supposed to coordinate my breathing with the contractions of the Nu'a or Dinia? I noticed a change in my breathing, but I could not seem to consciously control it.

Answer: Your breath seems to change automatically without your needing to consciously control it. You can focus on your breath, or not. Your breath is like your autonomic nervous system, it will open to the greater flow automatically. Athletes automatically adjust their breathing to enhance their exercise. You will find a similar response. Simply focus on the Nu'a and Dinia and let your breath adjust to the flow you are creating.

Question: I felt a sense of increased power and strength—is this normal?

Answer: Absolutely!

Question: I seemed to see geometric patterns, and felt like I was traveling into other dimensions. What happened?

Answer: Some people see geometric patterns, especially when they work with the upper vibrational energy body centers. Do not get caught in the visualizations or sensations, or try to make sense of them. Observe them with a detached awareness. We will work with the geometric patterns in Part 3 as we explore your mental body and the Universal Mind. As you harmonize your vibrational energy bodies you do gain the ability to travel consciously into other dimensions. We will explore this a bit in future classes.

Question: I felt a sense of pressure in my head. It seemed like an intense headache at first, but it went away as we continued. What happened?

Answer: As we ran the energies, you created a greater flow of light and energy in your body than your body was used to. Those places that do not have equal flow can show up as pain or feel blocked. If you feel pain anywhere, first imagine this area opening. If this does not produce a shift, you can close down the Nu'a cone so you are bringing in less energy, angle the plane of the Dinia downward, and/or create different wave patterns with the Dinia—longer, smoother, or slower—until the pain subsides. You can also make subtle adjustments in the way you hold your head and neck, opening this area to allow a greater flow of energy.

Question: I am not sure anything happened. I think I am getting nothing.

Answer: There is no such thing as nothing—if you were truly getting nothing you would no longer be on this planet. Next time, explore that feeling of "nothing." Does it have a color or shape? How thick or thin is it? Do you have sensations anywhere in your body? Are your thoughts or feelings different in any way? Explore the nothing and you will find that "nothing" can be quite a rich experience. As you continue to run the energies and move into the upper centers, you will find your ability to observe, visualize, and remember your experiences growing much stronger.

Question: Yesterday I had a fabulous experience with the centers. Today I felt very little. How can I recreate yesterday's experience? How can I consistently have an intense experience when I run the energies?

Answer: (With smile.) One of the greatest lessons these centers will teach you is an apparent paradox: you can only control your experience by giving up control. You often have strong expectations about what you want to experience, and these very expectations can keep you from having the experience you want. Stop trying to control your experience, and focus instead on working with the Nu'a and Dinia. You can control the way these energy centers work to enhance the potential for a certain experience happening. Even so, you can only come close to past experiences, never completely duplicate them. Be open to and enjoy whatever experience you have as being the perfect one for you at that time. Remember also that "stronger" is not always better. Sometimes it will not be intensity you are after. There may be an exquisite subtlety to the feeling you want to explore further. Pushing for intensity can leave you tired rather than taking you further. Make each experience as complete, as rich, as full as you can—and stop at that point.

Question: Do we always need to contract our muscles, or can we just think of the word Nu'a or make the sound and imagine the contraction?

Answer: You do not always need to contract the muscles, but it is probably the easiest way to get started. Once you have the energy experience of each center, you can simply use your memory of that experience to go back to it. We have used the visualizations and images of these centers to take you to the experiences of them. Once you have the experiences, you can drop the visualizations and simply experience them. We find it is best to fully learn the visualization for each center and then decide how useful it is to you. As with any method, these formal techniques are simply vehicles to get somewhere; when you have arrived you no longer need to use the vehicles.

Question: I am not sure how the Nu'a and Dinia connect to each other.

Answer: They are not physically connected, but are connected at an energy level. The Nu'a and Dinia work together, they are a unit. The Dinia is processing the energy as it comes up through the Nu'a. As they work together they set up a wave that moves through your body.

Question: What does changing the length of the Nu'a cone accomplish? Is this grounding or centering myself?

Answer: The longer the cone becomes the more it increases your experience of the energies about you. Generally it extends out about six or seven feet, however after it gets beyond ten feet the difference in experience is very slight. This cone is not going into the physical earth, you are not grounding with the cone. You are using it to bring in all of the energies about you, of which the earth is one part. It might be said that you are centering, but you are not using these energies to get centered. Being centered is a gift of using these energies, it comes as a part of running them. You create a flow of energy as you use the Nu'a and Dinia, experiencing the energies about you, adjusting to these energies by adding harmony and smoothness to them. This changes the way you feel into what many people have called "centered."

Question: Does it accomplish anything to make the cone long and short, alternatively, as if I am pumping it up and down?

Answer: This is not really useful except when you start working on interdimensional traveling and want to go to certain other realities. We will do some interdimensional traveling in Part 2 and 3.

Question: Does the size of the Dinia balls have any effect on your experience?

Answer: It is best to work with a size that feels just right, noticing that at different times the size that feels right may vary. Usually they are about the size of a walnut.

Comment: I felt such a glow when I came back. I felt disconnected and did not want to be here anymore. I just wanted to stay forever in those spaces. I am not sure I felt the same as I did before I worked with these energies. I almost feel disoriented.

Reply: You do not want to come back to who you were before you opened up to these energies. You want to learn to operate in the world at this new level. If you have to drive, or be immediately present in normal reality, walk around or do something physical until you feel fully alert and present in this reality. You will get used to these energies and find them easy to integrate as time goes on.

Question: How are these centers related to the chakras?

Answer: There are many energy systems that focus energy from your soul into your physical body. Each one acts as a filter, creating as a final result your physical body. Some filters, such as the meridians, are closer to your physical body. Some filters, such as the chakras and vibrational energy body centers, are closer to your soul. The vibrational energy body centers seem to be at least a level closer to your soul than the chakras. We have found that the closer to your soul the level of filter you work with, the more easily you can change the energy systems below them, those that are closer to the physical body. As you align your vibrational energy bodies you begin to create flow and harmony in your chakras without working directly on them. Changes made in the vibrational energy bodies can affect many other levels, creating changes in your chakras, mind, emotions, and physical body. As you run the energies and work with these centers, many emotional and mental issues will shift to a higher level without your working directly on these issues. When your vibrational energy bodies are harmonized your spiritual shimmer, your soul-self, begins to shine through with more presence and vibrancy into physical reality.

Question: You constantly refer to flow. What do you mean by flow?

Answer: Flow does not mean that energy has to go anywhere. You have probably watched a piece of cork float, it does not go anywhere, it just moves in place with the wave. Your energy is flowing when the waves of energy are moving through without anything stopping them. As the Nu'a and Dinia work together they set up a wave, like a standing wave, that moves through your body.

Question: How did you arrive at these names, pictures, and sounds for each center?

Answer (Duane): The names were derived from DaBen after hours and hours of meditation with each center. I tried many visualizations for each center, and noticed that certain ones consistently produced results—the cone for the Nu'a, the waves that came out of spheroid balls for the Dinia. The Nu'a name and cone came fairly easily after six or seven hours of working with it at a power spot in the Utah desert. I kept hearing a sound inside as I worked with the cone, and the sound was Nu'a. DaBen said that the

sound of each center contained certain frequencies that awakened the center. We spent many more hours exploring all the subtle ways that the sound could affect the opening of this center. Some of the other centers took much longer to derive. Sometimes I had to find just the right power spot before I could bring through the information. DaBen tells me this was because the energy to open the centers was not present on the earth plane before now, except in certain places. For some of the upper centers, Orin would give Sanaya the same name for the center, and when I returned from the power spot we had both received the same information independently from Orin and DaBen about the names of the centers.

Question: I saw colors as we worked with the various centers. Is this significant?

Answer (Duane): I have not found any significance to color in these energies. Colors do exist, but they change and vary with each experience. Just let the colors be as they are. They may change rapidly, or be fairly constant; they may be multi-hued. It is all energy, some of it comes into your sensory system as color, some as inner visualizations, some as physical sensations. Just observe and do not get caught in any one of your experiences.

Question: I felt such a sense of euphoria, what did I do to create that? Is it only possible while listening to DaBen, or can I create it on my own?

Answer (Duane): Just as we mentioned earlier, your experience comes from your ability to find the best energy combinations from the energy currently present, not from a fixed formula. Someone mentioned that they closed the Nu'a cone entirely and floated on it, while others opened it quite a bit to create that floating feeling. Experiences are not dependent on how much or how little energy you bring in, or on your ability to run the energies faster or better. It is doing what is appropriate for the energies present at that time. The way to do this is to be playful, inventive, and keeping the centers adjusted to enhance the experiences you are having. You can create this state of bliss anywhere you are, but because the environment is different at different times, the way you create it will vary. There are no fixed rules about what way to use a center to produce certain, repeatable experiences. As you develop your skill in using these centers you will be able to create a sense of euphoria, without needing guidance or energy transmission.

Question: I got a stomachache after that journey. What happened?

Answer: If any of you got a stomachache, or felt a sense of pressure building in your abdomen, you are building up more energy than you are releasing. You are also beginning to sense the next center which you will learn on Program 7. To open a larger energy flow, you can open the back of your head and neck by simply lifting your upper chest and subtly adjusting the way you are holding your head. If this does not fully relieve the pressure in the abdomen, also reduce the angle of the Nu'a cone, keeping the Dinia plane flat and lengthening the Dinia waves, until you feel a shift. You will learn more about a larger energy flow as you work with the next center.

- Listen now to Program 3 to further explore the Nu'a and Dinia. Listen to Orin's Subpersonality Journey (Program 4) and Orin's Age Regression: Evolving Your Inner Child Journey (Program 5). These will help your personality handle the insights and changes that being on this accelerated growth path may create. Use the Journal Notes that follow to record your experiences.

Note: There will be times when you want to use the journeys to run the energies and times when you want to practice without them. Some people learn best by listening to the journeys whenever they work with these energies; some prefer to listen to the journey once and do the remainder of their practice without the journeys. Do whatever feels right to you. You will find it useful to practice running the energy without the journeys at least part of the time as you will want to nurture your growing skill at harmonizing your energy in many varied, everyday situations.

Journal Notes

Program 3 Second Nu'a and Dinia 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:

Program 4 Subpersonality Journey by Orin:

The following meditation by Orin works with one of your subpersonalities. A subpersonality is a part of your personality, such as the part of you that doubts, resists, likes to work hard, and so on. As you bring in more light and harmonize your vibrational energy bodies, all your subpersonalities are stimulated, including those that do not yet have much light.

Orin's subpersonality journey is a powerful way to transform doubts, resistance, insecurity, or other programs of your personality that may appear as you open to more light. These subpersonalities are always trying to do the best they know how, but often their vision of who you are is based on who you were many years earlier.

This journey will assist you in giving various parts of your personality a new vision of who you are. As you integrate and evolve all your subpersonalities you can create immediate and powerful changes in your thoughts and feelings. Use this journey as often as you want, and continue to use it as you experience the rapid changes that occur as you move into the higher vibrational energy body centers.

Journal Notes

Program 4 Subpersonality Journey by Orin:

Date listened to:

Experiences:

(What subpersonality you worked with, what it looked like, how the subpersonality turned out, what new agreements you made with this subpersonality, and so on.)

Date listened to:

Experiences:

Journal Notes

Program 5 Age Regression-Evolving Your Inner Child Journey by Orin:

Age regression is a powerful tool for transforming earlier decisions and beliefs that are still operating to create your reality. As you harmonize your energy bodies, those areas that do not have as much light will become more obvious to you, and you will want to have ways to transform them.

Transformation can start with new decisions and beliefs about reality, which this journey by Orin will assist you in making. Use this journey for any situation that is troubling you or to transform any feelings you want to bring to a higher level. You can use this journey throughout all the light body courses to assist your personality in bringing your environment, beliefs, thoughts, and relationships up to the higher vibration you are becoming. As you change your basic beliefs and earlier decisions, you can create dramatic and immediate changes in your reality.

Date listened to:

Experiences:

Date listened to:

Experiences:

Journal Notes

Program 6 Third Nu'a and Dinia 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:

General Instructions

You have now completed Programs 1, 2, 3, 4, 5, and 6.

Please work with the above programs for at least a week, before moving to Programs 7 and 8. Program 7 introduces the third vibrational energy body center, the Leow.

You will know you are ready to listen to Program 7 because:

You have listened to the previous programs at least once.

You have located and experienced the Nu'a and Dinia.

You have had some subtle physical, emotional, or mental experiences as you worked with these centers.

You have read the information and questions and answers about the Nu'a and Dinia at least once.

- **If you meet the above criteria, listen now to Program 7. When you finish, record your experiences in the Journal Notes provided and read the pages that follow.**

Journal notes

Program 7 First Leow Journey by DaBen:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

☛ **READ ONLY AFTER LISTENING TO:**
Program 7 by DaBen.

Leow

Congratulations! You have just finished learning the third vibrational energy body center, the Leow. The Leow amplifies the smooth, harmonized energies from the Dinia and Nu'a. Together with the Nu'a and Dinia, the Leow forms the power base for the rest of the vibrational energy centers. These are the only three centers directly influenced by a muscle. The muscle that controls the Leow is right under the diaphragm near the solar plexus. You do not contract it, but lift it slightly as you spin the balls. It is not necessary to know where the muscle is to work with the Leow, however, you can find it with your finger by pushing in lightly at the V of at the front of the rib cage, near your solar plexus, right below the breastbone. Exhale and relax your muscles here so you can move your finger in; do not push too hard. Experiment with moving the muscles in this area until you find a muscle you can mentally lift. This muscle creates space or a vacuum for the Leow. All the rest of the centers work outside of the muscle system, and you will watch them with your inner eyes and imagination. The upper centers are influenced by the lower centers you have just learned. Throughout this course you will want to increase your skill with these lower centers, as they power the vibrational energy body centers.

The Leow consists of three small spheres or balls about the size of a marble, contained in a volume about the size of a baseball. The spheres are generally the same size. As you start with the Leow, each ball begins to spin individually, and then the balls spin around each other in more and more intricate patterns. As the spin increases, the patterns the three spheres make soon become too intricate to mentally follow. Follow the spheres as they spin faster and faster until it is beyond your ability to follow them any longer. As the spheres spin they radiate energy in all directions and may appear to your inner eyes as one point of energy. One way to enhance your experience of the Leow is to hold on mentally to the spinning of the spheres until you cannot possibly follow them any longer. At the point when they move too fast or their movements become too intricate for your mind to follow, your mind reaches overload. From this momentary overload, a shift takes place as if you have moved from ordinary reality into an expanded reality.

As you work with all three centers, part of your focus should be to see how much more alive you can make any feeling that is created. Each time you run the energies the experience may be unique, so do not try to recreate the highest experience you can remember. Each experience with these centers can take on a different quality. Take whatever experience comes as you run these energies. Make the quality of your experience as solid, as concrete, or as intense as you can; then enhance and increase that quality. Learning to work with these first three centers, your power base, and the next center, your heart center, can give you about sixty percent control of your emotional body. This means letting your emotions flow, whatever they are, and not attaching to them. These first three centers are the centers that influence your physical and emotional bodies most directly. As you open these first three centers, you will also light up your upper centers. Just as some of you felt the area of your Leow light up when you worked with the Nu'a and Dinia, just notice what is happening and ride on your experience of it.

Vibrational Energy Body

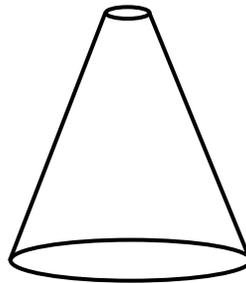
Visualization Aid for Nu'a, Dinia, and Leow



LEOW
(lee-ow)



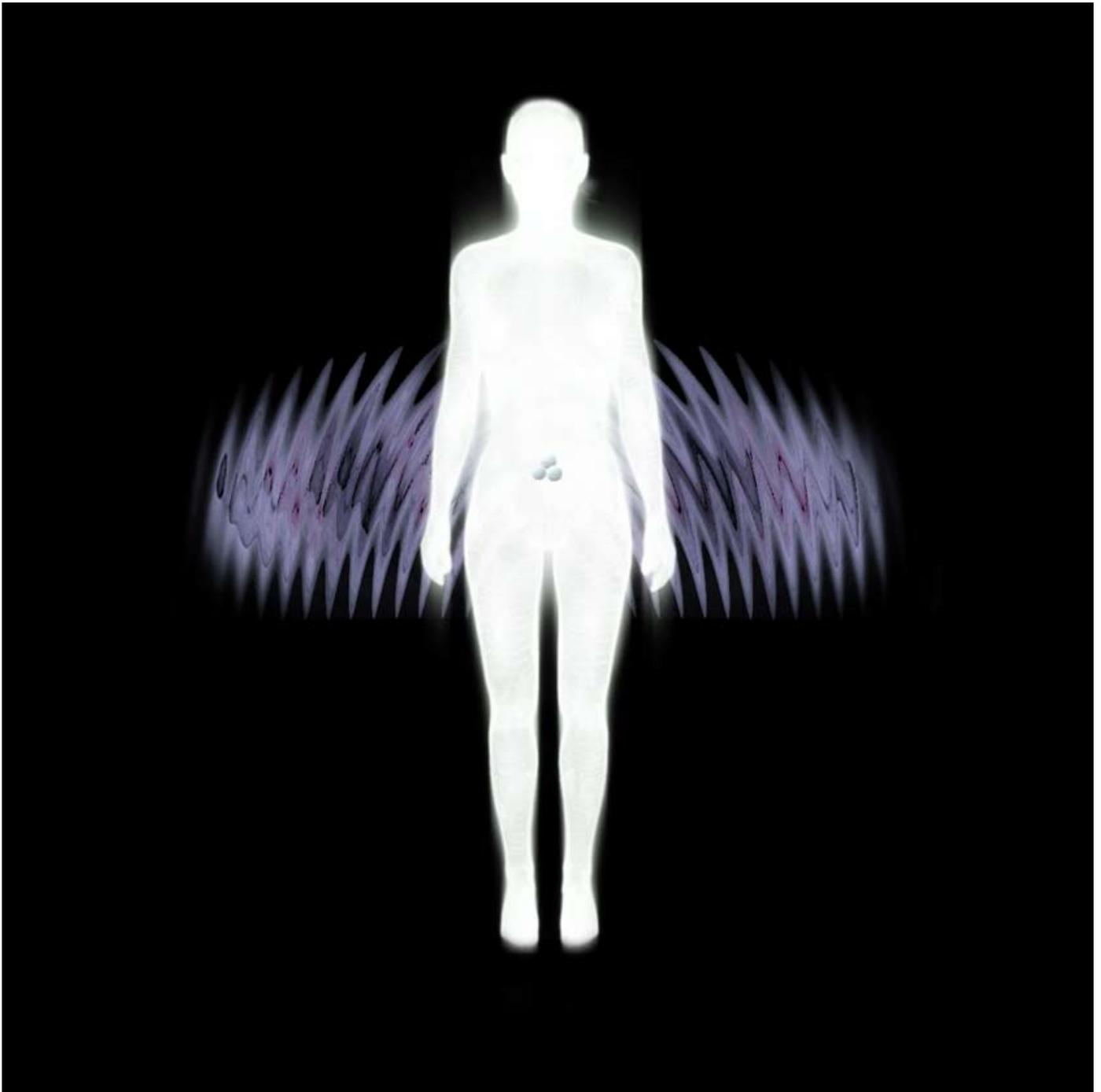
DINIA
(din-ee-ah)



NU'A
(new-yah)

Vibrational Energy Body

Visualization Aid for Leow



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DaBen and Orin's *Awakening Your Light Body* Course
Part 1: Building Your Power Base (LB111P)

Vibrational Energy Body

Visualization Aid for Nu'a, Dinia, and Leow



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Now let us share with you some of the questions people in the classes asked as they experienced the Leow.

Questions and Answers about the Leow

Question: I felt like the balls were going faster and faster until they exploded. What happened?

Answer: When this happens your consciousness has made a shift because of the speed at which the centers are moving. This will happen some of the time, but it not a goal of the Leow. It is a wonderful experience when they explode, but do not try to make it happen. If the balls of the Leow are not spinning as fast as you would like, bring your awareness fully to the Nu'a and Dinia, get them working, and then come back up and start over with the Leow. You want the three balls to spin so fast they become one point of energy or disappear from your awareness.

Question: How are the three balls connected to each other?

Answer: They appear unconnected, except perhaps by something like molecular bonding. The balls stay easily in the volume defined by the larger sphere until they are spinning so fast they explode, become a point of energy, or disappear.

Question: I heard a tone, almost an audible sound from the Leow. Is this normal?

Answer: It will not happen all the time, but you may experience a high pitched sound, like it is right in your eardrums, as you work with the Leow. Some of you may sense a sound, or feel a sound. This is definitely normal, for the Leow does create a frequency as it spins that can be audible to your ears. It is not necessary to hear this tone, however, to effectively work with the Leow.

Question: As I run these energies, I feel that other people are probably experiencing more or doing better than I am. How can I work with my feelings that I am not doing it right? (One of the most frequently asked questions!)

Answer: First, remember that there is no RIGHT or WRONG way to experience these energies. Some people have a floating feeling, some "see" inner pictures, some feel sensations, while others experience different states of emotions such as bliss or peace. Sometimes those feelings are subtle, sometimes they are intense. Each of you has a different way of processing information and sensing things. Some of you are visual, others of you are feeling-oriented. The way you experience these energies will also vary depending on your ultimate purposes in using them. Some of you will use these energies for writing, so you may find them increasing the clarity of the ideas you bring through. Or, if you are an artist, you may find that your inner pictures and colors become more vivid, while those of you who are musicians may find that these energies stimulate changes in your inner ears, but give you little feeling or visual sensation. First be alert to enhancements of the things you already do well, then be alert to how new or previously difficult things are now easier. *Instead of looking for a certain experience, love and appreciate your unique experiences. Make each experience you are having as clear, vivid, and enjoyable as you can. As you do, your experiences will help light up your special, unique path.*

If you are still experiencing doubt that you are doing these journeys correctly, let us look at how you can work directly with doubts. As you work with the lower three centers, you are beginning to untangle your emotional body from your mental body.

When a doubt arises, it is simply a place where your emotions are still entangled in your mental body. Next time that doubt comes up, find at least one feeling associated with the doubt. There will be at least one feeling and at least one thought. Find where the two can be identified as distinct from one another. Now, run the energies, holding your attention on the thought and feeling associated with that doubt. Then, with the energies running, see if you can get emotional about that doubt. This should take the emotion out of the thought, which is the first step in dealing with your emotions as pure energy. If you were still able to be emotional, take smaller and smaller aspects of the doubt and repeat the process until it becomes free. We will work with this much more in the upper centers as you learn to untangle your mental and emotional bodies; learning to change thoughts as well as emotions. Notice that the more flowing and harmonized your energy becomes the harder it is to hold on to a negative feeling. Emotions are important; do not try to do away with them. Emotional energy has an essential function, it is the way you magnetize things and motivate your personality. It is only when your emotions become entangled with some thought or your physical body that you lose your ability to experience the flow of the emotional body. The goal with emotions is to experience them flowing, harmonious, and smooth, so the light of your soul can shine through.

Question: How about positive emotions? Are your emotions flowing when you feel a lot of excitement?

Answer: Try this for a moment. Pick something you feel really good about, perhaps think of something you "could not live without." Now notice as you think of this it sets up a real tension. It is enjoyable to think about it, yet you also have the polarity—"If I did not have this thing it would be terrible." Run the energies again, then briefly think about this thing. As you create that flow, notice the difference in how you think about it. You can still think about it, but notice the difference in how you feel. When you run these energies you get above where polarity exists, you do not need to have the tension created by thoughts of losing something you love, or having to grab onto that feeling so it can last forever. There is simply an open, flowing feeling as you think about it. You do not have negative feelings, and you do not have the tension that comes from the polarity of positive feelings. You simply have a peaceful, flowing feeling. This is the emotional body at its highest.

Question: How is the Leow connected with the Dinia and Nu'a?

Answer: One of the functions of the Leow is to amplify the energy coming from the Dinia and Nu'a. The Leow does not directly connect with the Nu'a and Dinia. It takes the energy from them, almost as if a vacuum is created and draws the energy into the Leow. From the Leow the energy is amplified and sent to the upper centers. The space between the first two centers and the Leow is where one of the light body centers is located, and you will see some connections with them as you learn the light body centers. You can bring the diaphragm up a little bit, as though you are pulling the Leow up further away from the Dinia. The space created when you bring up your diaphragm, even though only a little bit larger, can increase the energy coming from the Leow.

Question: Does the Leow send out energy?

Answer: Yes, the quality of energy radiated from the Leow is determined by the quality of energy coming from the first two centers. It generates the power to send energy into the upper centers. You will learn about this in Part 2. The energy comes out in all directions, the Leow does not form as plane as does the Dinia.

Question: At a certain point my breathing changed, almost as if it went on automatic. Does the Leow affect the breath?

Answer: Definitely! The automatic breath seems to be triggered by the Leow, but the breath is also responding to your whole energy state, not just the Leow. There is some association, but it is not a direct one.

Question: I got very hot. Why?

Answer: Many of you will feel a raised body temperature when you first run these energies. Your body has to make physical adjustments to the increased amount and new type of energy you are bringing in. Running a higher vibration of energy through your body often results in a higher body temperature initially, until your body learns to adjust to this new level of energy. Some of you who channel may remember when you first started or reached a new level you often felt warm.

Question: I noticed that the Nu'a and Dinia form a triangle, and the Leow and Dinia form a triangle. Does this have any significance?

Answer: It is better not to try to figure out how these centers might connect. You may get a sense of triangles, but it can defeat your experience of the energies if you focus on how they work together. The centers work together simultaneously and become a part of your experience without your focusing on their connection.

Question: I notice that my mind is quite active when I do this. A part of me keeps saying, "Well, are you experiencing anything yet? Is this what you are supposed to experience, and so on." What can I do?

Answer: If your thoughts are getting in the way of your experience, do not try to eliminate them. Instead, talk to them and give them a new role. Tell them to help you become more aware of the experiences you *are* having. Then, play with and fine-tune the Nu'a, Dinia, or Leow and notice if doing anything differently changes the way your thoughts occur. Often you can quiet your thoughts by changing the way you are using these three centers.

Question: Can these energies be used in a negative way?

Answer: Absolutely not. If you try to use these energies to manipulate or create negative energy or experiences for someone else, it seems that all that happens is the energy comes right back to you. You may experience your energy as becoming very closed and dense.

Question: Should I give up my practice of (anything here-meditation, channeling, martial arts, rebirthing, bodywork, etc.) to run these energies?

Answer: You do not need to give up any other practice, in fact, these energies can enhance anything else you are doing if doing that practice expands who you are. Using these energies can make rebirthing, bodywork, guided meditations, channeling, running, walking, or any other activity you enjoy doing even more enjoyable. However, we suggest you do not initially run these energies while driving, as you will want to be as physically alert as possible and these energies may not always make you physically alert and aware of your outer environment.

- Listen now to Program 8 to experience and learn more about these lower three centers. Record your experiences in the Journal Notes that follow.
- When you have finished Program 8, listen to Programs 9, 10, 11, and 12 when you feel you are ready. Record your experiences in the Journal Notes that follow.
- When you have listened to Programs 8 through 12 at least once each, practice working with each center to:

More precisely locate the Nu'a muscle in as small an area and make it as gentle a movement as you can.

Experiment with the Dinia wave, angle of the wave plane, and different wave lengths, to notice the range of subtle energy changes created. Be sure you can follow the Dinia wave out, with your imagination, at least six feet in all directions from your physical body.

Practice following the balls of the Leow as they move faster and faster.

Accomplish a thirty to fifty percent reduction in a muscle ache and/or transformation of your experience of food or a stomach ache. (Unless you have none!)

Work with the Emotional Release Journey by DaBen (Program 9) to become more aware of your emotional flow.

Note: You will want to spend enough time with the centers to build sufficient power and strength in them to be able to experience and work with the next centers, and to integrate the changes occurring in your life. When you have done this, go to the General Instructions heading that follows to evaluate your readiness for Part 2, *Opening Your Heart Center*.

Journal Notes

Program 8 Nu'a, Dinia, Leow 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 9 Emotional Release Journey by DaBen:

We suggest you only practice this using the journey.

Date of practice with journey:

Experiences:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 10 First Process - Transforming Food by DaBen:

Do at least once without the journey.

Date of practice with journey:

Experiences:

Date of practice without journey:

Experiences:

Second Process - Self-healing a Muscle Ache or Blocked Energy:

Do at least once without journey.

Date of practice with journey:

Experiences:

Date of practice without journey:

Experiences:

Journal Notes

Program 11 You Are the Master Journey by DaBen and Orin:

Date listened to:

Record your experience—what does it feel like to be the Master?

What advice did you give yourself?

Journal Notes

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

Date listened to:

Experiences:

Date listened to:

Experiences:

Date listened to:

Experiences:

Additional Guidance and Suggestions

Summary of Guide

What follows are answers to some commonly asked questions. Information about these questions is also included throughout this manual, so please review the written material in this manual as well. As you awaken your light body, you will need to rely on yourself and your inner experiences as your authority of how these spaces work for you. There are no intellectual answers that will tell you how to experience these spaces.

You may call on DaBen, Orin, your guide, or other masters for assistance or inner answers. Remember, the guides cannot transmit or send you energy unless you ask for it. You can best receive these transmissions by being in the light body state. If you can, find DaBen and Orin and track the energies they are transmitting to the group and to you.

You do not need to sense anything special during DaBen or Orin's transmission times to gain the benefits of them. Often the true work takes place on a higher plane than the one your conscious mind is aware of. All you need do is sit quietly, have the intention to join in the transmissions, ask for anything you would like help with, and open to receive. This is the place where all true work is done, for you are working on the higher plane of cause rather than the physical plane of effect.

If you have any questions about your experiences with the centers, about the skills you are learning, or other questions, focus on those questions during DaBen or Orin's transmission. Find your questions as energy, or simply think about them for a moment when you are in a high state. Notice as you come back if there is any change in your perception or in the way you view the question. You might even discover that your question disappears in these spaces.

You are your most important source of wisdom. No one can tell you what your experience should be or how to operate in these spaces. While some suggestions are included in the course of what you might try if you encounter certain challenges, there are many other things you can discover to try as well that will work for you. Play, have fun, be inventive, observe, and enjoy as you journey to the wonderful spaces that awakening your light body takes you to.

If you have problems understanding DaBen's instructions

Sometimes you may lose your experience because you have trouble following or understanding DaBen's instructions and start "going mental" trying to figure them out. DaBen would prefer to simply transmit without words, for he is aware of the challenge of instructing you while you are in the spaces. Part of your mind listens to the words and wonders if you are really following the instructions, why you are not able to do what the instructions say, or why you are sensing something other than what the instructions seem to indicate.

Do not try to figure out DaBen's instructions, for that will take you out of your experience. If you have trouble following DaBen's instructions, follow the energy DaBen is transmitting rather than his words. If you are so fully absorbed in your experience that you are being carried on the energies, you do not need to continue to listen to DaBen with the conscious part of your mind. Follow the journey, and let yourself be your experience.

What does it mean, “Be your experience?”

Many times DaBen will say, “Be your experience.” It means becoming whatever experience you are having. If you are in resistance, be the resistance. If you are having mind chatter, become the mind chatter. Notice how the thoughts are coming into your awareness, start following that process of their coming into your awareness, and soon you will be in your experience and the flow will be there. If your experience is taking off, become that experience as fully as you can. If you are seeing patterns of light, or if you are only aware of your ordinary reality, feeling relaxed and peaceful, or having floating sensations, or even feeling “nothing,” get as fully involved in those experiences as you can.

Questions

Most of these spaces can only be known through your experience of them. Any attempts to describe your experiences and put them into an intellectual framework runs the risk of turning things into a belief system that may or may not be accurate.

Your rational mind would like to understand these energies at an intellectual level. It likes to analyze, compare, and question. It may divert you from your experience by asking mental questions such as “Am I doing it right? Should I be experiencing what I am experiencing?” When it comes to the areas you are learning, your rational mind really has nothing to directly contribute. Your rational mind cannot predict what your experiences will be. Nor can it create those experiences by memorizing certain steps and formulas or ways of being in these spaces.

Let go of your questions and stop trying to mentally figure out how things work in these spaces. Simply enjoy whatever experience you are having, be observant, and learn what works for you to assist you while you are in these spaces.

Not sure if you are “doing it right”

Many of you judge your experience, wondering, “Am I doing this right? Is this the experience I am *supposed* to have?” Let go of the right and wrong aspect of any experience. There is only your experience. As we listened to people's questions over the years, many of them felt they were doing something wrong because what they were experiencing did not match their expectations or other people's experiences. Many of you are even having very advanced experiences, and interpreting them as doing something wrong. Even if you experience nothing, or mind chatter all the way through, simply BE this experience and stop judging yourself. Tell yourself, “This is the right and perfect experience for me to have.” Observe whatever experience you are having.

If you are doing a journey and feel that you are going too far out, or you are not going far enough out, and your mind is telling you that you ought to be getting a different experience, just observe your mental body for a while. Watch your thoughts. As you watch your thoughts, you can become the experience of watching your thoughts. Then your thoughts take you right back out into the flow.

Please remember: IN LIGHT BODY JOURNEYS THERE ARE NO WRONG EXPERIENCES. EVERY EXPERIENCE YOU HAVE IS THE RIGHT ONE FOR YOU.

Having problems with a particular journey

If you think you are not getting the experience you should be having with a particular journey, simply move on to the next one. You may come back later to the journey you were having trouble with. Do not push. Let your experience be easy, playful, and fun.

Mind chatter

You can use your thoughts as a doorway into a higher state. Simply observe them, become them, and let them carry you higher. If a lot of thoughts are coming up, let each thought complete itself, then follow it to the next thought. Do not let any one thought cycle around again and again. If the third or fourth thought comes up and it is still about the same thing, when you come back to it again, focus on that thought. What is there? Go into it. Note how it feels physically. Get involved, not in each thought, but in the next thought that comes up. You might say, "Here comes a thought. There is another one," and just keep observing them coming in. Keep observing that movement of each thought and the next one and the next one without getting involved in their content. Soon you will be in your experience of the energy and you will find that you are following right along with the energy that was there all along.

Falling asleep

When you are in the light body spaces, what counts more than anything else is being your experience. Some people do not have much thought process in the light body spaces that become memory. You may not remember anything about what happened during a journey in the usual way. You may have no thoughts or even any visual experiences in these spaces. You have to use another sensory system to maneuver in these spaces. That system may not be one you can use to remember your journey, and it may feel as if you were asleep. As you come back from the journey, notice if you have an awareness that you have been someplace, that something has occurred and that you were not just "asleep."

On a more practical level, make sure you are rested and alert before you start the journeys. Work with the journeys at times other than after a heavy meal or when you are tired.

Had a good experience, now not experiencing anything

Sometimes you will have incredible experiences with a journey, and many other times you will have ordinary experiences, nice ones, but not spectacular ones. Sometimes you will feel as if it is all coming together, and at other times you may feel as if you have dropped way back in your skills, your thoughts get in the way, and so on. You will get better and better at being in these spaces, but there will be times in which it is as if you never knew anything about them or how to get there. As you continue to get into these higher states your ability improves, gets more polished, and you get smoother at getting there.

If you find you are not having the experiences you think you ought to have as you do these journeys, do not try to figure out why. Asking other people to assist you in figuring out why you are not having certain experiences will not give you answers. Your answers must come from within, from your own learning and skill with these energies.

Remember that growth is not linear. You may have a wonderful experience one time, and a very ordinary experience at another time. This is a fine and normal experience.

Not getting anything

If you feel you are not getting anything as you do these journeys, start by letting go of your expectations about what you think you ought to be experiencing. Relax and accept whatever experience you are having as the right one for you. Become whatever experience you are having, even if it is an experience of "nothing." Focus totally on your experience of nothing. Look inside that "nothing" and see what qualities it has, or what texture. Identify as many of the features about it as you possibly can. Notice if there is any sense of movement. Do not worry if it feels as if you are making it up. It is through using your imagination that you are able to sense the subtle energies.

Experience what that "nothing" is as completely as you can. Do not fight your experience or try to change it. Let yourself become a part of it and be drawn into it. Do not try to invent something. Allow yourself to sit with what feels like a blank screen for 30 seconds or so, whatever your sense of time is. If, after awhile, you are still getting nothing, draw in slightly smaller and look around even more, noticing what is there or any movements that are happening. What you will find is that in that blankness, there will begin to be patterns or a sense of some energy that will draw your attention. Pay attention to whatever is there, and let it become your experience.

It is not possible *not* to have an experience. It may be that you did not experience what you expected, or that you were so focused on having a certain experience you did not appreciate or acknowledge what you *were* experiencing. Or maybe you got something, but you were not quite sure of what it was. That is fine; do not try to define or analyze your experience. Simply continue with the next journey.

If you feel you are just experiencing ordinary reality, focus fully on what is so ordinary about it. Become aware of everything, such as how far you can send your energy out, the sounds around you, the feeling of your clothes against your skin.

Feeling spacey after journeys

Feeling spacey after these journeys will dissipate quickly as you return to normal reality, get physically active, or do those things that bring you out of these spaces. Remember to close down your Nu'a cone.

Feeling anxious or "speeded up" after a journey

If you feel too much energy after a journey, slightly anxious, or "speeded up," you have probably left your Nu'a cone open. Do not walk around with your Nu'a cone open, as you may bring in more energy than you are able to harmonize with. Close down the Nu'a cone after you return from a journey.

Nu'a cone: not sensing anything different as cone changes

Some of you may not sense anything different as you play with the various angles of the Nu'a cone. If this is so, do not worry. Your ability to sense the subtle energies will increase as you work with the centers. Continue working with the journeys, progress to the next center (Leow) even before you are certain you can feel the Nu'a and Dinia. Do not try to figure things out as you listen. Let whatever experience you are having be the perfect one for you. It is not necessary to "sense" the changes the angle of the cone makes to get the benefits of this course.

Cannot locate Nu'a and Dinia

You do not need to find the precise location of the Nu'a to have the experience of this center and to use its energy as you are first learning the vibrational energy bodies. What is important is as you find the muscle and the subtle energies with your awareness, that you notice some changes in your breathing and a sense of heightened whole body awareness while you are running the energies. As you master the Nu'a you will refine its location for you based on your experience of the energy of the Nu'a. The muscle location will probably become smaller as you refine your ability to contract this muscle and your ability to sense the energies. As you progress with the centers you will be able to find the energy of the Nu'a and the whole vibrational energy body energies without contracting the muscles of the Nu'a or the Dinia in a physical way. When you have reached this point do not continue to contract the muscles on a routine basis. You may occasionally contract the Nu'a to explore new energies and learn more of the Nu'a from your expanding awareness.

Feeling relaxation, nothing else

Some of you tell us that you feel only relaxation as you work with the centers, and have no other visualizations or experiences. If this is so, examine what the feeling of relaxation is for you. Is there anything about your emotions or thoughts that are different from what you were able to experience before you worked with the light body? Are you able to use this state of relaxation to create physical shifts such as relaxing a muscle, or any mental shifts such as thinking about things in a new way? If there are any elements of floating to your experience, pay attention, for this "floating" feeling will become more valuable to you as you move into the higher centers. Examine what the state of relaxation feels like for you, and notice all you can about it. You may notice that there is more going on than you are immediately aware of. Continue to work with the journeys and learn the next higher centers. Sometimes people have more vivid experiences as they learn the upper centers, and begin to gain more mastery of the lower centers as they do.

Not having same experiences as other people's

Many times people tell us they are not having any experiences that are like people's experiences we have described in these notes. They wonder if they are doing something wrong. There are as many ways to experience these energies as there are people on the planet, and we could not possibly include all the experiences you might have. In fact, because there are so many ways to experience these energies, it is probable that none of the descriptions of how people experienced these spaces describe your experience. Remember: There is no right or wrong way to experience the centers! Let every experience you have with the energies be the perfect one for you. Do not compare yourself with other people but instead appreciate your own, unique and wonderful ways of being in the spaces you are learning.

Not having any results

If you are working with the energies, and feel that nothing is changing in your life, start by examining not the outer changes, but the inner changes you might be experiencing. The first results you might notice from your increased light are those that occur within you. You may have more emotional flow than before; perhaps you are able to stay calmer, or return to your center more quickly in situations that used

to upset you. As you work with these centers, you are gaining more emotional flow. This is something that is hard to objectively measure; once you become more flowing you may not remember what you were like before. Sometimes people are looking for a specific change and when they do not get what they are expecting they overlook other wonderful, unexpected changes that are occurring. Try running the energy, and working with the Nu'a and Diania, when you are around energy that you might have labeled as negative in the past, and notice if you stay calmer. Practice running the energies in various situations and notice any differences.

How does the light body work to change my consciousness?

For the light body to change your life, you will need to use it. For instance, if you want to experience yourself as a soul, you will need to make and maintain contact with your soul. If you want to experience yourself as a light body, you will need to run the energy, use it in your daily life, and choose to be in the light body state of emotional flow and mental fluidity more and more often.

As you awaken your light body you gain new choices of how to think and feel. The light body expands your range of being, allowing you to know and to sense yourself as a soul, a light body, and a being of light. You still have all the old ways of thinking and being as possible choices. If you do not want to operate from the expanded consciousness of your light body, if you want to be the same as you have always been, you will always have that choice, no matter how high you have reached with the light body. Your consciousness now includes both the old and the new ways of being.

You need to choose to use your light body if you want to operate from the spaces it takes you to and act from the consciousness you have acquired by awakening it. It is the same as when you make contact with your soul or higher self. You do not automatically become your soul; you must have the will and intent to know your soul and to tap into its love and wisdom. Awakening your light body will only create results and change your life when you use it.

The light body centers only work to take you higher during the times you are working with them and using them. Sometimes these states become so familiar to you, that you may find yourself automatically creating these spaces without even thinking of the light body or the centers. That is the goal of the light body - for you to become so familiar with these spaces that you can choose them easily and automatically, choosing emotional flow, mental fluidity, and a higher way of being more and more often. With the light body you now have access to a whole new level of seeing, to an ability to sense the subtle energies, and to view your life in new, higher ways. The first step is to learn how these higher spaces feel during meditation; the next is to consciously choose to use the light body and to come from these higher spaces in your daily life through your choice to do so.

Can the light body create physical or emotional problems?

The light body energies are a natural part of who you are. They already exist in your aura; you are simply awakening them, and learning ways to access this higher part of yourself that your light body takes you to. You are becoming more of who you are in the higher realms, adding light to your thoughts and emotions. As a part of simply being alive on the earth plane, you will experience various situations that challenge you emotionally, physically, mentally, or spiritually. Awakening your light body does not create these challenges, nor does it create physical, emotional, or mental illness. It does, however, give you some tools with which to work with the challenges.

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.

Orin and DaBen tell us that working with your light body is a powerful way to experience your soul and Higher Self. However, it is important that you use your inner wisdom and follow your inner guidance about how often to work with these energies. If you have any questions or doubts about working with the energies, stop until doing so feels right to the deepest part of your being. When you stop working with the energies, and do not use them at all, within a short time you will return to the consciousness you had before you awakened your light body.

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.

Are You Ready to Start Part 2?

Congratulations! You have now completed Part 1. You are ready for [Part 2, Opening Your Heart Center](#), when you meet the following criteria:

You have listened to all 12 journeys in this course.

You have been able to experience and work with all three centers at least once without using the journeys.

You have been able to locate the Nu'a muscle and have played with the length and angle of the cone.

You have been able with your imagination to follow the Dinia wave out at least six feet from your body.

You have watched the Leow balls until their spin has become too intricate or fast to follow.

You have shifted a muscle ache or transformed food (feelings of heaviness, stomach ache, etc.) with at least a thirty to fifty percent improvement in the way you felt after you ran the energies.

You have experienced a sense of emotional flow at least 2-3 times using the Emotional Release Journey by DaBen (Program 9).

You have practiced several times a week running the energy in all three centers.

Allow yourself enough time to integrate the changes that working with these first centers will create, as well as to build power and strength in these centers before continuing to Part 2. Continue working with whatever journeys you are drawn to, and practice running the energy without the journeys as well. We suggest you read the information on the Nu'a, Dinia, and Leow several times, as each time you run the energies you will have experiences that will make the information even more meaningful.

Pick the pace of your growth that feels comfortable to you; however, we suggest you do not wait much longer than four to six weeks after working with these first three centers before working with the next center in Part 2. The next center, the center in the heart area, focuses the energy you have been building and brings it into your upper centers. The energy you are building in these lower centers needs to be released into the upper centers, or you may experience physical discomfort. You do not need to "master" these energies to be ready for Part 2. If for any reason you decide not to continue with this course, stop running the energies of these first three centers as you may build up too much energy and not have any way to release it.

- **Before beginning Part 2, please complete the second "Growth Snapshot" Journal Notes that follow.**

Journal Notes

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

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?

[Part 2: Opening Your Heart Center](#)

Read what [others say they have gained](#) from awakening their light bodies.

We hope you are enjoying the energy and flow that is possible as you work with the first three centers of the vibrational energy bodies of DaBen and Orin's Awakening Your Light Body course. Orin and DaBen have called those of you to the light body course who are leaders, teachers, and healers. They have called you who are capable of holding and radiating the light of your awakened light body to many. You have heard the call, and have begun to awaken your light body in Part 1. In addition to the information in the manuals, we have some answers to commonly asked questions that you can read online to assist you as you go to the next level with your light body and awaken the fourth center in Part 2.

Orin and DaBen can observe the increase in your inner light since you worked with Part 1. Whether you are aware of your greater light or not, whether you have just worked with the Nu'a and Dinia a few times or many, you have added light, flow, harmony, and radiance to your aura and energy. Orin and DaBen recognize your commitment to your spiritual path, to your world service, and to becoming a source of light. They are grateful for your willingness to take this step and for the contribution you are making to humanity as you radiate more light.

As you awaken your light body you are on a path of enlightenment. Enlightenment is a process, not a destination. There is no limit to how high, centered, aware, conscious, loving, peaceful, radiant, and clear you can become. As you awaken your light body, you are in the process of keying your subatomic level to a higher note, to a new vibration. This inner note can bring you a greater ability to experience balance, clarity, harmony, love, compassion, and many other qualities. As you increase your vibration, many things in your life will be transformed to reflect your higher vibration.

In Part 2 of the Awakening Your Light Body course, DaBen transmits the frequencies and sounds that open your fourth energy body center, called the Ranthia. This center creates flow and assists you in experiencing love. You can work with it to experience blissful, calm states of emotional flow, peace, and relaxation. You can use this center to further enhance your ability to stay emotionally balanced and neutral around negative energies. You can stay connected upward, centered in the light, calm, peaceful, and at one with your inner Self no matter what is going on around you.

You do not need to master the centers you learned in Part 1 to go to the next level; in fact you will be able to sense more about the first three centers when you open up this fourth center. As you progress through the light body you are awakening new consciousness. When you listen to earlier journeys, you will usually find that you have all new and more expanded experiences of the spaces and centers as you are bringing more consciousness to those spaces.

You will journey with Orin to meet the Enlightened Ones; the beings of light who can assist you in your awakening. You will work with them to experience increased love, forgiveness, and compassion for yourself and others. You will clear and release other people's energy from your aura. You may discover that you have been using too much of your energy to help other people and that you can assist people in more profound ways without using your own energy. Orin will guide you to awaken your inner healer, and you will learn more about self-healing.

As you work with this center, you will learn how to send the power you have been generating in your lower centers up into your higher ones to awaken them. DaBen will

show you how to increase the flow of energy in your physical body and how to release muscle pain. You will learn how to use this fourth center and the lower three centers to create a greater sense of physical vitality and to transform the energy of the food you eat. You will explore self-healing and ways to stay neutral around others, discovering more about how to set a healing space for others, awaken your inner healer, and create a sense of greater physical vitality. DaBen will guide you to work with beings of light who can teach you about love and blending.

Part 2 contains 12 DaBen and Orin audio journeys approximately 25-30 minutes each. Please visit website for information on audio formats that are available. [LB112](#)

Awakening Your Light Body Course

Part 1

Building Your Power Base

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.

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 1 *Building Your Power Base* Transcripts

Program 1: DaBen and Orin Introduction

Welcome. This is DaBen. We would like to acknowledge you for your willingness to answer your inner call for growth, and to explore your growth by looking for the energies that are all about you and within you, and to bring those energies to your consciousness. From that you can begin to notice that you are light, and that you can experience that light more fully.

We would like to acknowledge you for your willingness to experiment and explore what it would be like to be aware of this light. We would like to welcome you to a wonderful journey, a journey of growth, a journey of spirit, and of becoming this light.

We would like you to know that from these spaces of no time or space, we are aware of each and every one of you, and we are available to assist you in developing your skill and mastery with these energies and at radiating light. As we have assembled these journeys, they have been made individually for you. We have found each one of your energies individually, and will do so over the period of time that you are developing your skill, that you are mastering and becoming a master.

We would like to give you two keys on your process here. One is observation, to be at observation with the energies about you, of all that is about you. Observe as much about what is about you as you can—its energy, its flow, whatever you can think to observe, whatever you are drawn to observe, whatever intuitively you are drawn to know about. Observe as many things simultaneously as you can. For every experience that you have, observe as much as you can about it as it is happening, as many levels and layers as possible.

The other key is to be inventive. It is like being creative but more active—inventing new ways to use and explore and be these energies.

We would like to tell you that what is important to you is your experience—enhancing your experience, bringing your experience to higher and higher levels, exploring your ability to experience, and experiencing that ability. This system, this technique, these centers that you will be learning, are but tools for you to begin to be able to experience a broader range of subtle energies and of energies that are quite familiar to you as well.

After you have gained a skill at experiencing them, you will be able to let that system become a part of you, a part of the background. And, you will develop your own ways of knowing and exploring here. With that, we most heartily welcome you and send you our love as you embark upon this most wonderful journey.

Greetings from Orin. I welcome you to this path of awakening your light body. You are part of a seed group that is taking this evolutionary leap and taking this new information and light out to humanity. You are one of the first. We thank you for your willingness, your courage, and your commitment to your growth in taking this step.

You may have wanted a quantum leap. You may be thinking of your spiritual growth more often. You may feel you are searching or looking for something in your life that is a fulfillment of an inner sense of a mission. You know you have something to do, a reason you are here.

You may already know what it is, or you may not have yet discovered it in form. You are here because you are ready to go to your next level of light. You have grown enough to know that your commitment to your spiritual growth is one of the most important

parts of your life, for you know that the more light you have, the more light you can bring to others.

We have been calling you, the teachers, healers, and leaders, those of you who have a contribution to make to humanity. We have been calling you to this course in awakening your light body, for we know that as you awaken your light body this will make a great contribution to your ability to get your work out to the world. You may not yet know what that work is, but you would not be drawn to this course if you did not have an important contribution to make.

As you hear me speak, if there are any voices within you that say, perhaps, 'Orin, you are not speaking to me, I am the exception,' know that I am talking to you. I am aware of you as you are listening to me right now. You have come a long way to be where you are right now.

Growth can accelerate when you appreciate who you are and how far you have come. Take a moment to appreciate how far you have come in the last two or three years, noticing your greater commitment to your growth, to your path, to your life and yourself, as well as your increased awareness of light and of the higher dimensions of yourself.

We know, as you awaken your light body, you will become more radiant, more vibrant and alive. You will emit a greater light. A magnetic radiance will come from you. With that radiance, not only will your own life work in better ways, but you can be a greater source of inspiration and light to others.

You have heard this call because you have become better at listening to your inner messages. You have learned to listen within and to find and follow that higher flow of light.

We have called you and invited you who are on a path of initiation. Initiation is a series of steps in which your vibration is keyed to a higher note; in which you make deeper soul contact, and with this contact begin to know more of your purpose and gain a larger perspective of your life. Not only does initiation connect you with your soul, but it also allows you to bring your soul's light into your everyday life more fully so that your actions and words are the expression of your soul-self rather than your personality self.

The greatest thing you can do is to commit to reaching yourself as you exist at higher levels; to commit to your spiritual growth. You do this by getting into higher, expanded states of consciousness.

This light body course will teach you how to be aware of very subtle levels of energy—high, fine, and beautiful frequencies of light. You will be learning states of consciousness that will become easier and easier for you to sustain on a more consistent level. As you achieve these higher states, your awareness of yourself at many levels can occur, becoming aware of your soul and even higher.

With this awareness you can make a greater contribution to humanity and to all life on earth. Simply by your increased light, you will be able to assist those around you. Of course, by then this light will seem so normal it will seem as if who you have always been. You will be able to help people on the inner planes by linking with them at their soul level and radiating light. You will be able to shift those who are ready simply by the light that you are.

You are a healer and a teacher, or you would not have responded to this call. You have been wanting in some way to reach out and make a difference. As a healer it is important that you learn how to come from a place of balance; to stay centered, no

matter what kind of energy you are around, and to operate from your heart center of compassion.

As you awaken your light body you will gain the skills to do this. You will have a greater vision of who people are at their soul level and know when to assist them and when not to. As you awaken your light body, bringing in greater soul contact, you will be building this light of your soul into your body, emotions, and thoughts.

Let go of any judgment, of any expectations, and simply be open, as a child would be, to experiencing and playing with these energies. Our goal with this course is to assist you in living as your soul, to be able to achieve at will calm, clear states of awareness; to be in a higher flow; to hear your higher voice and follow it more consistently; and to feel centered and peaceful more of the time.

Initiation is also a process of joining with the higher communities of light in a more conscious way. These communities exist on the mental plane. The mental plane of the mind is the meeting place of many high beings from many dimensions of light. To become aware of these high beings is to use your imagination and to get into as high a state as you can. The higher, more flowing, more harmonized your energy, the more easily you can make contact with and work with these beings. We will introduce you to some of the members of these communities that you can learn from and play with as you learn with the light body to reach higher and more harmonized states of being.

As you listen to this course, you may or may not have the experiences that you will read about from others. Some of you will sense, feel, or know these spaces in a way that goes beyond words and pictures. Some of you will get pictures of temples of light and beings. Some of you will see wave patterns, or sense textures or colors. Some of you will know these spaces by the subtle feelings and thoughts you have in them.

Some of you have the brain cells that can consciously see and know these spaces, and others of you are in the process of building those cells. It does not matter how much you sense, see, or feel in these spaces to have your light body awakened. Follow the course all the way through and know that as you spend time in these spaces you are changing your vibration. You are awakening your light body.

You are joining with the forces of evolution. As you work with this light body you are learning to take all the energy around you and turn it into more light. From the atoms and the molecules, to the DNA and all of your body, you are absorbing the higher frequencies of light from the higher dimensions every time you work with these energies. Old programming and beliefs, old thoughtforms fall away as you bring in more and more light.

Send light to your future self, yourself as you have completed this course. Observe this future self as you reach forward into time. See how much more radiant you are with your awakened light body. Your future self is aware of your contact and is now sending light back through time to you. Open to receive this light from your future self and any message your future self would like to send you right now.

We welcome you to this course in light. It is the most important work we have yet offered to the world. We are grateful you are making this commitment to yourself and taking this quantum leap into light. We look forward to hearing from you and we will be tuning into you throughout your journeys, for we are sponsoring you and following in your growth, and we are with you. Whenever you need assistance, all you need do is ask. We greet you now as a fellow traveler in our realms of light and bid you our fond good day.

Program 2: DaBen Nu'a, Dinia

Welcome. This is DaBen. We are ready to begin now a most wonderful journey, a journey to explore the realms of subtle energies. To explore dimensions and aspects of the earth plane that you have known somehow were there, but were unable to bring fully into your consciousness. As we explore these centers with the vibrational energy bodies, you will begin to be able to bring more and more aspects of these subtle energies into your awareness and consciousness.

Good. As you make yourself even more comfortable now by settling in, letting your body relax even more, let us remind you that it is your awareness (and the enhancement of your awareness and your experience) that we will be focusing upon that will give you the most pleasure and the most reward from your travels here.

Good. With a deep breath now, let yourself relax even more, falling into a rhythm with your breathing that is quite natural and easy for you. One in which you can be aware of every part of your body at once, as it were, expanding your awareness deep inside, as though there were an infinity there. Finding that inner openness as you begin to notice more and more the physical ease and relaxation.

Good. Bring your awareness to the floor of your pelvis; to the soft muscles there, spanning the pelvic bones. Let them relax. For women, bring your awareness to an area at the front of the vaginal wall. For men, it is an area just below and in front of the prostate gland, about halfway between the testicles and the anus. Begin to see—if you can, with very gentle, easy movements—contract a muscle, very smoothly and evenly on this rhythm.

Nuuu yah.

On the Nu, let it be a contraction and on the yah, a release. So a longer contraction, then a release.

Nuuu yah. Very gentle. Nuuu yah.

Continue to explore now on that rhythm.

Nuuu yah. Nuuu yah. Nuuu yah.

Each time you make that contraction and release, let it be slow and easy; gentle. Each time discovering yet a smaller area to move, a smaller and smaller area, so that you are just barely moving the muscle, moving the pelvic floor only slightly in that area, very gently. Experiencing now any changes in your awareness. Letting yourself follow on your experience. Explore now these energies as I transmit these energies, as you explore the rhythms and contractions in your experience.

Nuuu yah. Nuuu yah. Nuuu yah. Nuuu yah. Nuuu yah. Nuuu yah. Nuuu yah.

Good. Continuing that rhythm now. Notice your experience. Let your awareness include the Nu'a area of the pelvic floor as you continue on that rhythm of the contraction.

Bring your awareness also to your head and neck and shoulders; to all of your physical body and your energy systems. Let your awareness expand, including more and more.

Nuuu yah. Nuuu yah. Nuuu yah. Nuuu yah.

Good. Continuing now in that same rhythm, bring your awareness, in your imagination, to an area below the Nu'a, below the pelvic floor. Such that, if you were standing, you might imagine a cylinder ending at the pelvic floor, at the Nu'a, and extending down between your legs for several feet. The base of this cylinder, a circle there, begins to expand, creating a cone that points upward to the Nu'a.

Continue the contractions on this rhythm.

Nuuu yah. Nuuu yah. Nuuu yah. Nuuu yah.

Good. Play with your experience in letting that lower part of the cylinder become larger and larger, creating a cone. Such that the sides of the cone, if one were to measure their angle, would increase to about 45 degrees. Good. Just notice your experience as you imagine that happening, as you continue the rhythm of the contraction.

Nuuu yah. Nuuu yah. Nuuu yah. Nuuu yah. Nuuu yah.

Good. Now, just letting yourself become that experience, making the contraction on that rhythm, a smaller and smaller area, a definite contraction but very gentle. Contraction on the Nuuu... release on the yah.

Nuuu yah. Nuuu yah. Nuuu yah.

Let the release be even longer now, so that contraction and release are almost equal in length as you begin to adjust the angle of that cone, to enhance your experience. You might make it smaller so that it is almost a cylinder. Or larger, or extend it out further than several feet. Notice how it enhances your experience, and choose that angle that is just right for you right.

You will find that it is quite dynamic. And, you can adjust it from time to time, to further enhance your experience.

Nuuu yah. Nuuu yah. Nuuu yah.

Good. Just letting yourself float on that energy.

Nuuu yah.

Bring your awareness also to an area up in the abdomen a few inches. For women it is an area just on and above the ovaries, for men it is in a corresponding place. If you were to picture your pelvic girdle at the top of the pelvic crest, and go a few inches below it and a few inches in from your sides, you would find that area. Do it now just with your mind. See if you cannot find also muscles there, in each of those two locations on the right and left sides, that you might contract. Draw in, as it were, very slightly and easily. Begin by exploring. And again, finding the smallest muscle possible to move in each of those areas.

Good. And on the same rhythm as you continue the Nu'a now, contract these two places as though they were spheres and you were making them smaller, for indeed they are. These centers are spheres in each of those locations.

Following your experience on this energy.

Din yah. Din yah. Din yah.

Good. Make that contraction in the same exact sequence, same exactly as the Nu'a contraction.

Nuuu yah.

Din nin eee ah. Din nin eee ah.

Nuuu yah.

Din nin eee ah.

So as I alternate the Nu'a and Dinia words, you are contracting both on the same rhythm.

Nuuu yah.

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

Nuuu yah. Nuuu yah.

Good. Let yourself float on your experience. Continuing the contractions very gently as you follow on this energy, smoothly and easily. Adjusting the cone to enhance your experience. Letting your awareness broaden outward to all of your physical body, to all of the energy within and without it.

Nuuu yah.
Din nin eee ah.
Nuuu yah.
Din nin eee ah.
Nuuu yah.
Din nin eee ah.

Good. Now, follow on this energy. Let yourself adjust your breathing with slightly longer breaths.

Nuuu yah. Nuuu yah.
Din nin eee ah.

Good. And on that frequency, notice that as the Dinia centers contract, it is as though they send out a wave, moving outward in all directions from each of the centers. These waves move out on a plane, a plane that would be perpendicular to the spine, such that if you were standing upright, it would be parallel to the floor that you were standing upon. The waves move out on that plane. In fact, they define that plane.

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

Follow those waves out as far as you can with your imagination, with your inner eye, with your felt sense. As you do, let the wavelength, the distance between the crest of these waves, lengthen.

Din nin eee ah. Din nin eee ah.

Good. As you move out, your awareness upon that wave, see how far that it goes. Notice that as you do, your experience has shifted. Follow that experience in your awareness as you follow that wave out, letting yourself float even more. Finding even more of that ease, that natural ability to be your experience.

Nuuu eee yah.
Nuuu yah. Nuuu yah.
Din nin eee ah.
Nuuu yah.

Good. Now let yourself just relax and float upon that feeling. Let the contractions slow and stop. You are just experience now. Notice your experience and sensations; any areas of heightened physical awareness.

Good. And when you are ready, let yourself come slowly and easily back to the time and space of the earth plane. As you do, integrate your experience into who you are now in this time and space. Good. And when you are ready, come back slowly and easily. Enjoy your experience now.

Program 3: DaBen Nu'a, Dinia Second Journey

Welcome. This is DaBen. Let us explore now additional ways to experience the energies of the Nu'a and Dinia, so that you might begin to discover more ways to use these energies to heighten your experience.

As you relax now, letting your body find its natural posture, erect but comfortable, letting a breath perhaps bring you to an even more comfortable position—a full breath in the upper chest, fine-tuning the alignment in the spine. Letting the shoulders relax as you begin to tune your awareness to these subtle energies.

Good. Begin now by doing, on this rhythm, contractions on the Nu'a, letting the area that you contract with your muscles become smaller and smaller, a very precise area. One that you will notice a change perhaps in your breathing, a shift in your ability to be aware of your whole body and energy systems.

Good. On this rhythm now:
 Nuuu yah. Nuuu yah. Nuuu yah. Nuuu yah. Nuuu yah.
 Good, and letting the cone move out with your awareness, slightly longer, finding just the right angle. You might start with it as a cylinder and let it increase its angle.
 Good. Just that right place that enhances your experience.
 Nuuu yah. Nuuu yah. Nuuu yah.
 Good. Now let the contraction lengthen just slightly.
 Nuuu eee yah. Nuuu eee yah. Nuuu eee yah. Nuuu eee yah.
 In the eee part of that, it is a holding, a very gentle holding before the release, letting the release be full and easy. Full relaxation.
 Nuuu eee yah. Nuuu eee yah. Nuuu eee yah. Nuuu eee yah.
 Good. As you continue that, let your experience increase. Bring your awareness to your experience. Adjust the cone to enhance your experience. Let yourself become that floating as you also bring your awareness to the Dinia.
 Din nin eee ah.
 Following that wave out. On the plane, letting the wavelength become longer and longer, and following them out as far as you can with your awareness. Good. Let yourself float on that feeling now, smoothly and easily. On each contraction of the Dinia, follow the waves out.
 Din nin eee ah.
 Following the shifts in energy now.
 Din nin eee ah. Din nin eee ah. Din nin eee ah.
 Good. Just let yourself become that floating feeling, expanding your awareness. As you move outward, noticing the quietness and rhythm of your breath. Noticing the floating of the subtle energies. And as you more and more become aware of these rhythms, of the energies of these centers, your experience of these subtle energies will increase.
 So once again, adjust the cone, perhaps increasing its angle even more so that you are enhancing your experience as we explore now a different rhythm of the Nu'a and Dinia. And let it carry you also upon your experience.
 Nuuu eee yaahh. Nuuu eee yaahh. Nuuu eee yaahh. Nuuu eee yaahh.
 Making that contraction slowly and easily, and then pausing, holding, gently holding, then a long, slow release.
 And the same with the Dinia now.
 Din nin eee aah.
 Din nin eee aah.
 And with that now, explore finding an even smaller area that you can contract consciously.
 Nuuu eee yaahh.
 Good. Following upon that energy. Letting yourself float, smoothly and evenly.
 Din nin eee aah.
 As you become more and more your experience, if you find it distracting to continue to contract the Nu'a and Dinia, just become your experience. Letting yourself follow on that floating feeling. All you need to do to regain or to further enhance that feeling occasionally is a few long, slow contractions on the Nu'a and Dinia, adjusting the cone, playing back and forth, enhancing your experience with each thing that you do.

Letting your awareness encompass more and more of these energies so that you might experience even more.

Nuuu eee yaahh. Nuuu eee yaahh. Nuuu eee yaahh. Nuuu eee yaahh.

Good.

Nuuu eee yaahh.

Following that energy now.

Din eee aah.

Din nin eee aah. Din nin eee aah. Din nin eee aah.

Good. And as you become your experience now more and more with your awareness, notice an area around the back of your head and neck. Just let that open to comfortably and easily handle this increased flow of subtle energy. Feeling that floating.

Nuuu eee yah. Nuuu eee yah.

Good. And follow these changes of frequency now as we shift and play with variations of these energies. Just experience now.

Nuuu eee yaahh. Nuuu eee yaahh. Nuuu eee yaahh.

Din nin eee ah. Din nin eee ah.

Letting yourself relax. This subtle energy flows smoothly and easily enhancing your experience. (Long pause)

Good. Letting yourself float on that feeling more and more. Maybe occasionally contracting the Nu'a just once, long and slow, noticing how it enhances your experience.

Nuuu yah.

Good. Now, when you are ready, bring your awareness back to the time and space of the earth plane, at your own pace and only when you are ready. Notice when you choose to come back how it is that you bring your awareness with you to this space and how it begins quite easily and naturally to integrate, lifting your awareness of the earth plane, and the time and space there as well. When you are ready, let yourself return and enjoy your experience.

Program 4: Orin Subpersonality Journey

Greetings from Orin. What follows is a journey to work with a part of your personality. For as you are on the rapid path of growth that awakening your light body puts you on, you will want to bring all the parts of your personality up to a greater light. Those parts that do not yet have light may show up as doubts, resistance, or an inner voice that is not comfortable to you.

Use this journey when you find yourself doubting, worrying, feeling less than as joyful as you would like to feel, or anytime you notice an inner voice that does not support who you are.

Subpersonality work is a powerful process of change. As you bring in all this light, light stimulates all the parts of your being. It is important to bring your personality along, for you will find as you work with many parts of your personality, that these parts ARE trying, the best way they know how, to help you. What you will be doing is giving them a new role, a new vision of who you are. Then they can work with you toward your new goal.

Begin to relax, taking a deep breath in, bringing relaxation into every part of your body, letting your breathing relax, letting your chest and shoulders relax. Imagine relaxation traveling down your legs into your feet. Relax the muscles around your eyes. Let your jaw relax. Let your body feel comfortable all over. Allow yourself to feel lighter and freer.

Imagine that you are in a beautiful meadow. Look around you, at the beauty of this meadow. You are the wise master. You are your Higher Self. You are confident and serene in this meadow. You are the essential you; your core being.

As this Higher Self, as this wise being, you are going to talk to and work with a part of you that wants a higher vision; that wants your love. Think of an internal dialog, or a certain way of thinking, or a feeling you would like to transform.

As you think of this feeling, imagine that there is a part of you, a subpersonality that IS this feeling, a part of you that thinks this way. It is not all of you. It is just a small part.

Invite this part to come into the meadow with you. Imagine this part of your being who represents a certain thought, feeling, and outlook on life. Perhaps the part of you that is resisting, or does not know how to feel as good as you would like. Let this part come into the meadow right now. You see it at a distance approaching you, closer and closer. How old is it? Is it a male or female? What does it look like? Beam out love to this part. Welcome it. Let it know that you love it unconditionally. You, the wise master, you, the Higher Self, are welcoming this subpersonality with an open heart.

Feel it respond to your love, knowing that it is accepted. You might even say to it mentally, "I love you, I accept you." And notice it change, just so slightly, as it opens to your love. Now that you have its attention, ask this part of you if it would be willing to walk up a mountain with you, to stay at the top where it may receive a larger vision of your life, and join you in creating your higher purpose.

When it is ready, take it by its hand, and begin walking up the mountain until you reach the top. There are beautiful flowers and beautiful mountain air, You can dance or walk to the top, or even fly to the top, whatever is appropriate for you. You are now there.

You and your subpersonality are at the top. Show this part of you the view, symbolically representing the heights you are aspiring to, the enlightenment you want in this lifetime. Show it the expanded view of your life.

As you sit and look at this subpersonality, looking directly into its eyes, ask it, "What good thing are you trying to do for me with this belief, with this act, with this response?" Listen quietly. "What do you think you are trying to accomplish with this action or thought?"

Now, showing it the bigger view of your life and who you are, ask it if it would be willing to find an easier and better way to do this? Tell it that you appreciate what it is trying to do, for you know it loves you and is trying to serve you. Explore together how it might carry out this same good thing in a way that is more appropriate to who you are.

Right now, a great master is joining you on the mountaintop, simply materializing at the top. You feel this presence. The master is here to work with this subpersonality. You acknowledge the master, and ask this personality to go over and work with the master, where it will be evolved and brought to a new level. Feel the master's love for you and your subpersonality.

As this part of you goes to sit with the master, you sit peacefully on the side of the mountain, enjoying the view. You watch the master work with this subpersonality. The master is sending out a very high vibration. I will be silent while you watch this part of you grow in the master's light, and evolve into the beautiful being it is.

This part is now becoming one of your strengths. It is becoming light-filled. Notice how it is changing as it is growing up spiritually and in every other way. When the

master is finished, this part comes over to you. The master joins both of you as well. The master will help you as you join with this part.

Watch this part of you as it turns into a symbol. What is the symbol? Bring that symbol into your heart, merging as one. And the master bids you goodbye.

You can work with all your subpersonalities while you are still at the top of the mountain. You need not see them individually. Just imagine that one by one they are all coming to join you, sitting in a circle around you. Some of them are quite evolved. Some of them need more light. They are all there, quite a large circle of them.

Telepathically, mentally show all of these parts a vision of who you are becoming and who you want to be. Show them your goal of enlightenment as well.

Ask for each one of them to use this new vision and to help you achieve it. If there is any subpersonality that needs work, let it step forward right now, perhaps one that you have not yet seen or recognized. Send it love as it steps forward. This is the one that has the least amount of light, that needs the most healing.

Now, all of you together will send love and healing to this subpersonality. You need not even know who or what it is. The master's healing comes through as well. This part is becoming filled with light.

You ask for any other subpersonalities to step forward that want the same light and healing. In front of you, to receive light and healing from you and from the master, one by one, each part steps forward, to be given more light.

You are once again standing in a circle, noticing how much more radiant all of your parts are. You might say to them as a group, "We are all working together for my higher purpose now. Your loyalty is for my path, my enlightenment, my higher purpose. Whether that higher purpose is to serve others, to work with other kingdoms—we are all aligned in our higher vision".

Feel all of your parts working with you, sending you energy. Feel the strength as you become unified with all of your subpersonalities for a common goal; that of reaching the light, of transformation, of enlightenment.

This is a powerful process of personality transformation. You have definitely created a change in your life, and you have brought your personality to a new and higher vibration. Let all your parts melt into one and come back into you, feeling the integration and the strength within. All of your separated selves are becoming united, filled with light, and working for your higher good. Feel the oneness within, the unity of being.

As you come back, you are going to feel a new inner strength today, a greater ability to carry out your higher purpose. Send light to the rest of the day, a path of light.

As you begin coming back even more, bring your energy into your physical body. Taking a deep breath in as you open your eyes, stretching, remembering all that you have seen, feeling the new strength as you come fully back.

Program 5: Orin Age Regression: Evolving Your Inner Child

Greetings from Orin. As you awaken your light body, as you harmonize your vibrational energy bodies, you will untangle emotions from your physical and your mental energy bodies. You will be accelerating your movement through your lessons. It is not that these lessons would not come to you anyway, but with this acceleration they may come to you more rapidly than in the past.

Age regression and healing your inner child is a particularly powerful process if you are having situations that involve other people. Whether these situations seem to be coming from the other person, or from your own thoughts and beliefs, anytime

you have a situation that is bringing forth a great deal of emotion, it is time to use age regression to look back into the past at what within you is creating this pain. Use this journey throughout the light body course whenever old patterns, emotional pain, or situations arise that you are unable to solve by simply thinking about them. This will change your vibration, your past, and your future.

Think now of a situation in your life that has a great deal of emotion for you, more than perhaps the situation calls for; an area that you would like to change the way you feel about. Even if it seems that another person is doing something, and if only they would change you would not be upset, take that upset and begin to explore how it might come from a situation in the past. Once you change your past you are not going to create the same situations, or if they occur they will no longer create pain for you.

Begin to relax your body, taking a deep breath in, breathing out, letting go of any tension. As you begin now to relax your body, call in your Higher Self to be with you. Whether you are aware of your Higher Self or not, your Higher Self will guide your mind to just the right memories, to just the right insights that will create a shift for you as you listen to this journey.

You are growing more and more relaxed, calling light to yourself, bringing in light, so that all you see and remember will be for your growth and your good. Remember that you are going to watch these situations with detachment.

Start now with a situation or a feeling you would like to transform. If it is a situation, find the feeling that this situation brings up for you. Feel it in your body. Where is that feeling located in your body? How large an area does it cover? If you had a name for that feeling, what would it be? Think of an exact description of that feeling, such as sadness, anger, or hopelessness. The more accurately you can name the feeling, the closer you will be to letting go of it.

Think of a situation within the last five years that brought up the same feelings. Notice the feelings in your body as you think of this. Let any situation arise. Trust that whatever picture comes into your mind is the perfect one to work with.

Who was in this situation? Is the feeling the same in your body? Is it in the same place? Would you describe it in the same way? Let this situation go, just dissolving it as a TV screen would dissolve when you turn it off.

Go back into younger years, perhaps your early teens, or even younger, taking that feeling back in your body. Let a picture come into your mind of a situation that had the same feeling. Describe that feeling—is it more intense as you get younger? What situation are you in? Who is in this situation with you? You do not need to see this for long, just recognize that this feeling has been with you for a long time.

Now go back to the very first time you had this feeling. It may even feel as if you are making up the memory or the situation. Let that be all right. Your Higher Self is with you right now, and you are now in the first time, at that time and place, when this feeling first arose.

How old are you? Who is in this situation with you? What is the feeling like? Where is it in your body? How would you describe it—sadness, fear, anger, confusion? What decision are you making about the nature of reality? Is that a decision that you want?

With your Higher Self, talk to this child that is you. Give it a new decision about reality; one that you want it to have. Tell it how you love it as you go through time and space now, to love and heal this child that is you.

Now with this situation, forgive anyone who is involved, for they were only doing the best they knew how, given their beliefs and their childhood. Send your forgiveness back through time.

Now rewrite this situation. How would you like it to have been? Imagine it being that way.

Notice your body. Are any of the feelings still in your body as you rewrite this situation? If they are, with your Higher Self, continue to do whatever is necessary to clear this situation. Make a new decision, heal your inner child, and forgive those involved.

Is your breathing any more open right now? Is the feeling any better? You have just changed your past, and it will change your future.

What new decision would you like this child to have, or belief about reality? Give it to this child right now.

See yourself as a child growing up with this new decision. How did it change your childhood, your teen years, or beyond?

As you grow up with this new decision, remember now the current situation in your life. Let us go into the future six months with this current situation. You now have a new belief about reality. The pain from your childhood is healed. How do you handle this situation differently with your new belief and inner strength?

What other situations in your life are different now that you have this new belief about reality? Are there any other areas of your life, as you are now six months in the future, that are better or have changed?

You now have the wisdom to recognize that any strong emotion usually has its roots in the past, and not in the current situation. Whenever you recognize this, you stop, go within, and heal your inner child. You know that doing so changes the current situation.

All right, you are going to come back into present time. Feel the openness in your body where you released the old energy. Fill it up with light, with the energy of your Higher Self, so that all the places you have released energy are now being filled with light. New energy is coming into you—higher, finer energy. You easily let go of any of the thoughts or beliefs from the past that no longer reflect who you are.

Begin to come back now. You will have more and more insights into this situation as you move through the day. You will see all of the reflections of your new beliefs within the next week or so.

You are coming back now. Open your eyes and stretch your body, feeling the new sense of freedom as you have let go of the past and the old beliefs. A new you is now being born, as you come back fully into the room, wide awake, and ready to have a wonderful day.

Program 6 DaBen: Nu'a, Dinia Third Journey

Welcome. Let us explore further the energies and the wonderful spaces possible with these energies of the Nu'a and Dinia. This time, as we explore, if you find that you are able to reach your experience and become it, and travel upon it, that is good. Let yourself do so, and follow upon the energies as we transmit. You will hear the shifts of energy and follow as we explore additional things to vary and change, to influence and enhance your experience even more.

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

Din nin eee yah. Din nin ee yah. Din nin eee yah. Din nin eee yah.

Good. Adjust the cone now, perhaps bringing it out a bit further, increasing the angle even more.

Nuuu eee yah.

Increasing your awareness of the back of your head and neck, of all of your energy with each contraction, as you become more and more able to float upon these subtle

energies. Bring your awareness more completely to the Dinia, following these waves out as far as you can all about you, front to back, side to side, following them out all around you as far as you can.

Din nin eee yah. Din nin eee yah. Din nin eee yah.

Now notice what happens to your experience as you imagine these wavelengths lengthening, so that the crests become further and further apart, and then closer together. Noticing the shift in your experience, and letting that noticing of your experience take you even more completely into your experience.

Din nin eee yah. Din nin eee yah. Din nin eee yah. Din nin eee yah.

Good.

Din nin eee yah.

Following on that wave, you might notice that there is a rhythm, as though somehow the wave had come about you, passing by you from time to time. And as it does your awareness is heightened, your experience increased.

Now, adjust the angle on the cone to enhance your experience even more.

Nuuu yah. Nuuu yah.

And as you do that this time, also notice the change of wavelength. Make it longer and longer in the Dinia. Notice how not only the contractions work together, but how the energies of Nu'a and Dinia combine. You might say that the Nu'a energy brings in the energy from the surrounding area, and that the Dinia begins to modulate it, moving it outward, shifting the frequencies to those that are appropriate to your uses and experience at the time. So, this very energy increases and enhances your experience; indeed, allows you to become your experience more and more completely.

And so increase the angle on the cone even more, just as far as is comfortable. Find that angle that is most enhancing of your experience.

Nuuu eee yah. Nuuu eee yah.

As you do that, notice that the ways the waves move out upon that plane—that it is possible to tilt the plane up in front and down in back, so that the waves are moving on a plane that is tilted up in front and down in back along the Dinia. Experience that for a moment, with a couple of slow and easy contractions, in synchronicity with the Nu'a.

Din eee aah, Din eee aah.

Now bring the plane to horizontal again, the same elevation front and back. Become aware now of your experience, just observe what it is you are experiencing. And bringing your awareness to the Nu'a and Dinia again, bring the plane of the Dinia down in front and up in back, following the waves out, down in front and up in back, exploring and playing with just the right angle.

Noticing your experience. Now bringing that plane back to horizontal.

Din yah.

Just notice your experience and the way in which they changed. Now notice your experience. You may have noticed that with the plane up in front, that there was an increase in intensity, as though your awareness was somehow heightened, made finer-tuned. And with the plane down in front, there is a greater silence, a quietness in the energy. Your experience is what is carrying you as you float here.

Play with lifting the plane up in front, then down in front, and riding upon the energy that creates. Just experiencing, letting the wavelengths lengthen slightly as you play, following them out as far as you can in your awareness.

Din eee aah. Din eee aah. Din eee aah. Din eee aah.

Letting the plane of the waves of the Dinia move to horizontal.
Bring your awareness once again to the Nu'a.
Nuu eee yah.
Holding it long and gentle.
Nuu eee yah.
Each time we do it now, lengthen the release time, and let the muscle relax completely.
And notice your experience as you more and more float upon these subtle energies.
Nuu eee yah. Nuu eee yah. Nuu eee yah.
Good. And as I add frequencies, let yourself float on your experience easily and comfortably.
Nuu eee yah (short yah).
Din eee aah. Din eee aah. Din eee aah. Din eee aah.
Now, just for a moment, increase the angle of the cone, perhaps almost so that the cone has become as though it were a plane, parallel to the Dinia plane. Experience that for a moment, then bring it back to the angle that most enhances your experience at this moment, and play with the experience, letting yourself float.
Nuu eee yah (long release.)
Din eee aah.
Nuu eee yah.
Din eee aah.
Good. Just observe as much as you can now about this space, about your experience of these subtle energies. (Long pause.)
When you are ready, and at your own pace, let yourself come back to the time and space of the earth plane. If you would like to continue to experience and float on this energy, let yourself do so, exploring these energies of the Nu'a and Dinia even more at your own pace and in your own time. Let yourself integrate this experience to you in the time and space of the earth plane. Good. Enjoy your experience now.

Program 7: DaBen Leow

Welcome. Let us now explore these subtle energies further, and as we do, if you find yourself being carried by your experience, let yourself be your experience. You will hear enough instruction to follow the energies. You need not continue doing the contractions necessarily do what enhances your experience of these subtle energies. For it is following these energies you experience, and the shifts as we set these energies for you to learn and explore, that is most important.

Relaxing even more, doing a slow, easy contraction on the Nu'a, adjusting the cone as you do.

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

Continuing that, bringing into your awareness also the Dinia. Following the waves out upon that plane as far as you can, and slight contractions in the abdomen at the centers of the Dinia.

Din eee aah. Din eee aah. Din eee aah. Din eee aah.

Good. Now, include in your awareness both the Nu'a and the Dinia. Find a balance there, back and forth. Beginning to float on that sensation.

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

Following this shift in energy; just observing, being your experience. Bring your awareness to an area in your diaphragm at the top of the vee in your rib cage in front. Just below your heart, in the center of your body, the diaphragm forms a dome. Right

in that dome, imagine a volume about the size of a baseball, perhaps. In that volume picture three spheres, about the size of marbles, large marbles.

Just noticing them as they begin to spin about their own axes. Spinning faster and faster, accelerating slowly at first, but spinning about their own axes with just the slightest hint of movement about each other now. Spinning faster about their own axes, faster and faster. You may notice there is almost a slight sensation to lift that dome even more, to lift the dome of the diaphragm.

Spinning faster and faster. Follow that spinning as long as you can, as completely as you can. Keeping each sphere held in your awareness, one from the other, as they begin to move about one another, to revolve around one another in more and more intricate patterns. Wonderfully intricate patterns, faster and faster. Spinning faster about their own axes, revolving about each other in wonderfully intricate patterns, faster and faster. Hanging onto it as long as you can, as long as you can in your awareness, as they spin faster and faster.

Leeeeee ow. Leeeeee ow.

Just let them go when they reach that place where they are beyond your ability to track any longer mentally or visually. Just ride upon the energy that they create, for they amplify the energy that you have brought through the Nu'a, modulated with the Dinia. They begin to amplify that energy for you to experience more clearly, more directly that floating, that flow of energy.

Leeeeee ow.

Just follow that floating now. Become absorbed by it. Make a long, slow contraction of the Nu'a to enhance your awareness, to expand the area of your awareness.

Nuuu eee yah. Nuuu eee yah.

Good. Making sure you continue to open the back of the head and neck, to allow this larger flow of energy. Let your breathing do whatever it does. Relax the muscles even more.

Nuuu eee yah.

Din eee aah. Din eee aah. Din eee aah.

Just follow that shift now.

Leeeeee ow. Leeeeee ow.

Good. Letting yourself float on that experience now. Finding as you observe all the area about you. Perhaps from this space you are noticing a greater richness, a greater depth to your awareness as you are being carried by these energies. Let us shift the energies once again.

Nuuu eee yaahh. Nuuu eee yaahh. Nuuu eee yaahh.

Din eee aah.

Observing your experience even more. Following on these energies. Letting your awareness include all three centers, the Nu'a, the Dinia, the upper one at the area of the diaphragm, the Leow. Holding as much as you can of all three—the cone, the waves moving out on the plane, and that radiance of energy, created at the Leow.

Falling into those energies in your experience, more and more. Just observing. Letting your thoughts flow in and out, easily. Just floating on this energy as you are.

Leeeeee ow. Leeeeee ow.

Just let your consciousness expand to include all of that energy, all the places you could ride upon.

Lee ow.

Being carried by that radiance of energy.

Good. Now expand the area of your awareness once again, a gentle slow contraction on the Nu'a. Just being your experience.

Nuuu eee yah. Nuuu eee yah.

Now, choose to come back whenever you would like. You may stay, enjoying this space, as long as you would like. And when you choose to come back to the time and space of the earth plane, do so at your own pace, easily and gently. Easily and gently.

Program 8: DaBen Nu'a, Dinia, Leow

Welcome. Let us explore yet other aspects of these subtle energies you are bringing to your consciousness. And as you do, you begin to notice an infinity of energies that are possible here. Remember that your doorway is this experience of energy.

Nuu eee yah. Nuu eee yah.

As you continue that now, bringing also in your awareness the Dinia.

Din eee aah.

Din nin eee ah. Din nin eee ah.

Just holding that energy while we shift the energy just slightly, expanding the frequencies available as it were, and notice as you do, your awareness and all the places it extends to, all the energies you can be aware of simultaneously. Remember that it is your experience that is most important here. It is not a question of whether you are using the energies correctly, but only your experience.

And from that experience, you gain all that awareness and increased consciousness. And as you become more and more observant, and more and more inventive about ways to enhance your experience, it is using these energies to become your experience and ride upon these energies here as you do. For a part of your experience is indeed these energies.

Play with this rhythm now.

Nuu eee yaahh. Nuuu eee yaahh. Nuuu eee yaahh.

Din nin eee ah.

Nuuu eee yaahh.

Din nin eee ah.

Let the back of the head and neck relax, becoming your experience, letting your breathing follow naturally. You notice that your breath has been to follow the Nu'a contraction and release. Let it do so for a while, and then begin to let your breath relax, a longer and slower breath. Full and complete, as you focus your awareness completely on the Nu'a and Dinia. Letting your breath follow as it will.

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

Din nin eee ah.

Good.

Expanding your awareness out on the wave of the Dinia, and adjusting the cone of the Nu'a, just precisely so, to that place that enhances your energy.

Good.

Nuuu eee yaahh. Nuuu eee yaahh.

Long pause.

Nuuu eee yaahh.

Now, becoming even more your experience, include also in your awareness, among all the things that are in your awareness, all the things that you are simultaneously aware of, include also the Leow. The three spheres, beginning to spin about their own axes. Still holding in your awareness the Nu'a, and Dinia, following that wave out to

the degree that you can. Also notice the spheres as completely as possible, spinning about their own axes. Spinning faster and faster.

And as they reach a certain speed they begin to rotate and move about one another, in ever-increasing complex and intricate patterns. Wonderfully intricate patterns. Your mind is following them around. Following one as it moves in that pattern. Following each of them as it moves in that pattern. Tracing their paths, as it were, as that pattern becomes more and more complex, faster and faster. Faster and faster now, more and more complex. As long as you can, follow it with your awareness. When you can no longer follow it, just become that experience.

Leee ow. Leee ow. Leee ow.

Good. Floating on that feeling, noticing the ecstasy there, the freedom, and the beingness of all of the spaces of your awareness. Being your experience in more and more expanded ways. With one long, slow contraction on the Nu'a, notice the completeness of your experience.

Nuuu eee yah.

Play with lengthening the cone of the Nu'a, increasing its angle, easily and slowly, finding that angle and length that most enhances your experience and is the most comfortable for you. That increases your awareness, and expands your awareness.

Follow out on the Dinia wave, letting it lengthen slowly and easily.

Din nin eee ah.

Just experiencing the Leow as energy as it spins faster than you can follow. Experiencing that energy. Holding all three centers in your awareness.

You might play with bringing the Dinia plane up in front and down in back, just slightly.

Good. Again finding the place that is most comfortable to you that most enhances your experience. Just follow that floating feeling, being that feeling.

Nuuu eee yah. Nuuu eee yah.

Slowly and easily making those contractions. Each one and each release bringing more to your awareness of that floating sensation, that ecstasy.

Good. Now, in your own time, when you are ready, let yourself come back slowly and easily, to the time and space of the earth plane. Integrating your experiences here. Noticing how you are different, what you have learned as you come back to this time and space. From all of that awareness and experience you are bringing with you.

And when you are ready, let yourself come back slowly and easily. And with that we bid you a most pleasant journey as you begin to explore more and more on your own these energies. Experiencing more and more.

Program 9: DaBen Emotional Release Journey

Welcome. Let us explore the influence of these energies upon your emotional vibrational energy body. Each of the centers affects the physical, mental, and emotional vibrational energy bodies. But, these centers have a particular influence in that their function in powering the vibrational energy bodies have much the same role as your emotional vibrational energy body has in organizing and harmonizing the energies, the subtle energies about you.

For a moment, we would like you, as you begin to relax, and to find in your own awareness now, memories of these spaces that you have experienced with these three energy centers. While doing that we would like you to think of a time in which you were very happy. Notice the flow, the emotional flow that was there at that time. You might

be able to recall that as long as you continued to experience that happiness as flow, it continued and built upon itself. Continuing to flow, enhancing your own experience. So it is with the emotional vibrational energy body. The key word is flow. The key feeling is flow.

You may begin to notice as you bring this level of harmony into your life that the content, that is, the particular emotion, does not matter nearly so much as the flow of the emotional energy. That in many real ways, you can experience any emotion you want, transform any emotion into any other as long as you do not attach to that emotion, but let it flow. We will work, as we continue with the centers, with the relationship between this emotional flow and your thoughts, your mental vibrational energy body. But for now, let us just experience flow—flow of the emotional vibrational energy body, brought about, influenced by, brought into your awareness and enhanced in your experience, by these lower centers.

Good. Begin now with a very deep, slow breath in the upper chest. And, upon exhaling, almost a sigh. Aah, a real relaxation. Do that three or four times as we begin to show you patterns on the Nu'a so that your relaxation and deep breaths—aah—begin to blend with your experience of the Nu'a.

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

Din eee yah.

Din nin eee ah. Din nin eee ah.

Following the waves out now as far as you can. Even though they become faint, notice that you can follow them with your awareness a long ways out. Adjust the cone on the Nu'a now, just right, and take another deep breath now. Aah.

Nuuu eee yah.

You may find at first that the breath and the Nu'a seem to somehow interfere with one another. Just continue to do the Nu'a and the breaths together, making the breaths longer. And the Nu'a, making the contraction whenever it seems appropriate during the breath.

Nuuu yah.

Nuuu eee yah.

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

Good. Now, bringing your awareness also to the Leow, noticing your breathing, the Nu'a and Dinia, and also focusing on the Leow.

Leeeeee ow. Leeeeee ow.

Good. Noticing the spin of each sphere. Follow the spins and the intricate movements about one another as long as you can. And if they have already disappeared for you, that is fine. Follow that experience, but hold all of them, each time, as long as you can.

Now as we shift the energy, follow on your experience.

Leeeeee ow. Leeeeee ow.

Just riding on your experience, enhancing it, following it with your awareness. Notice your breathing, and begin to deepen it slightly.

Good. And faster now, slightly faster breathing, but just as deep. Aah... (sigh) Aah. Continue that breath now. Aah...

Nuuu eee yah.

Continuing the breathing at your own rhythm now, just slightly faster. Aah...(sighing breath) Aah. Aah. Aah. Letting the relaxation come the same time as you, in your awareness, are following that energy. And continue the breath just slightly faster now, slightly faster.

Just let yourself relax. Let your breathing return to normal, to whatever is most comfortable as you focus your full awareness and attention on enhancing your energy, and following it wherever it leads you. Observing, observing, being your experience. Being your experience now, more and more completely.

Good. Now let yourself float on that even more. Begin to notice your breathing again. Following the shift of energy as you notice your breathing. Take slightly fuller breaths, slightly fuller with each breath. One long slow contraction on the Nu'a now, just notice how it brings your awareness to more and more places.

Nuuu eee yah.

And another now, with a long slow contraction.

Nuuu eee yaahh.

Good. Let your breathing relax. Follow your experience and notice the floating, almost in ecstasy. Notice how easy it is to get that emotional flow. How wonderful that flow is. As you continue to float, let us just shift the energy as we make the sounds of these words. The flow of your energy opens and harmonizes the space about you and the subtle energies, and begins to give you the experience of an open and harmonious environment all about you, in all the dimensions you are connected to. Enhance your experience by adjusting the cone of the Nu'a, a long slow contraction, just noticing how it expands your ability to be aware.

Nuuu eee yaahh. And on the eee of the Nu'a, just hold gently and easily once again.

Nuuu eee yaahh.

Notice your breath and the back of the head and neck. Lengthen your breath just slightly—more volume, slightly longer.

Nuuu eee yah.

Noticing that flow. Remember this feeling so when you become aware of your emotions you can find in that emotion a component of this flow, the potential for this floating, near ecstasy.

Good. And you may choose to continue this experience, being more and more your experience. And when you choose to come back, do so slowly and easily, integrating all of your experience into the time and place of the earth plane.

Good. When you are ready, at your own rate, let yourself come back. And for now, enjoy this wonderful energy that you are learning and that you have created.

Program 10: DaBen Self-Healing Journey

Welcome. And as you begin to relax even more, notice the subtle energies; how quickly they can come, as you bring your awareness to the Nu'a.

Nuuu yah.

And how even as you are settling more and more into your relaxation, the Nu'a brings your focus to those places that you can relax next. As you bring your awareness to that flow, your awareness is brought to those places that you can increase the flow. Begin to make it balanced and harmonized.

As we shift, notice that your awareness brings to consciousness and begins, as it were, also to include that consciousness more and more fully and completely in the flow that you are establishing, by using these centers, by harmonizing.

Now, we are going to use this exploration of these energies, the energies of the lower three centers, to look at two areas, both quite interesting, and yet quite simple. You may notice as we explore them that you have already quite naturally developed a degree

of skill in working with these areas, more than you might imagine. Begin to use these energies to bring that skill to your consciousness and to enhance and increase that skill, and to integrate it more and more completely into your awareness, into part of quite naturally who you are.

Good. And again, as we develop the energy more completely for each of the centers, when you begin to become easily absorbed in your own experience, go with that experience. You will hear what you need of the instructions. Be your experience.

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

Good. Adjusting the cone now, just right. Enhancing your experience. Just right for you.

Din eee aah. Din eee aah. Din eee aah.

Following that wave out now, as far as you can with your awareness—as far as you can.

Now bring your awareness to the three spheres, and notice their spinning about their own axes as it becomes faster and faster. Spinning faster and faster about their own axes, and beginning to form intricate patterns about each other, revolving around each other in more and more intricate ways, faster and faster. Following it with your awareness now, as long as you can, as long as you can. Following it.

Leee ow. Leee ow. Leee ow.

Good. Now, from this space, being your experience. Take your awareness to your digestive system. Perhaps you have just eaten, perhaps it has been hours. Just notice the current sensations of your digestive system; the stomach, the intestinal track, the general sensations of the abdomen. And bring your awareness fully back to your energy and this flow of subtle energy, adjusting the cone, renewing with a contraction of the Nu'a, your experience of the energy, enhancing it as you do.

Nuuu eee yah.

Now, from this space, holding this in your experience, in your awareness, expand your awareness to include your abdomen and your digestive system. Just notice it. Just observe. Just noticing and observing. Enhancing your experience with these subtle energies all the while, just as you are observing, touching your abdomen, your digestive system with your awareness. Just including it in your awareness.

Good. Enhancing your awareness of the subtle energies now, adjusting the cone perhaps. Just including your abdomen in your awareness. Now bring your awareness back to your energies, the subtle energies, that floating feeling. Becoming your experience even more now.

Take a moment to just observe how you feel. What are the feelings that are a part of your experience of these subtle energies? How have they shifted? Observe. Observe as much as you can. Observing the differences.

You will find using these energies, that there is something about your ability to include whatever it might be that you can focus your awareness on, to include in your awareness, that just by doing so you begin to shift its flow. To shift its energy flow just by your touching it with your awareness when you are in that expanded state, when your emotional energy body is flowing, and you are fully conscious and aware.

Let us explore one other aspect now. And as we do, enhance your experience of these subtle energies even more.

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

Good. Becoming that floating feeling now. As you work with these energies, you may notice as you increase the flow, there are areas that you experience discomfort

in, perhaps at the back of the head and neck; shoulders. Much of these discomforts, although they seem quite physical, are more a place that there is not an equal amount of flow.

You can use again your awareness from being in these spaces, and then bringing those areas into your awareness to harmonize that flow, to balance it. To take that aspect of what seems so physical, and discover the degree to which that area, whatever physical area it might be, is involving the emotional vibrational energy body, your emotions in some way, where the flow there is not in balance with the areas around it.

Pick an area now that you have a less feeling of awareness, or perhaps even an area that you are experiencing some discomfort. Whether it be related to your awareness and exploration of these subtle energies, and only present while you are exploring them, or whether it be a tension, a holding, that you have carried with you for perhaps some time.

Now, just briefly, with your awareness, touch that area. Just explore that area with your awareness, just what it looks like at an energy level. And bring your awareness fully back to your experience of these energies.

Nuuu eee yah.

Good. Now bring your awareness of these energies and include that area you just explored, that area of discomfort, that area of lesser flow. Just observe it now, experiencing this flow of subtle energies, and just observing that area of lesser flow.

Just touching it with your awareness, observing it as it changes, letting your posture shift, making any movements that you need to accommodate this larger flow. If that discomfort wavered for even a moment, then you know that a part of it is involved with the emotional energy. And perhaps quite a significant part of it is. In that part, you can easily influence and increase the flow by moving into these subtle energies, using these three centers, and then just beginning to touch for longer periods of time that area.

And your level of mastery at doing that and making a shift in that area of discomfort, that area of lesser flow, is not measured in how long the discomfort is away, but more how quickly you are able to equalize the flow, to begin to soften or release the discomfort again. So it is not whether it comes back that measures your degree of skill, but how quickly you are able to shift it yet again. And soon you will find that you are shifting it for longer and longer periods of time. The challenge again is getting it in the flow.

Bring your awareness back now, to the subtle energies. With a deep breath, let the back of the head and neck release, open more and more, and just enjoy these spaces, and when you are ready, at your own pace, let yourself come back to the space and time of the earth plane. You might stretch and really relax as you do. Enjoying and absorbing the richness of the earth plane all about you.

Program 11: DaBen/Orin You Are the Master

Welcome. Good. Let yourself begin to set the energies of the Nu'a and Dinia for yourself as we talk for just a bit and shift the energies.

Part of your developing skill with these energies will bring you to a place where you will be able to choose mastery over your life, to even, if you so desire, attain a level of mastery that you have observed as masters on the earth plane. If you so desire, this is one doorway that you might take.

Follow with Orin from these higher spaces that we will set now on your journey as a master. Good. And enhance your experience now, more and more completely.

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

Good. Adjusting the cone to enhance your experience.

Nuuu eee yah.

Following the waves of the Dinia out.

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

Letting the waves lengthen, beginning to float now, float on that experience as you also include in your awareness the Leow. Observing the three spheres spinning faster about their own axes, as they begin to spin and revolve about each other, in more and more wonderfully intricate patterns.

Leee ow. Leee ow.

Follow the spinning as long as you can with your awareness, and just fall back into your experience. Good. Following that shift now.

Leee ow.

Take a long, slow contraction on the Nu'a, bringing in your awareness more and more volume and area of energy.

Nuuu eee yah. Nuuu eee yah.

Good. Just notice your breathing. Let it relax. Open the back of your head and neck. Adjust your posture just slightly to enhance your experience.

Din eee aah.

Following the waves out as far as you can, letting the wavelength lengthen. Slower and slower, observing now. Becoming your experience, becoming that floating. Good.

Good. And now, we bid you a most pleasant journey.

Greetings from Orin. You are on a path of achieving your full potential in this lifetime. You have committed to your spiritual growth. You are making it a priority in your life, because you know that that commitment to your spiritual growth will bring you the greatest rewards of any path you could follow.

You are committed to your soul, to unfolding your full potential in this lifetime; to becoming a master. We will use the word master to represent the highest potential, the highest unfoldment of who you are in this lifetime. Remember, there are no limits as to how far and how high you may reach.

Sit comfortably right now, and call the light to you, surrounding yourself in light. Feel the beauty of this light and the richness. Your eyes are closed, and you can sense the light growing stronger all around you.

As you take a deep breath in, put your awareness, center your consciousness on the top of your head; the spiritual center called your crown center. Imagine it opening, just a little bit more. Just the right amount of light is pouring in through the top of your head, going all the way down your spine, down and down into the earth. The light also reaches upward into infinity, extending into the higher, finer frequencies of light, as if it were a channel upward to your Higher Self, to the "you" that exists in many other dimensions.

At one level you are already the master, and what we will be doing throughout the Awakening Your Light Body course, is to have you remember who you are. You will have an opportunity to imagine yourself as a master, looking at different areas of your life, and giving yourself advice as you learn to live as and become your Higher Self—the wise, all knowing being that you truly are within.

To start, you are now going to have an opportunity to meet the master you are working with. Imagine that you are being joined by this master who has now been called by you as you close your eyes, and mentally call upon the master you are working with

to be with you now. You might feel or sense the presence of this great being—perhaps a feeling of greater light, radiance, or love.

Whether you are aware of it or not, this great master is now with you. As you develop spiritually, your awareness of the master, your awareness of the evolution of humanity, and your awareness of your part, your purpose, your mission will grow. You may call upon this high being anytime you need assistance, for this master is always there, holding a focus of light for you as you become the master yourself.

Start with the belief that *it is possible* for you to reach enlightenment in this lifetime; that *it is possible* for you to live in higher states of consciousness, and to view your life from the level of a master's perspective. Say to yourself, 'I now believe I can achieve enlightenment in this lifetime. Enlightenment is now mine. I am now enlightened.'" Say this to yourself a few times.

This master is now looking at you directly, looking directly into your soul, and acknowledging and recognizing the master within you. Feel this master looking at you with great love, acknowledging you as a master. All you need to do is awaken and remember who you are, for you have within you the memory of what it is like to be a master. The master who is sitting within you, waiting to be born, is now becoming visible. The layers are being peeled away and your true self is being born in the light of this master.

Speaking to the cellular memories in your body, the master is holding a focus of light with you and your soul, to let your cells awaken and remember what it is like to be the cells in the body of a master.

You are going to pretend right now, imagine that you are a master. For it is often through pretending and imagination that you will awaken your true memories of who you are.

Adjust your posture and your sitting right now. You are wise. You are becoming the master within. You have lifetimes of knowledge and wisdom. You are the master now. Let yourself imagine what it might be like; how might you sit. You are radiant. You are confident. You are clear. You are love itself.

As the master, your focus is upward. You follow your higher guidance all the time and you hear it very clearly. Your focus is inward. Things come and go in your outer life, yet you remain serene for you know that the outer world is only a reflection of your inner world. You are very centered. You have awareness from moment to moment of all the energies around you.

Put your awareness on the master who is sitting with you right now or who is with you in some way. Notice or sense the amount of light coming from this master, the size of his or her aura. Notice how it feels as you are touched by this light.

Now imagine your own aura becoming just as beautiful and filled with light as the master's aura. As you awaken your light body, you will be increasing your ability to change the energy around you into light and radiate it. Let your aura become as large and as beautiful as the master's, just in your imagination. Know that as you imagine it, you are beginning to open it as a pathway, a possibility for you in this lifetime.

If there is any voice within you that says, 'I am not the master,' love that voice. You may want to take that voice and work with it in the subpersonality journey, for you have within you all the divinity of the universe. All potential lies within you, just waiting to come to the surface.

Notice the posture of the master, the ease in his or her body. Let your body sit and feel as it would if you were now a master. Notice the expression on your face. Your eyes

are wise, as if light is coming from them. Your face is soft and compassionate. You are sitting and feeling as a master would right now. You are becoming the master.

The master that is with you puts his or her hand on your forehead; right where your third eye is, called your sixth chakra, your ajna center, the area between your eyebrows. As the master touches this area, he, or she is assisting you in awakening your inner vision, so that you may see more clearly your life from this higher perspective.

You are now growing wiser and wiser, held in the light of the master. You are feeling more confident and serene. You are becoming the master even more. You have lifetimes of experience. You are love itself. You are wise and you are compassionate. You look straight into the heart of people and know the level of their soul development. And, you assist them in finding their path.

And now, you as the master are going to look at your own life from this high, wise perspective. As the master, what changes would you make if you were living your life right now as the master? Would you get up earlier or later? Would you do different things during the day? Give yourself advice now from this high, all-knowing perspective.

Imagine living your day with total awareness. See yourself doing something today that you normally do, but now you are doing it as a master would—being aware of it, loving it, and being fully present. See yourself now doing this activity.

Today, how would you eat as the master? Think of your day today and imagine yourself choosing the food, and eating in the way that you will when you are the master. For today you are the master. Picture it now.

As the master today, what exercise would you do? What would you do for your body, for fitness and a sense of well being?

Look at all the things you are planning to do today. If you were the master, which things would you do, and which things would you release? What are the highest things you are doing today that create the most good for yourself and others? Look at your day today through the eyes of yourself as the master.

As the master, notice your rhythm and pace as you move through the day. Let that become a part of your cellular memory. Feel the ease and the flow, that sense of joy and purpose.

You have the ability to live your life as the master. Whatever you can envision, you can create. You will begin to live your life in these higher ways easily and automatically. The more you picture yourself as the master, the more rapidly you will become it. Anytime you need assistance to become the master you may call upon the master who is working with you. You may also imagine yourself as the master and give yourself advice. You have all the answers within you. You are a beautiful, unique, and perfect being.

I, Orin, and we, the beings of light, honor and love you as you follow your path. We are aware of you and we celebrate with you each moment that you gather more light.

Now, as you come back, you may want to give yourself some general advice—you, as the master. You are going to come back into the room as the master, living your life today from a higher, wiser perspective. And I bid you good day for now.

Program 12: DaBen/Orin Journey to Temple of Masters

Welcome. As you begin to relax, settle into that space that you can begin to experience these subtle energies more and more. Good. This will be a journey with Orin to the Temple of the Masters and to experience more completely the energies and spaces that Orin will show you.

Let us, by using the three energy centers, move to heightened awareness; to an enhanced experience of your energies, and indeed of all the subtle energies about you. So as we follow a certain rhythm now through each center, use our explorations to enhance your experience. If at any point you become your experience, just follow the instructions as you hear them, and do whatever most enhances your experience of these energies.

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

Good. You might lengthen the cone now, increase its angle.

Nuuu eee yah.

Good. Now, following the waves out as you maintain an awareness of the Nu'a, follow the waves out on the Dinia. Slight contractions there now.

Din eee yah. Din eee yah. Din eee yah.

Good. Now, including also in your awareness the Leow, beginning to observe the spinning of each individual sphere, faster and faster about its own axis. And then, spinning faster and faster about each other in more wonderfully intricate patterns. Follow them as long as you can with your awareness, as long as you can. Following that movement as long as you can, following each sphere as long as you can.

Leee ow. Leee ow. Leee ow. Leee ow.

Good. Now, letting yourself float on that experience, becoming more and more that experience.

Good. Now, take a long slow contraction on the Nu'a to enhance your awareness and experience; to increase the area that you become fully conscious of; bring fully into your consciousness.

Nuuu eee yah.

Good. Now. We bid you a most pleasant journey.

Greetings from Orin. We will travel now to the Temple of the Masters, a beautiful temple of light. Begin by calling light to yourself, surrounding yourself with light. You are standing under a waterfall of light, drinking it up. Let yourself grow lighter and lighter. Fill up your spine with light, and let that light radiate outward. Light is all around you. You are now beginning to travel to the Temple of the Masters.

You can feel the radiance of the temple as you grow closer and closer to this beautiful place, letting your soul be carried there, simply by the thought of it. Now you are there. The sounds, the beautiful fragrances, are all about you—the sounds of nature, the fragrance of flowers. The feeling of great love is in the air; serenity and peace, as if you are in a rarefied atmosphere of very refined energy.

It is so beautiful here. A great master meets you and leads you to the temple, and you go through the temple into a courtyard. This is a celebration of your growth, your awakening to the greater light within you, of your taking a quantum leap, and for this commitment you are making to your spiritual growth.

You are here to meet your soul group, those initiates on the path who are on a similar level to you. They are also coming into the courtyard now that is in the temple. You are meeting these people soul to soul. Some of them you may meet in person. Some you will know through the inner planes, through your telepathic, soul connection.

The room is filling up. The courtyard is becoming full. With your inner eyes, look around and acknowledge these soul group members, these people who are at a similar level to you in their growth. Feel that soul connection, the strength in you as a group. Every gain you make is a gain for the group, and every gain they make is a gain for you. You are all going for spiritual growth, enlightenment, and greater light. Feel their

welcome to you as these members of your soul group acknowledge you. Send your welcome and love to them.

You are now going to send lines of light to all those people who are one step behind you. As you are in the courtyard of this beautiful Temple of the Masters, imagine that you are radiating light from your soul to the souls of those people who are one step behind. These are the people who are most able to receive your light. And, in receiving it, will empower you the most as well.

Lines of light are coming out from you and from everyone in your group connecting to their group, to those who are one step behind them. You are connecting at the soul level with these people, lighting up their path. Notice what an enormous group is following you, and those in your soul group.

Turn your attention now to those who are sending you light, who are one step ahead of you. The greatest gift you give them is to open to their light. Receive it now. In any way they can, they are making the path easier for you, lighting up the way so that you might see it more clearly, the path you are on. They are passing to you all the gains and lessons they have learned, so that your path might be easier, quicker, and more joyful. Part of spiritual growth is passing on the light and opening the way for others.

Imagine before you leave your soul group, that all of you are generating a great light together; a beautiful refined light. You can tap into this light anytime you want, feeling the friendship and the companionship, the love that is here.

Next imagine that the courtyard is clearing and you are alone with the master. This is the master you are working with. The master asks you to sit with him or her. He or she assists you in getting very quiet within.

The master begins to transmit energy to you—energy to assist you in taking this quantum leap. First, the master sends energy to your physical body, assisting your physical body in handling a higher vibration, the higher vibration you are now running through it. All you need do is receive.

The master is assisting you in quieting and harmonizing your emotional body.

The master is sending light to your mind, so that you may hear more clearly the voice of your Higher Self.

The master is now aligning your chakras. You need not know or even sense what the master is doing. All of your energy is now being keyed to a higher note, a finer vibration.

The master acknowledges that you are indeed coming from a higher level in your life now. The master is looking straight into your eyes. He or she puts his or her hand on your heart, and says, 'I love you. You are a master too. Awaken now to your mastership.'

Feel yourself awakening, acknowledging who you are, looking at the world with a greater wisdom.

Imagine that you can see many paths in front of you, representing many of your probable futures. One path is the most radiant and has the most light; takes you the highest and the furthest. Find that path right now.

In front of that path is a door. You are going to walk through this doorway and plant your feet firmly on your higher path. Before you do, the master asks you to go deep within and make a strong commitment to your spiritual growth, to put your path of enlightenment above all else, to commit to your soul's path.

When you feel the strength of this commitment, walk through the doorway, and feel yourself surrounded with more light. Your feet are planted firmly on your path of greatest light.

The master that you have been working with is assisting you in lifting higher so that you might look out at your life now from the perspective of the master. As you are on your path of light, you will gain more and more ability to live as your Higher Self.

Pretend once again that you are now the master. You are looking at your life from this wise, all knowing perspective. Feel the light that radiates from you.

What can you do to grow spiritually? What are the most important things you are doing in your life right now that are contributing to your enlightenment, and how might you increase these activities or add new ones?

Think of a situation in your life that you would like some insight about. Pick something that is not highly emotional for you right now for this exercise. As the master, how would you handle this situation? How would you think about it? How might you act that is different from what you have been thinking of earlier?

You are wise, sure of yourself, full of compassion. You come from your heart. Look at this situation now and give yourself advice.

Imagine that many beings of light are joining you. You are making a great contribution to all of humanity by your willingness to awaken your light body, to radiate more light, and to take a quantum leap in your growth. All of the beings are here to celebrate with you. They are providing an even greater focus of light for you in recognition of all you are doing for others.

There is great cause for celebration. You have always been sensitive to the subtle energies of light. You have heard this inner call and it is growing stronger. We are here, the guides and the beings of light, the masters and the teachers, to remind you of who you are.

If there is anything you need help with, all you need to do is ask. If there is anything we can assist you with right now by holding a focus of light with you, sending you strength or whatever other soul quality you would like, ask for that now, and feel it being given to you.

Can you open to receive even more? Part of your challenge will be how much you can allow yourself to have. Open up now even more to allow yourself to receive. You are not alone. There is so much assistance available in the higher dimensions.

As you awaken your light body you will be more and more in contact with the higher beings in these higher dimensions of light, more able to tap into the love, the light, and the guidance that is available here; able to work with the higher communities of light in serving and in adding more light to your dimension.

Imagine now that you are joining the beings of light to put a wake up call out to other souls, so that they too might hear the inner call to awaken. You might imagine that one beautiful "om" is being sounded now, and that you are joining with it, using your inner voice, listening with your inner ears, as a wave of love is sent through all the kingdoms. Sent to you and to every cell in your body.

The celebration is for you. All the beings are sending you a sound or a note to awaken you even more.

Now you are going to return to the room you are in. You have just accepted a greater role in world service, a greater path of light. What you have done is very real. Come back to the room now, feeling the greater light that you are. Feeling the light all around you as you gently and easily bring your consciousness back into your body.