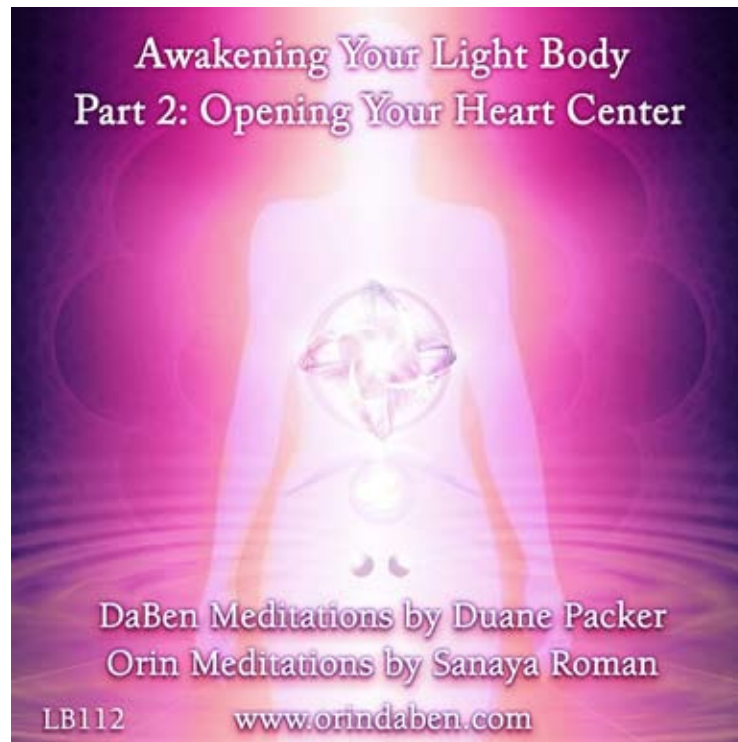


Awakening Your Light Body Part 2

Opening Your Heart Center



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](#)
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Part 2 *Awakening Your Light Body Course*

Opening Your Heart Center

DaBen Meditations by Duane Packer

Orin Meditations by Sanaya Roman

Music by Thaddeus

Index to Audio Journeys

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

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

Program 1	DaBen: Introduction to Ranthia <i>Music: Temple of Healing Love TH009E</i>	20:31
Program 2	DaBen: Strengthening the Ranthia <i>Music: Blending With Your Soul TH007E</i>	20:39
Program 3	DaBen: Floating on the Ranthia <i>Music: Sea of Light TH039E</i>	20:34
Program 4	DaBen: Explorations of the Ranthia <i>Music: Rising Into Light TH008E</i>	20:54
Program 5	Orin: Awakening Your Inner Healer <i>Music: Guardian Angels TH018E</i>	22:49
Program 6	DaBen: Self-Healing <i>Music: Cellular Evolution TH015E</i>	21:29
Program 7	DaBen: Staying Neutral <i>Music: Surrendering TH023E</i>	20:43
Program 8	DaBen: Setting a Healing Space <i>Music: Healing Treatment TH016E</i>	21:12
Program 9	DaBen and Orin: You Are the Master - Compassion <i>Music: River of Love TH041E</i>	26:32
Program 10	DaBen and Orin: Interdimensional Traveling - Gas Beings <i>Music: Strands of Light TH017E</i>	24:15
Program 11	DaBen and Orin: Forgiveness Journey <i>Music: Angels of Love TH020E</i>	33:14
Program 12	DaBen and Orin: Temple of the Masters <i>Music: Silent Majesty TH005E</i>	35:43

Next Course in This Series and Related Audio Courses

[Awakening Your Light Body Part 3: Activating Your Higher Energy Centers LB113](#)

[Orin's Awakening Your Heart Centers SL105](#)

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

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

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

Part 2

Opening Your Heart Center

DaBen Meditations by Duane Packer

Orin Meditations by Sanaya Roman

Music by Thaddeus

Getting Started

☛ Listen now to DaBen's journey on Program 1 and record your experiences on the Journal Notes that follow. Then read the following pages on the Ranthia. A marker ☛ will give you the signal to listen to Program 2.

At the end of this course is a section with the comments and reactions of people to their learning and exploring the first three centers that you have just completed. You might enjoy reading this before you begin or while you are *Opening Your Heart Center* in this course.

Journal Notes

Program 1 Introduction to Ranthia Journey by DaBen:

Record your experiences such as subtle physical sensations (tingling, heat, spacey, lost consciousness, and so on), any emotions, sensations, or thoughts you remember.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

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

Opening Your Heart Center Ranthia

Congratulations! You have just worked with the fourth vibrational energy body center, the Ranthia. The Ranthia is located in the center of the physical body in the area of your heart. Unlike the first three vibrational energy body centers, the Ranthia is not connected to muscles. While you actively move muscles in the lower three centers, particularly the Nu'a and Dinia, to create your experiences, with the Ranthia you create your experiences by observing the Ranthia. The direction of rotation, the rate of rotation, and the size of the Ranthia are not in and of themselves important; what is important is how completely you observe the Ranthia. The rate and direction of rotation of the Ranthia may be different each time you run the energy.

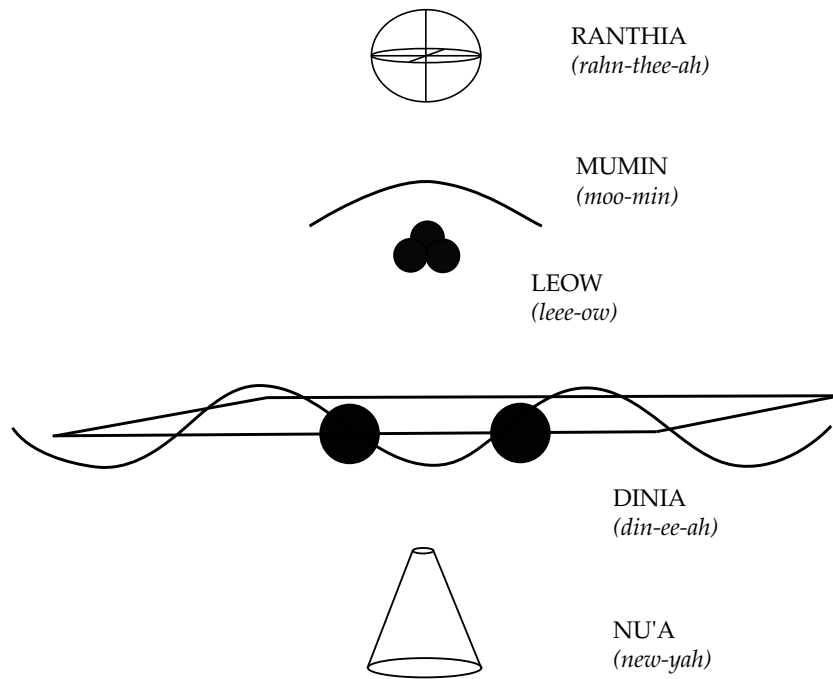
Working with the Ranthia, and the rest of the upper centers you will learn about in Part 3, you will use and further develop your skills of observation and imagination. As you play and experiment with running the energy you will realize that the upper centers are out of your "control." You cannot change what they are doing by trying to imagine them doing something other than what you are observing them doing. If you do try to change what the upper centers are doing with your imagination you will usually be drawn away from a deeper experience or pulled out of your experience altogether. The way you can deepen and enhance your experience of the upper centers is to observe them with so much attention and focus that you fall into your experience of them. Notice as many details at as many levels as you can. Experience more aspects of each center by being playful and creative. Change your scale from large to small, or pick an area and become that area. Using your imagination to sense the upper centers in greater and greater detail is the doorway to the expanded states of consciousness that the upper centers make possible.

The Mumin is a dome-shaped "energy-membrane" that filters the energy coming from your lower centers before it reaches your Ranthia. The Mumin is not a center itself but the interface between the lower and upper vibrational energy body centers. You can choose what energies you want to bring through, such as all the lifting, harmonizing frequencies, all the higher frequencies, or all the smooth, soft frequencies. You do not need to know "how" to use the Mumin to filter these energies; all you need do is think of the type of energy you want to come through. The Mumin shifts all the energies to this type of energy or filters out all other energies automatically. The energies that are filtered out do not go anywhere; they simply dissolve. The dome of the Mumin is generally curved gently down at the edges and it can become almost flat. A slight curve down, gracefully doming the Leow, is usually the optimum shape of the dome. Experiment with the variations on this shape to enhance your experience. The Mumin dome extends out in three hundred sixty degrees around you, front and back, and to both sides. The thickness of the Mumin is generally anywhere from one-quarter inch to an inch thick, although whatever you observe is fine. As you work with the gridwork, in future courses, you may find that the finer the gridwork the greater the detail you can observe in the Mumin and the thicker or larger it may seem.

Part of the function of the Ranthia is to keep constant the flow of energy coming from the Leow as it moves to the upper centers. One image that helps to visualize the Ranthia is that of a revolving door with four doors created by two intersecting planes. In the Ranthia the doors are like flexible membranes. When a great amount of energy

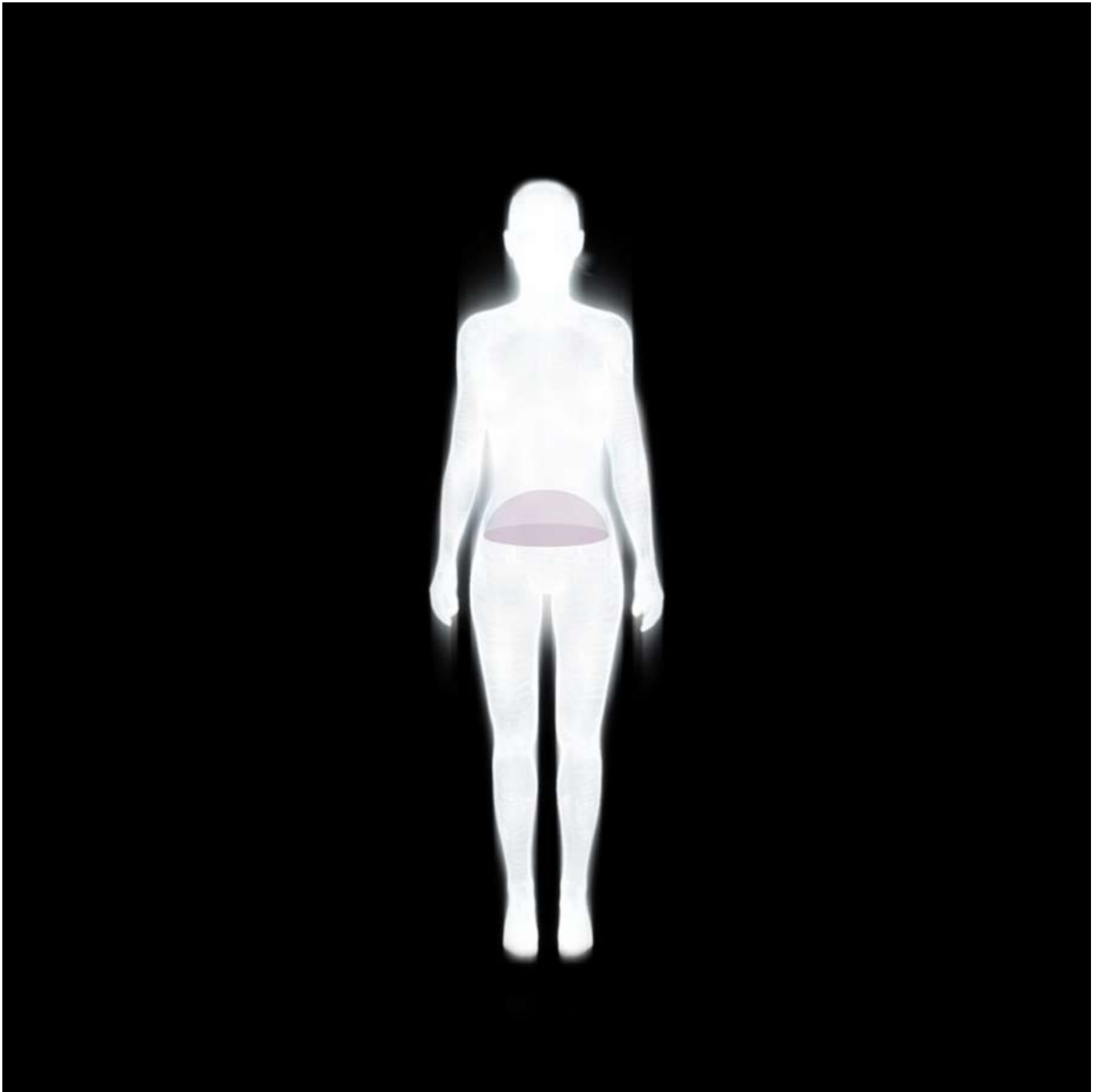
Vibrational Energy Body

Visualization Aid for Lower Four Centers



Vibrational Energy Body

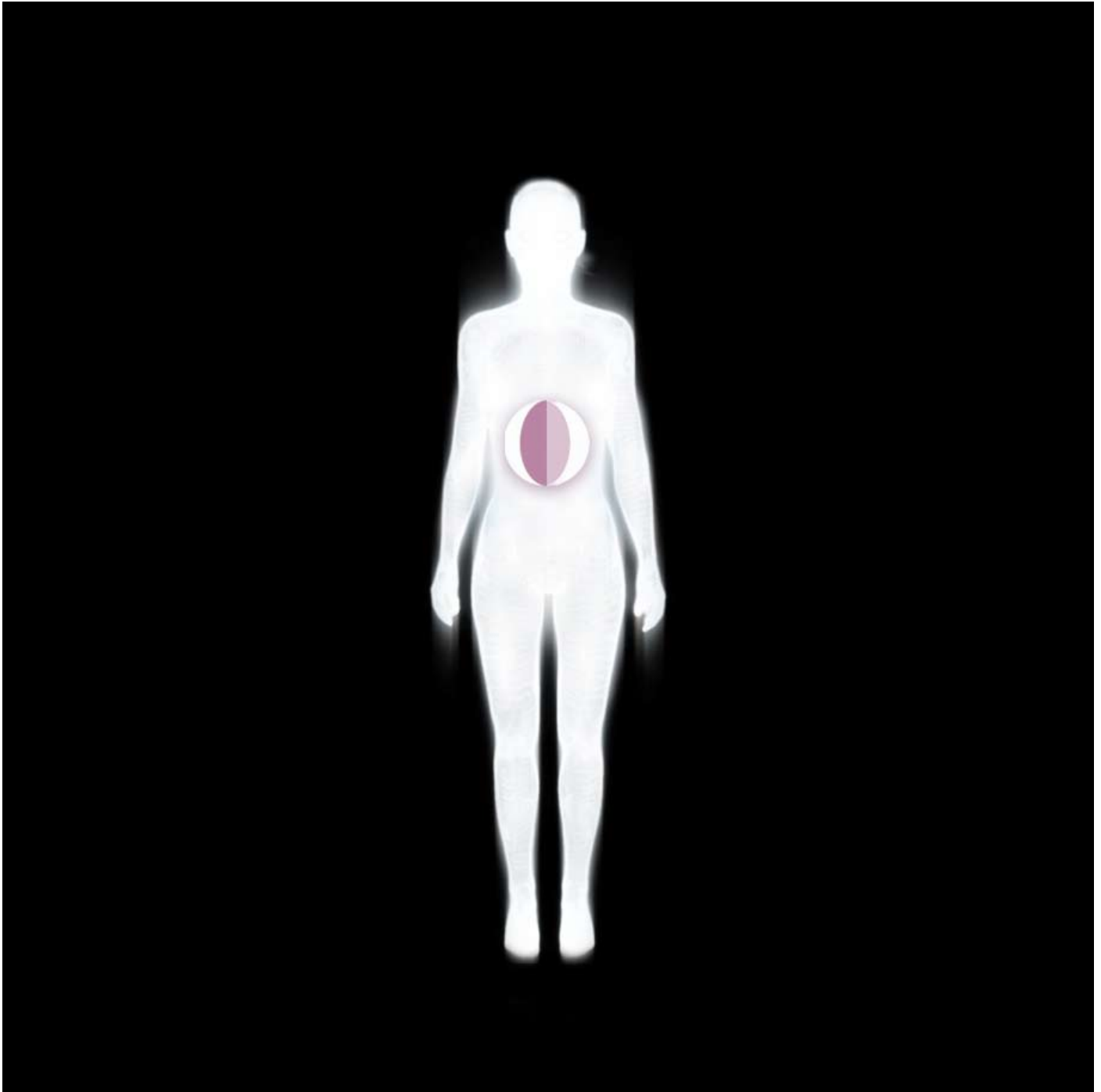
Visualization Aid for Mumin



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 Ranthia



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 Lower Four Centers



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

comes from the Leow, the doors become more and more flexible, much like sails on a ship that billow when the wind increases. As they billow they absorb the excess energy. This allows the rotation rate of the Ranthia to stay constant, so that the energy from your lower centers flows at a fairly constant rate into your upper centers. When there is less energy coming from the Leow, the doors regain their rigidity, releasing their energy to maintain a steady speed even with less energy coming through. The doors are constantly changing in their rigidity as more or less energy comes through, just as sails on a ship fill up or deflate as the wind grows stronger or weaker. Thus the Ranthia fulfills its function of keeping the flow of energy moving from your lower centers to your upper centers smooth and steady. This process happens automatically. All you need do is observe and experience.

The Ranthia usually fills up your chest cavity in the general area of your heart, but this can vary widely. At times it may be much larger than your body, at times it may be a volume as small as the size of your fist. The Ranthia can spin clockwise or counterclockwise, but neither the direction, rate of the spin, nor the size determines your ability to experience the energies of this center.

Experiencing the Ranthia space can create an expanded feeling of love and compassion. It is a wonderful energy space from which to do soul work with other people and to expand your ability to love yourself and others. Although all the vibrational energy body centers influence your physical and emotional energy bodies, the first four centers have the most effect on them, and are the most able to shift emotional and physical states. Thus self-healing is best done with the energies of the Ranthia and the lower three centers. The Ranthia is also a wonderful space to maintain if you are working with others in a therapeutic role, are around upset people and want to stay neutral, or want to set a space for other people to love themselves more. In the following weeks you can work with the journeys in this course to learn how to stay neutral around other people as well as create a space that allows others to come from a higher level if they choose. You will also learn more about self-healing, experience yourself as the master, and find a new level of compassion and forgiveness as you work with the Ranthia. The Ranthia is a wonderful place to center your consciousness when you work with other people or want to heal yourself through untangling your physical and emotional energy bodies. The Ranthia can balance and harmonize the flow of all your energies.

Questions and Answers about the Ranthia and Mumin

In teaching this course to many different people we discovered there were as many ways to experience these centers as there were people. We want to remind you that as you read the comments and questions below, you may or may not have the same experiences. Let whatever experiences you have be the right ones for you. Each one of you will be using these energies and states of consciousness for your own unique higher purposes, so let your experiences develop naturally rather than trying to have experiences similar to those other people are having. 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. Join us now as people share with you their experiences of the Ranthia and Mumin.

Question: Can I make the membranes of the Ranthia rotate faster? Is there any significance to the membranes rotating faster or slower?

Answer: (Answers by Duane unless noted otherwise.) You cannot effectively make

the rotation faster or slower by visualizing it as faster or slower. There are no muscles associated with the Ranthia. The only way you can change the rate of rotation and maintain a deep experience of the energy is by changing the energy of the first three centers. There is no benefit in "making" the Ranthia spin faster or slower. The only way to enhance your experience of the Ranthia is to observe it with your full attention. The Ranthia spins at various rates to keep the flow of energy coming from your lower centers into your upper centers constant.

Comment: My Ranthia got very large, as if it were larger than my body, and I felt very peaceful.

Reply: When I run the energies I experience my Ranthia most of the time as right inside my body, about the size of my chest cavity. In the Ranthia space, the finer and more harmonized your energy becomes the larger your Ranthia may seem as you observe it. If you focus on people in the Ranthia space you may notice that you feel more loving and compassionate toward them. However, you cannot make yourself feel more loving and compassionate by imagining you are increasing the size of the Ranthia. Remember you are just observing the Ranthia.

Comment: I felt this wonderful floating feeling, then all of a sudden I decided I had had enough and wanted to come back. I felt so good, I could not figure out why I would want to come back and end the good feelings.

Reply: In my personal experiences with running these energies, one of the only limits I have discovered to how long I can stay in these states is how much "good feeling" I will allow myself to have. When others first started practicing these energies, they reassured me there would be no limit to how good they could allow themselves to feel. Yet, they too discovered that they had a limit to how much good feeling and flow they could allow at any one time. As you continue working with these centers you will learn how to stay in these states of peace, harmony, and flow for longer periods of time. In the upper centers, and especially the light body centers, the good feelings become even more intense. Challenge yourself to stay in these higher spaces for longer and longer times. They offer many gifts and are a way to prepare for the upper vibrational energy body and light body centers.

Question: I felt like my body was vibrating, then I had some involuntary muscle movements. What is this?

Answer: Some people have this experience because they have a greater flow of energy than they have been used to. The energy flow or the pattern of energy is so large it cannot be contained in their existing energy structures. Some people also experience itching. The nerves are receiving a much larger flow of energy than they are used to and can become quite activated! This only lasts for a short period of time. One way you can accommodate a larger energy flow is by opening the back of your head and neck. The back of your head and neck is a key area and by subtly moving your head, envisioning this area opening, or slightly shifting your posture and breathing you can comfortably allow a larger energy flow. You can also angle the plane of the Dinia downward in front or close the Nu'a cone to a cylinder to bring through less energy. What you are after is a more and more complete experience.

Question: I got very drowsy during this meditation. What happened?

Answer (DaBen): The states of consciousness you are entering into as you work with these vibrational energy bodies are not totally new states for most of you. Often you have not been conscious of them because they occur when you are asleep. The states of consciousness you experience as you run the energy are very close to the awake/asleep threshold of the brain. It may require practice to enter into these deeper states with full awareness. Most of you operate in one place or the other—awake or asleep—but not in between. As you run the energy you will be learning to center your consciousness almost at the boundary of awake/asleep, with slightly more of your consciousness on the awake side so you can remember what you are experiencing. You will be able to hold more of your awake consciousness as you continue working with these energies. This boundary between awake/asleep is where you are most able to sense subtle energies. There is real value in maintaining conscious awareness of the inner experiences you are having in these higher states of consciousness. You can interact with and join the flow of your inner experiences as you maintain awareness of them. It also helps if you are not sleepy when you begin, but are fairly rested and have eaten lightly. Feeling drowsy is also a reason to sit in an erect, upright position rather than lie as you do these meditations.

Comment: I am not sure anything happened. I am not getting anything except maybe a floating feeling.

Reply (DaBen): This is an excellent experience of the Ranthia! Next time see if you can enhance that floating feeling. Explore how you can work with the first three centers to increase or decrease that feeling. Become that floating feeling and learn all you can about it. It will open doorways to even more experiences.

Question: If something interrupts me when I am meditating I usually have to work hard to get back to where I was. It seems with these centers I can come out of it and go right back to where I was easily. Is this normal?

Answer: It has always been that way for Sanaya and I, and others we have talked to. If you lose the space you were in when running the energy you can simply shift things a little bit, or touch up on the Nu'a with a single contraction, and be right back to where you were or even higher. There does not seem to be the need to build these energies to reach certain states quickly. We have also observed that it does not require a certain length of time to get into these higher states. As you gain more skill with these centers you will be able to go into these spaces very rapidly.

Question: My mind would not stop its chatter. I would get high, then my mind would come in with another thought and pull me out of that space. What can I do?

Answer: One thing you can do with your thoughts is send love to them as they occur. Trying to push them away only makes them more insistent. Be observant. Notice how long you were lost in your thoughts before you became aware they had pulled you away from your experience. As you become more skilled, you may not eliminate your thoughts altogether, but you will return to your experience more rapidly once you notice that your thoughts sidetracked you. Being skilled at reaching higher states of consciousness does not mean never having thoughts arise, but recognizing their presence more quickly and dealing with them more effectively. Continue to develop the skill of observation and self-awareness as you work with these expanded energies. If anything comes up that keeps you from going higher—a thought, feeling of anxiety, the physical desire to get up and move—work with opening the back of your head and neck to

allow more flow. Sometimes right as you approach a shift point in consciousness—a place where you are ready to go to a much higher state—your mind gives you thoughts to bring your mental awareness back to its normal reality. This gives your mind the sense that it is in control. Do not take any action on these thoughts other than to send them love. You should find this leads you through the shift point into a higher state of consciousness. It will be advantageous to work with distracting thoughts as they arise, as you will need to develop the ability to work with these centers and not be distracted by your thoughts, especially when you work with the light body centers in Parts 5 and 6. Now is a good time to start working with thoughts that intrude on your experience; you will learn other ways as you work with the upper vibrational energy body centers in Part 3.

Question: I got into spaces that at first scared me. I felt nervous. As we continued, I started feeling more and more peaceful. What happened?

Answer (DaBen, looking at student): Your normal pattern is to approach new experiences with some nervousness and caution. Those of you who react with some anxiety or fear to this openness often find that this is how you approach new things in general, until you are used to them and they are a comfortable part of your life. In fact, the way you normally approach new experiences will probably be repeated as you experience these new states of consciousness. If you generally jump right into things, you will probably jump right into learning these energies. If you are skeptical about new things you will probably bring that same skepticism with you as you experience these higher energy states. If, when you start something new you worry that you are doing it right, as well as others, or doubt your experiences, you will probably react in the same way to learning these centers. It is of value to understand how you approach new things. Then you can recognize that this is your approach to things and not a reaction to the particular thing you are learning. Congratulate yourself for continuing to learn and move through your initial resistance, nervousness, doubt, or skepticism and for not letting them stop you from growing. Most of you are not used to having your energy flow as harmoniously as it does when you run the energy. Some of you may feel an initial sense of nervousness because there is more energy flow than you are used to, and your sense of self changes dramatically. Your personality needs time to adjust to the new you.

Question: When I reached the Ranthia, I lost the contractions of the Nu'a. Is that OK?

Answer: It is fine to lose your awareness of the Nu'a. You are then off into your experience of the Ranthia rather than focusing on getting there. DaBen will occasionally remind you to come back and do a single contraction on the Nu'a, and it is almost always a longer contraction than normal. This is to light up your awareness of all the energy that is available for you to play with. Often you will find that an occasional single long Nu'a contraction will solidify your experience, whatever that experience is. After you get to or beyond the Leow, most of you will not notice the Nu'a again. That floating space is where you want to be, and once you are there your awareness of the lower centers will probably drop away.

Question: Does the axis of the Ranthia tilt or change from vertical to horizontal?

Answer: It generally does not tilt, but it can create intricate patterns as it rotates. Just notice what is happening. With the Ranthia you are along for the ride.

Question: The Ranthia slowed down and dissolved into a white light. What did I do wrong? Did I lose it?

Answer: Remember first of all that there is no right or wrong way to experience these energies. If the images you get enhance your experience, play with them. You are getting a glimpse of how to play with light at these higher levels. You are also seeing pieces of one of the light body centers which can become activated automatically as you work with these first four centers.

Comment: I experienced the Ranthia as a feeling of peace and bliss. I was seeing lots of color and movement, like energy moving around.

Reply: You may be getting a sense of patterns in these spaces. Some of you might see waveforms and wave patterns that are three-dimensional sets of patterns, waves, and movement. Some of you may see colors as well. This is more my type of experience with these energies. Others of you may have very concrete visual experiences, such as seeing beings of light, some of you mentioned seeing a radiant city of light, or feeling like a very high being was present and working with you. I do not see colors very often, and I have not discovered any significance to any particular color.

Comment: I did not think I was experiencing much during DaBen's journey, then afterward as I was talking about my experiences with a partner I realized I had experienced much more than I thought.

Reply: I have discovered something I call "funny memory" that happens with higher states of consciousness. When you are in ordinary reality your memory of an event is usually limited to what you consciously observed at the time, and this usually contains less detail than the actual event. However, your memory of higher states of consciousness usually involves more detail than you thought was present at the time. DaBen and Orin say this is because you are operating outside the world of time and space, and vast, intricate experiences can take place in an instant. Your mind needs linear time to process and observe these happenings, so it is only when you come back into ordinary reality and time that your mind begins to see all that has occurred outside of time. This is why we have asked you to talk about and/or record your experiences, for you will usually realize that they are richer than they seemed at the time as you recall them with "funny memory."

Question: You keep saying to make your experience as real as possible as a way to experience these energies. What do you mean?

Answer: Rather than trying to have a certain experience, notice what experience you are having. For instance, you may experience a void. Rather than trying to see lights or colors, look into that void. Play with it. What if you were smaller or larger? Does the void change if you change the angle of the Diania plane or the cone of the Nu'a? Observe the void without judgment. If you are judging whether you are having a good experience or not, you will block your experience. Let it be all right to have whatever experience you *are* having, and do what you can to observe what that experience is. Let things appear in your mind without trying to make them appear a certain way. Be inventive and playful. Do not get so serious about what you are experiencing. These energies are to be enjoyed—play like a child just discovering something for the first time. Ask that part of your mind that usually says, "Am I doing it right, is this the experience I ought to be having?" to suspend judgment during the time you are running the energy. Give it another role—perhaps ask it to be extra observant of the experiences you *are* having. Sometimes minutes may go by before you experience something you are conscious of. Let that be OK. Be patient, for many things may be going on right below your conscious awareness. As you get used to and become more aware of the minute subtleties of the

energies you can experience in these states you will have more easily recognizable experiences. Fall into whatever experience you are having. Embrace that experience, and it will grow richer and richer as you do. Each experience—no matter if that experience is a feeling of nothing, a sense of warmth, a feeling of bliss or floating—is your special doorway to a greater and richer experience.

Question: Is there any formula about how to use the centers to create certain experiences or results?

Answer: You cannot effectively use these energies in a rote, ritualistic way. There are no formulas. In one environment, opening the Nu'a cone may produce anxiety, while in another environment opening it can produce peace. What works for you at one level of your development and skill with these centers will change as your skill grows. It will not do you any good to memorize these as formulas. You will do better by remembering the experiences these centers create—a feeling of bliss, floating, serenity, and so on. Recreate similar feeling states by playing with your centers. These centers can teach you how to have certain types of feeling experiences or energy states. When you know how to create those experiences or states directly you can stop using the centers to get you there. In fact, I hope that after you become conscious of how to create these states that the "form" of this technique disappears because it has become a part of you. You may then only use the centers to explore the possible existence of other states that you have not yet explored.

Question: I found myself being distracted by my breath in the Ranthia space. Why is this?

Answer: You may have been experiencing the changes in your breathing that higher states of consciousness bring, and you are not used to breathing in this new way. Just observe your breath and let it be all right that it distracts you. As you work with the centers you will find a way to let your breath "happen" in its own rhythm, automatically. Your body knows how to breath in these higher states and your breath will adjust itself. Using the centers in different ways can create changes in your breathing. Just observe and play with these changes.

Question: Are we working with kundalini energy?

Answer: The light body centers exist at a higher level, closer to soul and source, than the chakras. We are not playing with kundalini energy. It is better not to get caught in labels, but just to experience energy as energy. Labels and comparisons can put a conceptual box around your perceptions and limit you in exploring *your* experiences.

Question: I would like to stay in this state all the time but I am not sure I would ever get anything done. What is the practical use of learning these energies?

Answer (Sanaya): I used to ask that question a lot in the beginning. As I continued to work with the vibrational energy bodies and experience these higher states of consciousness so many positive changes started happening in my life I stopped asking that question. Orin told me at the beginning of the year that the most important thing I could do with my life at this time was to awaken my light body. He said it would change everything about my life—it would make everything I did more light-filled and would accelerate my spiritual growth. Since awakening my vibrational energy body and light body centers I have been able to stay calm and focused for much longer periods and my connection to Orin has grown stronger and clearer. I am able to see more clearly

where putting my time and energy will make the greatest contribution to others. As I ran the energy my body, emotions, and thoughts began to change. I wanted different food; I found I was much more aware of the life-force energy in food and sought out more alive food. I began doing much more inner work; soul-linking with people and sending them light on the inner planes, creating with energy and light before I took action, and much more. Orin tells me enlightenment comes with soul contact, and that to make soul contact you need to withdraw some of your attention from the outer world of form and focus on your inner world. As you do this your soul can make stronger contact with your mind. As your mind opens to receive this contact more completely your personality comes under the direction of your soul. You begin to operate as your soul in your daily life and your daily activities reflect more of your higher purpose. Orin also tells me that our view of reality depends on the state of consciousness we view it from. As you learn to harmonize your energy bodies, you view reality from higher and higher states. The state you view reality from determines all your actions, thoughts, behaviors and attitudes, and thus what you create as your reality.

As you continue to learn these centers, your energy will become more harmonized and radiant. You will be able to see more clearly how to help others and what is truly empowering to their souls. You will begin to know your deeper, truer self, and act and think in ways that reflect that knowledge. It is amazing to me that doing something as enjoyable as running the energy can be so beneficial. Orin says that being in higher states of consciousness is the greatest gift we give ourselves as well as others, for you can only truly give to others what you yourself have gained. I have stopped asking what is practical about learning these energies. I now realize that for me awakening my light body has given me more than anything else I have ever learned and used.

Question: I really felt tightness in my throat. I felt like I wanted to cough, or there was energy stuck in my throat. Then it went away. What is this?

Answer: Some of you may be feeling the activation of the next center which is located around your throat area. If this or any place in your upper body lights up, simply open the back of your head and neck. You can lift your chest and make subtle adjustments to the way you hold your head and neck until you feel a release. You can also change the wave of the Dinia, or decrease the angle of the Nu'a cone to let in less energy. Do not pay too much attention to these areas right now; you will learn about and open these higher centers shortly. (In Part 3.)

Question: I tried to make my Ranthia spin faster, then I tried to change the direction of its spin, but I could not. Why is this?

Answer: The way to work with the upper centers is different from the lower centers. With the upper centers your greatest experiences will come from watching what they are doing, rather than trying to change what they are doing. This requires the skill of concentration and observation. First, concentrate until you can get a sense of what the center is doing. Keep that same level of concentration and observe, without judgment or trying to create any experience, what you see or feel. You can only change the upper centers by working with the lower ones. As you observe and "fall into" the experiences you are having of the upper centers, focusing on them intently and becoming one with them, you can have some incredible experiences.

Question: I am ready for the rest of the upper centers right now—why can't we learn them all at once?

Answer (DaBen): (With smile.) We can see that many of you are wondering the same thing. As you work with these first four centers you will be clearing your emotional energy body, and we want you to have time to adjust to the changes this may create in your life. You need a strong power base before you can activate and feel the upper centers. Those of you who have years of meditation experience or are used to being in these spaces may find you can move a bit more rapidly into the upper centers. However, all of you need some time to build strength in these centers. You also need to take time to understand how they work, as you will be using these centers throughout this course. As you learn the upper centers you will not be dropping your practice with the lower centers. You need to continue to build your strength and awareness of these centers. It is like having a strong foundation before you put a house on it. The more you work with the upper centers, the larger the house becomes. Thus, you need to go back to the lower centers and build a stronger and stronger foundation. After each of the next courses we will advise you to go back and work with the basic Nu'a, Dinia, and Leow journeys to continue to strengthen and understand these centers. We want to make sure you awaken your light body in a balanced, harmonized way.

Duane: I am certain that if I had learned all the centers at once I would not have been able feel and sense the upper centers as real, because I would not have developed the sensitivity I needed to use and experience the upper centers. Sanaya and all the students we have taught have had at least six or more weeks between learning the Nu'a and the upper centers. I am convinced from watching the students in our light body classes and from reading their journal notes that it would have been a disservice to them to teach them all the centers right away. They needed at least several months to gain strength in their lower centers and Ranthia so they could experience the upper centers as real. When you have a strong power base, the upper centers create profound experiences.

Question: I want to be more open to receive. Is it true that whatever feelings or thoughts I hold as I run the energy become amplified?

Answer: Definitely! In these states, opening to receive takes on a different meaning as well. Rather than being linear, where you open now and receive later, you will notice that receiving has a vibration, and you can take on the vibration of receiving right now and amplify it.

- ☛ **Listen now to Program 2 to further explore the Ranthia and Mumin. Use the Journal Notes that follow to record your experiences. Work with Programs 1 and/or 2 at least three to five times, and work with the Ranthia and Mumin at least once without the journeys.**

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

Journal Notes

Program 2 Strengthening the Ranthia 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 and 2.

Please work with the above programs several times, before moving to Programs 3, 4, 5, and 6. Programs 3 and 4 by DaBen explore the Ranthia and Mumin further. Programs 5 and 6 will assist you in learning about self-healing as you journey with Orin to Awaken Your Inner Healer (Program 5) and DaBen for Self-Healing through working with your emotional energy body (Program 6).

You will know you are ready for Programs 3, 4, 5, and 6 because:

You have listened to Programs 1 and/or 2 at least three to five times.

You have been able to experience the Ranthia and Mumin at least once without the journeys.

You have been able to observe the rotation of the Ranthia.

You have been able to sense the Mumin and its location.

You have had some subtle physical, emotional, or mental experiences as you worked with the Ranthia and Mumin.

☛ **If you meet the above criteria, listen now to Programs 3 and 4. When you finish, record your experiences in the Journal Notes provided and read the pages that follow.**

When you finish Programs 3 and 4, proceed to Programs 5 and 6. Record your experiences in the Journal Notes that follow, and read the information on self-healing.

Journal Notes

Program 3 Floating on the Ranthia Journey by DaBen:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 4 Explorations of the Ranthia 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 5 Awakening Your Inner Healer Journey by Orin:

Record your experiences below. You may want to review these notes a week or two later to see if you have experienced any shift with the areas you worked on healing.

Date listened to:

Area worked on:

Experiences:

Date listened to:

Area worked on:

Experiences:

Journal Notes

Program 6 Self-Healing Journey by DaBen:

Date listened to:

Problem worked with:

Experiences:

Date listened to:

Problem worked with:

Experiences:

Instructions for Using These Journeys

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

Self-Healing

You have now listened to the journey by Orin on Awakening Your Inner Healer and the Self-Healing journey by DaBen to untangle your physical and emotional vibrational energy bodies. What follows is a talk by DaBen on self-healing and questions people asked about self-healing with answers by DaBen.

DaBen: Many physical problems come from entangling your physical and emotional vibrational energy bodies. As you work with these first four centers, you are allowing your emotional energy to flow, and it will naturally begin freeing itself from those places it is caught in your physical energy body. The emotional body needs to flow. When you are highly emotional about things, upset or disturbed, your emotional body can collapse in on itself and become entangled in the physical body. This can result in pain, muscle tightness, stomach aches, and so on. The emotional body when flowing expands beyond your physical body; it is dynamic, constantly fluctuating and moving. When you are feeling open and expansive, your emotional body is larger and further out. When you feel closed your emotional body draws itself in toward your body. Strong, unflowing emotions can result in physical pain as the emotional body becomes tangled into the physical energy body and can no longer flow. We have provided you with a journey that should help you learn the skill of untangling your physical and emotional energy bodies.

These first four centers are the main centers used for self-healing, as they are the ones that most directly influence your physical and emotional energy bodies. With these centers you should have at least sixty percent "control" over your emotional energy body and an ability to keep it flowing. As you learn to keep your emotions flowing, those places in your body that have been entangled in your emotional body will become free, and you will be able to shift pain in your body created by places your emotions are not flowing. (Not all pain is created by your emotional body being entangled in your physical body. Another source of physical problems comes from places your mental body is entangled in your physical and emotional energies, and you will learn ways in future courses to work with this.)

Some people feel that if the pain or problem does not immediately leave and disappear completely that they have not been successful with self-healing. When you first begin, you may only notice a slight shift, perhaps only lasting a few seconds. If you get the pain to disappear or lessen even for a second, you have been successful in creating a shift. Now, you only need to learn how to create that shift for longer periods of time. As you run the energy and work with self-healing, ask yourself if you had any change in the condition. Some conditions, such as a skin rash, may not shift with the skill level you have. You may need to do this process several times or more. In the beginning success is creating even a small change in the condition for a short period of time.

Remember too that some physical conditions are there to teach you important lessons. Sometimes you may need to make changes in your life before the problem will go away. One man we worked with, a therapist, had severe back pains. We were able to take the

pain away by pulling out his emotional body, but every time he returned to his therapy practice the pain returned. He realized that he needed to make some life changes. He began to write a book that he had always wanted to write and cut back his practice to fewer clients and those he truly enjoyed working with. His back pains disappeared for good as he changed his life-style.

If you are unable to create a shift in your physical condition with these techniques, either it is not being created by your emotional body being entangled in your physical body, or your skill level is not yet great enough to create a shift. Continue working with Orin's journey on *Awakening Your Inner Healer*, sending love to this problem and area, and ask your soul to direct you to the proper healer or self-healing techniques. Always see the appropriate medical practitioner for your condition as well, for these techniques are meant to supplement and not replace proper medical treatment.

Question: Can I use these techniques to heal everything—viruses, immune system diseases, emotional problems, muscle pains?

Answer (DaBen): Let us discuss some of the discomforts or problems that can be worked with as emotional body issues. First of all, muscle injuries that have “healed” but still have a residue of pain; as well as bone, tissue, and skin problems created by trauma can be places where your emotional body is not flowing like the rest of your emotional body, even though the area is physically healed. The finer fabric of the emotional body can become entangled when you injure yourself, and can remain entangled in that area of injury for some time. Even after the injury has “healed” a person might still act as if it hurts, or the muscles might still be sore or contracted and tense. Running the energy and holding this area in your awareness is good for this sort of problem. Muscle pain in the form of tight muscles, and muscle pain that changes location from one area to another area in your body from time to time is frequently caused by lack of emotional flow. In this case perhaps the largest component of your pain can come from your emotional body being entangled in your physical energy body. Muscles can indeed become contracted and painful as the emotional body contracts and becomes entangled in them. Even though you cannot touch or feel your emotional body, it is quite real and does have an influence on your physical body. Immune system problems, such as colds, viruses, and so on, can come from a lack of flow in the emotional body as well, but not always. If you have been needing a rest (overworking and tension is one way to constrict the flow of the emotional body) you may get sick so you can rest and get your emotions flowing again. When the flow of the emotional body gets below a certain level things start to happen physically and mentally. Lack of flow can weaken your immune system, make you more susceptible to viruses, create muscle pain, or make it harder to have positive thoughts. You may become more sensitive to food, environmental chemicals, and so on. When your emotional body is flowing you usually feel vibrant, in the flow, need less sleep, and are capable of being healthy in many different environments. One sign that a problem is created by lack of emotional flow is that it changes or goes away quickly when you run the energy and include it in your awareness.

Question: What does the emotional body look like?

Answer: The emotional body when flowing surrounds your physical body six to nine inches out. It is dynamic, constantly fluctuating and moving. Of course, it is made of a different substance than your physical body, but does interact with your physical body. When you are feeling open and expansive, your emotional body is larger and

further out from your body. When you feel closed your emotional body draws itself in toward your body.

Note: These journeys on self-healing are not meant to be a substitute for any medical treatment or therapy you are currently receiving. See a doctor for any condition you would normally see a doctor for, and use these self-healing journeys to supplement, not replace, regular medical attention.

General Instructions

Congratulations! You have just completed the first four vibrational energy body centers, and have begun to explore these energies for self-healing. Please spend a week listening to and exploring your experiences with Programs 3, 4, 5, and 6.

- ☛ After you have listened to Programs 3, 4, 5, and 6 several times listen to Programs 7 and 8. These two journeys by DaBen will teach you how to stay in a neutral space around other people and how to set a healing space for others. Practice and learn the techniques in these journeys on your own, read the information on Setting a Healing Space, then practice them in appropriate situations with other people.

You may want to review some of the Ranthia journeys by DaBen on Programs 1, 2, 3 and 4 as a way of continuing to explore and develop the Ranthia. Continue to record your experiences in the Journal Notes.

Journal Notes

Program 7 Staying Neutral Journey by DaBen:

Record your experiences when you try these techniques around others.

Situation used for:

Results and experiences:

Situation used for:

Results and experiences:

Situation used for:

Results and experiences:

Journal Notes

Program 8 Setting a Healing Space Journey by DaBen:

Situation used for:

Results and experiences:

Situation used for:

Results and experiences:

Situation used for:

Results and experiences:

- ☛ **Read this section before you use the healing techniques you learned on Program 8 Setting a Healing Space, with other people.**

Setting a Healing Space for Others

DaBen: When you first decide to set a healing space for others you may notice how broad a range of issues can be included in the word "healing." Assisting others to heal themselves can encompass issues ranging from a life-threatening illness to a slight discomfort; from simple emotional pain to solving complex spiritual growth issues. In the beginning, narrow the issues down to those you feel most comfortable working with, and only work with those issues. You may want to start with simpler issues, such as assisting people in moving through emotional situations or minor muscle aches. These kinds of issues respond most easily to the emotional flow and higher space you can now provide.

We would like to remind you that you cannot heal others; only they can heal themselves. You can set a space in which their self-healing is more effective. Remember, however, that unless they want to let go of the problem and actively contribute to releasing it, your setting the space may not create a shift for them. Do not take responsibility for the other person getting well. It is important, when you decide to set a healing space for people, that you work only with people who truly want a shift and are open to your work. Before working with someone, go within and imagine you are connecting with his or her soul. Ask if this person wants a shift in the condition, or if having this condition is still serving him or her in some way. If you get a "yes, this person *is* ready for a shift," work with this person. If you do not get a sense he or she is ready to let go of the problem, do not work with this person until you get a "yes."

If people are not ready to let go of their problem, you may polarize them with your energy and they may hang onto their problem even longer. If people are not ready they may even have a negative reaction to your energy and not be responsive to it later when it could help them. It will drain you if you put out energy that others cannot use or are not responsive to. If they do make a shift when you use your energy to work with them, you will receive back much more energy than you put out. If they do not make a shift, you will have lost the energy you put out. Even though you are not sending energy out when you set a healing space, you are still using your energy to assist them and it will be important that people are able to use and create a shift with it. As you start using these subtle energies the price you can pay for not creating a shift may be increasingly noticeable to you. You may feel tired, be less able to withstand viruses and colds, or have other physical or emotional symptoms.

Once you have found someone to work with who is open to your energy and ready for a shift you are ready to start. The most important thing you can do is get your own energy as flowing, clear, and harmonized as possible. In our meditation we have led you to a sense of how your energy might be set to create a healing space for another. You do not send anything to the other person, you simply include him or her in your awareness. Most of you work too hard to assist people. The higher your state of consciousness when you work with other people, the more you can assist them. You are setting a state of emotional flow in your own energy, and by including them in your awareness you are assisting them in creating an emotional flow themselves. This happens through the principle of resonance. If you had identical crystal glasses and tapped one of them, others nearby would begin vibrating at the same time with the same vibration, duplicating the vibration of the glass you tapped. They would do this without your touching them or their touching each other. The same principle is at work in setting a healing space for others. As you make your energy beautiful and create your own wonderful emotional flow, other people begin to vibrate similarly.

Each person you work with will be in a different emotional state and have their own unique energy patterns. That is why we had you touch the other person with your awareness, to get a sense of his or her energy—its pattern, vibration, intensity, and feeling-tone—so you could properly respond to it. Setting a healing space is a "passive activity," allowing the person to come into the space you have created, rather than an active sending out of your energy. Including people in your awareness simply means thinking about them and finding as many levels and frequencies of their energy as you can. The more completely you can find them the more powerful the healing space you can set. Do not get involved with their problem. Stay neutral. When you

include them in your awareness you do not want to become the energy space they are in. You simply want to observe their energy and emotional state. Otherwise you may take on some of their energy patterns and need to clear them in yourself later. Simply touch them briefly with your awareness or include them in your awareness, maintaining and enhancing your experience of your own clear, flowing energy.

If someone you know has a problem, you can run the energy and include this person in your awareness while he or she thinks about the problem. Often people come up with a higher solution without your needing to say anything or offer any advice. It is difficult to hold onto denser thoughts when someone is setting a high space and including you in his or her awareness. The degree of shift you can help people create will be partly dependent upon their soul's direction and their intent to get well. Sometimes wellness does not mean that the physical or emotional problem goes away; sometimes it means they are at peace with the problem or are able to understand why it is happening.

Let go of any expectation that people will feel better after you have created a healing space for them. You are not responsible for solving their problems, only they can solve their problems. You may not feel much as you set a healing space, however people being included in your awareness will usually feel and experience more than you will. You may feel only your own harmonized energy as you set a healing space. Get feedback in the beginning from other people about what they experienced when you ran the energy. (Remember that you are working with people who believe in what you are doing, want a shift with their problem, and are supportive of you.)

Let us remind you that healing is not just getting to a place of lack of discomfort. Healing, in its best definition, is moving to a place of great well-being; we would prefer to call this process "growing." In growing others you are assisting them in expanding their range of well-being into never-before-experienced or imagined levels of vitality, vibrancy, and having their lives work at higher and higher levels. Most people are happy just to get rid of discomfort; to be what you might call "fixed." Fixed implies that they do not want to explore what is creating the problem and work on solving it. They simply want someone or something to take the problem away. Once their pain is gone they are happy to let the issue drop until the pain comes back again. You see this in people who refuse to give up habits that are creating health problems for themselves. So often people just want things fixed rather than to change or improve their lives in ways that create higher states of well-being than they had before the problem. These energies will work to some degree on fixing issues, but if the person is unable to at least imagine what a state of well-being is in this area you may find it frustrating to assist them.

Duane and Sanaya: We had the *Awakening Your Light Body* class practice setting a healing space by working with a partner. One partner thought of a problem, or focused on a physical area of discomfort they wanted to shift. The other partner ran the energy and included this person in his or her awareness. As they did this, the partners who were thinking of a problem were amazed at their inability to continue thinking of the problem in the same way. They reported their thoughts and feelings about the problem changed. Often, the problem did not seem important any longer, or they saw a new solution. The emotions connected with the problem seemed to lessen as well. The partner who set the energy space did not talk, offer advice, or participate in any way other than to set a healing space.

When you work with others this way you may find your sense of compassion changing. What you think of as compassion is often identifying with other people's problems and buying into their perspective that their problems are difficult, unsolvable, that they are a victim, and so on. Compassion at these higher levels means tuning into people's souls and only offering assistance when they want to grow. It is not that you don't care about people, but that until they are ready to grow there is nothing you can do for them other than to love them. It is learning to serve their souls, not their personalities.

As you work with these energies, you may find yourself at times irritated or feeling less than loving toward friends who insist on hanging onto their problems. You may see how easily they could solve their problems if they wanted to. It is important not to push people to change if they are not ready. Orin has prepared two journeys on compassion and forgiveness (Programs 9 and 11) to assist you with understanding how to help people from the higher levels of awareness you are reaching. Your sense of helping others, what compassion truly feels like, and the importance of forgiveness of self and others will grow as you awaken your light body. Compas-

sion at higher levels is a recognition of where people are at, loving them whether or not they choose to grow, and being willing to let them have their problems if they are not ready to grow. Taking people's problems away from them before they are ready and have learned from them will make it necessary for them to create other similar problems to grow from. You can love them, but not support their feelings of self-pity, being a victim, or not taking responsibility for what they have created. True compassion is holding the space for others to grow, believing in them, and putting your energy into helping them when they are ready for a shift.

- ☛ **When you have practiced several times with Programs 7 and 8, listen to Programs 9, 10, 11, and 12. The focus of these programs is compassion, forgiveness, and love. Program 9 will teach you more about the Ranthia and Mumin and how to use them to experience compassion as a master does. Program 10 by DaBen and Orin is an interdimensional travel journey to meet beings that teach about love and blending. Program 11 will lead you to a profound journey of forgiveness and releasing other people from your aura. Program 12 is a journey to the temple of the Masters to work with your world service, open your channel upward, and more. Record your experiences in the Journal Notes provided.**

Note: You may want to review some of the Ranthia/Mumin journeys by DaBen on Programs 1, 2, 3, and 4 as a way of continuing to explore and develop your Ranthia and Mumin. You may also want to review the first three centers by selecting programs from Part 1. You may find additional and wonderful aspects to each of the earlier centers as you learn and experience new centers. If you are experiencing doubts or if emotional issues are coming up, continue to work with Orin's Subpersonality Journey or Age Regression Journey from Part 1 (Programs 4 and 5, *LB111D*).

- ☛ **When you have listened to the last four programs, review the criteria under the General Instructions heading that follows the Journal Note pages to evaluate your readiness for Part 3: Activating Your Higher Energy Centers.**

Journal Notes

Program 9 You Are the Master Journey – Compassion by Orin with DaBen:

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 10 Interdimensional Traveling Journey – Gas Beings by DaBen and Orin:

Date listened to:

Experiences:

What did you learn? Who did you contact? Anything else you can remember.

Date listened to:

Experiences:

What did you learn? Who did you contact? Anything else you can remember.

Journal Notes

Program 11 Forgiveness Journey by Orin with DaBen:

Date listened to:

Experiences:

Date listened to:

Experiences:

Journal Notes

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

Date listened to:

Experiences:

Date listened to:

Experiences:

Date listened to:

Experiences:

People's Comments and Reactions to the First Three Centers

We want to share with you some of the comments, stories, and experiences people had as they worked with the Nu'a, Dinia, and Leow centers you learned in Part 1. The comments and stories are from people's journal notes and letters to us. Some of the journal notes touched us so deeply we had tears in our eyes as we read them. Others brought smiles and chuckles. We were touched by the sincerity, the love, and the vulnerability people were able to share. We appreciated the honesty with which people looked at themselves. We were also surprised at how critical of themselves people could be. One woman characterized this as she wrote, "I ran the energy for three hours at a time the first three weeks, then I dropped off. I feel so bad because I am only able to sit in meditation for an hour a day now." We were amazed that anyone could sit for three hours running the energy—even a half hour at a time is quite an accomplishment. She was following her natural wisdom in cutting back to an hour a day, but blaming herself for not trying hard enough! Unless you have had years of meditation, do not run the energy for more than a half hour two-to-three times a day. Running the energy for a half hour three-to-five times a week is sufficient to learn these spaces, and more is not always better. You need to bring in light at a pace that is comfortable for you and does not cause too many personality reactions.

Many people observed changes in their personalities and the way they related to the world. One woman said it felt like the male part of herself was finally coming out. She was more able to speak up and do the things she wanted to do rather than following the wishes of others. She also commented that her family was not yet sure they liked the changes in her, but it no longer mattered to her that everyone be happy with everything she did. One woman, a very gentle, soft-spoken woman, said she was amazed that for the first time in her thirty years of marriage she had the courage to ask her husband to do the dishes—and he did! A man who was having trouble with an aggressive, intimidating boss, ran the energy before work each day. Within two weeks he reported the relationship had changed dramatically—he was able to talk to and work harmoniously with this boss for the first time in two years.

People's normal reactions to growth came up; if they normally faced new things with doubt, skepticism, or worry, they did the same thing with running the energy and awakening their vibrational energy body centers. One man wrote, "I am still waiting for the other shoe to drop. Things are going so well, the doubting part of me says this is too good to be true. But it can be true, can't it? I have been using Orin's subpersonality journey to work with my doubting self, and it is working. I have never really lived my life this way before with things going so well, so I do not have the security of experience, only my faith to go on."

One couple, who took the course together, touched us deeply with their notes. "When we got home from the light body seminar," the woman wrote, "I took a long, hard look at my life and realized I was not doing anything I loved. My partner and I own a business together. I looked at him and said, 'Are you doing anything you love doing?' We challenged ourselves to think of what we loved about our lives, and all I could think of was that I loved eating ice cream. We realized we were so far away from our path of joy that neither of us could think of anything to say. I cried and cried. This was such a profound and sobering realization that we both agreed that night to change our lives. We are now in the process of selling our business, and we are going to take a month off to look within and discover our life's path. I have never lived at this level of trust and surrender and I hope the universe will not let us down." As we followed this

couple over many more months, they did find a new path. It was not always easy, and there were many unexpected turns in the road, but they both say they are the happiest now they have ever been and know they are finally on their path of joy.

Many people commented that they became aware of a need to be doing things they loved and to nurture their sense of aliveness. One man wrote, "The quality and my overall sense of well-being and aliveness is fuller and higher. I am learning to *trust* myself and my feelings. Usually I am a workaholic, and I deny my impulses to play or eat properly. I found myself actually taking time to walk in the park, observe the flowers, and eat a healthy meal rather than snack all day on whatever was around. I am beginning to notice what things make me feel alive and I am seeking more of them." One woman wrote, "I started realizing that I do not really trust my inner messages—at least not enough to act upon them. Since running the energy I realize that I can trust my inner messages, and am working on taking action based on what I see within. I realize now that I have always waited for validation or worried that I might make a wrong decision. I feel more relaxed about things and have a greater sense that the universe is a friendly rather than a frightening place."

One comment people frequently made was that they felt very emotional at times. Many people noticed a real shift in their ability to stay calm and centered in situations that used to throw them off-center. However, they also became more sensitive to those times when they were not able to stay as calm as they wanted. About half the people we received notes from felt they reached all new levels of emotional control, and even had feedback from friends and family that this change in them was noticed. Yet, some people felt they had more mood swings than normal. One woman wrote: "At times I feel very emotional over simple things. I almost started crying as I watched my children fighting with each other, thinking of the love and peace they could create between them instead of the pain." Another man wrote, "I found DaBen's emotional release journey most useful. I was able to breathe more easily after using it, and release some anger I was still holding toward my ex-wife. I found I could think about some difficult situations at work with a greater sense of calm." Some people were both happy to discover they could more easily recognize when they were not in the flow, and disturbed because they realized how *often* they weren't in the flow. One woman wrote, "Now that I recognize how calm and good I can feel, it really disturbs me when I let my emotions get to me. I yelled at my kids today and yesterday I felt terribly depressed. I felt so low I didn't even want to run the energy. The next two days after that I was on top of the world. I do not know what is wrong with me that I go up and down so."

Orin and DaBen tell us that staying in the higher flow all the time is not as important as being able to recognize when we are not in that flow and returning to it. Do not feel like a failure because you are not yet perfect, able to be calm, loving, centered, and wise all the time. Even great masters feel emotions—they process them quickly, let them flow, and use them to create what they want. If you feel emotional, nurture and love yourself. Realize that there may be a part of your personality that still enjoys feeling sorry for itself, feeling like a victim, feeling depressed or angry, and so on. Send love to this part of you rather than resisting or hating it, and it will evolve more rapidly. You can use Orin's Subpersonality Journey Program 4 (*LB111D*) if you have emotions that are overwhelming you. Remember also to run the energy and let the emotion transform into its higher expression.

Orin and DaBen say that issues you have been sweeping under the carpet may become more visible as you harmonize your energy and look at life from a higher perspective. Things that were slightly uncomfortable can become intolerable when

seen from this higher level. You are no longer willing to put up with things that do not contribute to your higher good or are off your path. You have gained a clearer vision of who you are and a firmer sense of what is and what is not on your path. If you are able to make changes easily, this will be a joyful time for you, because you will have a clearer vision of what to do and your life will work in higher ways after you make the changes you need to make. The only people who have more difficulty are those who are in situations they know aren't good for them, yet they are not willing to make changes. As one woman wrote, "I am finding that emotional issues about my work and my living space have been surfacing. I knew these issues were there, but I had been ignoring them. I am working on resolving things so I can be clearer and more focused, but it has certainly been an emotional roller coaster for me!" We will talk about this in the next course, for working with your heart center can bring about important and positive changes in your relationship to yourself and others.

Some commented that they felt a greater sense of personal identity, more personal power, and a sense of being their own authority. Some felt they started to see more clearly what was truth and what was not. Many said the physical world did not seem as real as before, and that they were able to see the illusions of the world more clearly. Some said they had more physical vitality and sense of aliveness. Several reported that when they were in emergency situations they found themselves running the energy automatically. Many noticed how rushed they usually were, and found that they were in less of a hurry when they ran the energy. One man commented that he used to drive in the fast lane, but now loved driving in the slow lane. Many people said they got the feeling of running the energy just by thinking of the centers, then worried that they were doing something wrong. We want to reassure you that if this is happening to you, it is part of the goal of using these energies—to reach these states of consciousness easily and automatically.

People reported many wonderful and positive experiences. One man said, "This is far more than meditating. I have been meditating for years and never gotten to these places. At first I thought, this is just a more efficient meditation technique. Now I realize after running the energy in many different situations this is far more than that. It changes what you can manifest, and how you create everything around you. I feel as if I am growing wings and living in a higher reality!" One woman wrote, "I find myself more centered and even-tempered in all areas, even in a recent argument with my spouse. I found my higher self and held that space well, felt detached and not as emotional as usual. I kept the Nu'a cone closed and didn't take in any of my husband's anger. Things calmed down much more quickly than normal." Another woman wrote, "I have been using these energies while I manifest and visualize what I want. The results have been wonderful. It has taught me one important thing, however—to let go of the form and the way things come. I have been getting more than I asked for and now I am challenged to believe that I can really make my life work so easily."

We found people frequently commenting that their food tastes were changing. One woman wrote that she had been trying to lose weight, and since working with the centers her desire for fattening food had dramatically decreased. She was afraid to believe it would last, so she was working on those thoughts and feelings that said it was too good to be true. Some found their desire for sugar and sweets increased, while others said it decreased. Some found they wanted to eat less, others said they wanted more and different kinds of food. Most agreed that their awareness of what they ate increased. One man commented, "I seem to want mostly live and raw foods. I feel like

I am growing a new spine and nervous system.” A few said they did not notice any change in their eating habits or their awareness of food. Many commented that their connection to nature grew stronger and more important. They felt a greater need to take walks, sit in the sun, or work in their gardens. Flowers seemed more vibrant and alive. Some said they felt drawn to having flowers in their homes or went out and bought more indoor plants.

One woman who taught an exercise class was worried because she did not want to do physical things, just meditate or sleep all day. As time went on, she recognized that the kinds of exercises she was teaching did not feel aligned with who she was. Within several months she had redesigned the exercise program she taught to include yoga, stretching, and a different kind of music, and found herself loving exercise once again. Most people felt an increased desire for exercise, and as one woman said, “I definitely need to stretch my body during the transformation that is taking place. I visualize each stretch as opening an area. I hold it open by staying in the stretch, then I add light to this area. I know I am increasing the ability of my body to hold light.” One man wrote, “I feel a change taking place in my physical body and my ability to sense and control my energy. I run the energy at least once daily; if there is no time, then I do it as I wake up in the morning or before I fall asleep at night. It feels like my cells are tingling, I can almost feel them taking in more light. I know I am transforming at a cellular level.”

Remember, you may or may not have similar experiences to other people's. We are all on our own unique evolutionary path, committed to our spiritual growth and our world service. We send you our love as you join with all of us in your awakening and transformation.

-Sanaya and Duane

What's Next?

Congratulations! You have now completed Part 2. You are ready for Part 3, Activating Your Higher Energy Centers, 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 the Ranthia and Mumin at least once without using the journeys.
- You are able to experience a floating feeling with the Ranthia.
- You have experienced using the Mumin to bring through all lifting, or harmonized, or smooth energies.
- You have been able to shift an emotion you held about something at least fifty percent.
- You have set a healing space for another person at least once.
- You have experienced staying neutral in a situation.

☛ **Before beginning Part 3, please complete the third "Growth Snapshot" Journal Notes that follow.**

[Part 3: Activating Your Higher Energy Centers](#)

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 four 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 to many the light of your awakened light body. You have heard the call, and have begun to awaken your light body in Part 1 and Part 2.

Orin and DaBen can observe the increase in your inner light since you began meditating with these audio journeys. Whether you are aware of your greater light or not, 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.

Now that you have awakened the first four vibrational energy body centers, in Part 3 of this course, DaBen transmits the sounds and frequencies that activate your 3 higher energy centers. The first four centers bring more physical ease and emotional flow, and set the foundation for you to have the necessary harmony and flow to open your higher centers. With this awakening, you can better experience your higher mind, and increase your creativity and ability to find creative solutions to situations.

As you work with the upper centers, DaBen will show you how to work with your mental body and connect with the Universal Mind to experience higher, more positive and unlimited thoughts, and to manifest what you want in accordance with the higher purpose of your life. DaBen will show you how to watch your thoughts as they set up, then add a higher frequency to them.

You will explore states of consciousness that expand the way you think, bringing illumination, insights, and focused awareness. You can learn to change negative, more limited thoughts into positive, expanded thoughts. Your thoughts can reflect the truth of who you are - loving, intuitive, clear, and full of fresh, original ideas about any area you think of. DaBen will take you on journeys through the void, and to experience more light. You will learn ways to have a quiet mind and to stop mental chatter.

Orin will guide you to develop a clearer picture of who you are and what you are here to do as you bring through knowledge from past-lives. You will continue the process of transforming your personality that you began in the first two parts of the course. You will rewrite your birth in a way that will enhance your pictures of who you are, and assist you in creating a higher future.

Part 3 contains 12 DaBen and Orin audio journeys approximately 25-30 minutes each. Please visit website for information on audio formats that are available. [LB113](#)

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.

Journal Notes

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

Date:

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

My main concerns right now are:

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

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

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

Awakening Your Light Body Course

Part 2

Opening Your Heart Center

Transcripts of the Audio Journeys

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

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

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

1. Nu'a

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

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

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

2. Dinia

Din yah has short contraction, short release.

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

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

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

3. Leow

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

4. Mumin

Muuu min has shorter, faster rhythm.

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

5. Ranthia

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

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 2 *Opening Your Heart Center* Transcripts

Program 1 DaBen Introduction to Ranthia

Welcome. And now let us explore ways in which to experience more of these energies, and to discover additional frequencies. And so let yourself relax in that position that you have found to be most conducive to experiencing these subtle energies, to your exploring all that you can find within your awareness of all that is occurring, and all that comes from these subtle energies.

Now, as you continue to relax, let yourself follow on these patterns for the Nu'a, Dinia, and Leow. Use them to enhance your experience. And, as you follow upon your experience, remember that it is that experience, and being that experience, that you are after. So if our instructions go on a bit longer than you need, that is fine. You will hear those instructions that you need when we reach additional frequencies. Enjoy now.

Nuuu yah Nuuu yah. Nuuu yah.

Adjusting the angle of the cone so it is just right for you, so it enhances your experience and increases your ability to be conscious of these subtle energies.

Nuuu yah. Nuuu yah.

Now, bringing your awareness to the Dinia, noticing if you can find even more precisely, and yet very gently, the locations of the contractions on the Dinia.

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

Following the waves out as far as you can in your awareness, as far as you can.

Din nin eee ah. Din nin eee ah.

Following that shift in frequency now. Din nin eee ah.

Nuuu yah.

Using these two centers together now, bring your awareness to the Leow. Making the contractions on the Nu'a and Dinia gentle and soft, just as often as you need, and perhaps that will not be very often, as your awareness is drawn more and more to your experience. Being that experience now.

Leee ow. Leee ow. Leee ow.

Remembering to hang on to the rotation of those spheres as long as possible, through as many intricacies as possible.

Leee ow.

Floating on that experience, let yourself be that experience, floating, floating. Being that experience. Perhaps doing a long slow contraction on the Nu'a to enhance that experience.

Now, bring your awareness to an area just above the Leow. A dome, as it were, over the Leow in the same area of your physical body as your diaphragm, just at the base of your rib cage in that Vee, and the notch in front. A dome, a curved plane of energy, capping, as it were, covering the Leow, extending out and away from the body a few feet, a plane of energy. A plane that will let all of the energy that you want to pass—only those frequencies. And as you experience that floating feeling, let all lifting and harmonious frequencies pass through this dome.

Muuu min. Muuu min. Muuu min.

Let yourself experience just floating. Higher and higher, just floating, higher and higher. Following this shift in frequency.

Muuuuuu min.

Good. Now, bring your awareness to an area just above the Mumin, to an area in the center of your chest in the area of the heart, to a sphere that just about fills the chest, whatever size seems most comfortable to you. And inside that sphere, begin to notice

planes. You are looking down on them. It will be like looking down on a revolving door, where four chambers are formed. These planes—just observe them. You may notice that they begin to rotate slowly, or slightly faster.

Just observing, just experiencing with your awareness. Observing their rotation. Just observing the rotation upon the energy that is coming through the Mumin, through the dome; the energy that you have amplified, these subtle energies. These planes, this revolving door turning. Filling the sphere with these planes, four chambers. Just observing, following on these frequencies.

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

Ran thee aaah.

Letting yourself float on that experience, floating more and more. Being that experience. Following that energy. You may notice that it comes in waves, this experience. Each time it passes it lifts you further, buoys you up. More and more floating.

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

Just being that energy. Being your experience.

Ran thee aaah. Ran thee aaah.

Now letting yourself relax even more. Noticing all the ways that this energy buoys you and carries you on your experience.

You may choose to come back or continue floating in this space. When you come back, at the time of your own choosing, do so slowly and easily, letting yourself integrate all that you have experienced here, all that you learned. Slowly and easily, when you choose, taking your time. And with that we bid you a most pleasant journey.

Program 2 DaBen Strengthening the Ranthia

Welcome. Good, and as you relax now, and find that posture that enhances your ability to experience these subtle energies. Let yourself relax even more. Find an even greater degree of physical ease as you explore the slightest shifts in posture. And finding just those right positions that enhance the experience to finer and finer vibrations, to finer levels of awareness.

Good. As we adjust the frequencies, follow along with this pattern, and use it as a way to experience more, and to enhance your experience. Begin with this pattern, and let yourself then follow on other variations.

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

Nuuu eee yah.

On the eee, holding that contraction, then a release.

Nuuu eee yah. Nuuu eee yah.

Letting the cone increase its angle to whatever level is comfortable to you, perhaps lengthening it just a bit as you relax even more. Observing, experiencing your energy, the energy that is moving now as a part of your system, your vibration.

Nuuu eee yah.

With each contraction notice how your awareness spreads throughout your body. You might notice the back of the head and neck; the top of the head, areas just as though it seems inside the skull at the top and back.

Nuuu eee yah.

Nuuu yah.

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

Watching the waves move out as far as you can with your awareness, as far as it is easy. And bring your awareness to the spheres of the Leow, spinning about their own axes. Rotating around one another, in increasingly more intricate patterns, faster and faster.

Good.

Leee ow. Leee ow. Leee ow.

Good. Just follow these shifts. Bring your awareness to that dome. That dome, letting all harmonious vibrations, frequencies—all harmony through now. Experiencing that even more. Becoming more and more your experience.

Muuuuuu min. Muuuuuuu min.

Bring your awareness to the Ranthia. Just observing, noticing which direction it rotates, its rate of rotation, just observing. Being your experience as you observe, as you look into your awareness. Observing all that you can as you observe the Ranthia. Finding the frequencies that are there that allow you to have an even more expanded awareness.

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

Good. Letting yourself float on that experience even more now, observing an area about you, observing the energy about you, the energy you are creating by shifting the subtle frequencies. You might do a long, slow contraction on the Nu'a to enhance your ability to be aware even more, of even a larger area.

Nuuu yah.

Ran thee aaah. Ran thee aaah.

Good, observing the spin on the Ranthia, the rotation, following that experience even more, being that experience. Finding the vibrations within that experience, as though you were looking inside your awareness now, as though you had somehow magnified it and been able to come inside that experience.

Good, and again magnified, and move inside that experience, noticing all the layers and levels of that experience. Patterns of vibration within that, pattern upon pattern. Following, moving, experiencing now. Floating on that experience.

Just being, exploring, letting your awareness slowly be absorbed in that experience all about you, front and back, right and left, up and down. Moving out further away from the body, noticing the way that your energy supports this floating—indeed creates this floating for you.

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

Good. Let yourself find those frequencies with your awareness that allows you to easily notice the way that the Ranthia's energy spreads out all about you, in all directions. And for just observing that energy, you are carried with it effortlessly. For, as you may have already noticed, or may be noticing, observing allows you to move deeper and deeper into your awareness of these frequencies. Just observing.

Ran thee aaah. Ran thee aaah.

Good. Being that experience even more. Noticing that floating, that ecstasy, more and more completely; pure ecstasy.

Good. You may choose to come back now, or to continue. Be sure to come back at your own pace, slowly and easily when you choose to, letting yourself integrate these experiences. Become who you are now in this time and space. And with that we bid you most pleasant journeys.

Program 3 DaBen Floating on the Ranthia

Welcome. And as you begin to move to that relaxed space, where you can become more aware of these subtle energies, let your physical body relax even more completely. And as you find yourself experiencing these energies, you may find from time to time that your physical body will relax even more, as though a new level of relaxation was found, a new physical ease. For as you increase this flow of energy by observing and

enhancing your experience, and letting these subtle energies flow, you increase that flow of emotional energy which frees the physical body as well. It creates a sense of physical ease and emotional flow.

So as you move into that space, follow these rhythms, use these rhythms we are going to set now as the starting point. And as you follow them, enhance them with your own frequencies and patterns, adding the variations of your own rhythms of the Nu'a and Dinia. Good.

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

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

Following that wave out, as far as you can in your awareness. Adjust the angle of the cone of the Nu'a, exploring just the right angle, perhaps an increased angle, just the right angle; perhaps lengthening it a bit.

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

Good.

Now, observing the spin on the Leow, each of those balls or spheres, faster and faster as they move around one another.

Leee ow. Leee ow. Leee ow.

Muuu min. Muuu min. Muuu min.

Let the Mumin be transparent to all lifting and harmonious energies now—all lifting energies. Sending your awareness out as far as it will go in that area about your body. Notice how far that is. In all directions, finding the subtle energies, their frequencies and concentrations. Noticing the Ranthia—its rotation, direction, and rate. Let it have whatever direction it does. Just observe. Just observing now.

Ran thee aaah.

Ran thee ah. Ran thee ah.

Good. Just follow that feeling, layer upon layer, over as broad an area as you can. Find those energies. Find that floating as though your experience of that floating was in itself your experience—all of your experience, everywhere. Floating on that now, and as you do follow this shift of energy.

Ran thee ah. Ran thee ah.

As you observe the spin on the Ranthia—its rotation—do a long, slow contraction on the Nu'a to enhance your awareness, to expand your awareness even more.

Nuuu eee yah.

Riding that wave out now, that wave of experience. Noticing that it goes in all directions, and yet it is not carrying your awareness with it, it is just expanding your awareness. And for each of the places that it carries your awareness, it leaves behind a full and complete awareness of all the places it has been, of all the frequencies of the subtle energy that it experiences.

Your awareness becomes diffused, fully and completely all about you—inside your physical being, outside your physical being, totally and completely absorbed in that subtle energy. Letting the back of the head and neck relax, to allow this flow to increase even more, more and more comfortably, even more flow. Finding that sense of bliss, ecstasy. Exploring it, embracing it and exploring it fully and completely, being your experience.

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

Good. Following that shift. We add more frequencies, more layers, as it were, to your experience.

Ran thee aaah.

Good. Now, going more and more to your experience, being your experience, expand your awareness out along the plane of the Dinia. As far you can, as you observe the spin on the Ranthia—its rotation. Good. Now make a long slow contraction on the Nu'a.

Nuuu eee yah.

Letting yourself fall more and more, to be buoyed upon that floating energy, that sense of peace, completeness, and ecstasy.

Ran thee ah. Ran thee ah.

Good. Just follow that experience as long as you wish, that sense of floating and bliss, being that floating, being everywhere upon that floating. For as long as you wish.

And when you are ready, let yourself integrate and come back to the time and space of the earth plane, smoothly and easily, gently, integrating all that you have experienced. Good, and with that, enjoy your journey here.

Program 4 DaBen Explorations of the Ranthia

Welcome. And as you relax now, and find that posture that enhances your ability to be aware of these subtle energies, you might try moving the shoulders and letting them relax, tilting the head and neck just slightly, one direction or the other, front or back. Play now, as you relax even more, with the posture that supports your experiencing these energies as completely and fully as you can.

And you may find that as you run the energies that you will choose postures that change and vary with the energy and your experience. Good. Let us explore now with these patterns and rhythms, other aspects of these vibrational energy centers, and the Ranthia.

Good.

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

Good. And let the cone increase in angle to a place that it feels most comfortable.

Nuu eee yah.

Enhances your experience.

Nuuu eee yah.

Din nin eee ah.

Following that wave out now.

Din nin eee ah.

As far as you can with your awareness.

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

Letting the wavelength lengthen. Good.

Bring your awareness fully to the Dinia. Let us experiment and play with some of the possible variations that will shift and create different experiences and allow you to expand your awareness in different ways. And as we explore, just notice and observe your experience, so that you might be able to find other ways to play with these energies of these centers as well.

Good, now. This time, instead of contracting each of the Dinia spheres together, contract one. And while that one is releasing, contract the other one, in a sort of rhythm with the Nu'a.

Dra nin eee ah.

So a contraction on one, then a release, then a contraction, following that wave out on the 'nin eee ah'.

Dra nin eee ah.

So very quickly now, contract one, release, and then the other.

Dra nin eee ah. Dra nin eee ah. Dra nin eee ah.

Just explore that now with the Nu'a as well. Just notice your experience. It does not matter whether or not you have quite mastered the muscle movements, or the rhythm. Just notice your experience.

Begin to use that ability to tune into these subtle energies and follow that experience now.

Dra nin eee ah.

Nuuu eee ah.

Dra nin eee ah.

Good. Just let yourself relax, bring your awareness fully to the Nu'a, a longer slower rhythm.

Nuuu eee yaahh.

Adjust the cone now, and just notice your experience. Open the back of the head and neck.

Nuuu eee ah.

Good, now, return to the Dinia in the usual way, in rhythm with the Nu'a.

Din eee aah. Din eee aah.

Good.

Bring your awareness now to include the Leow.

Leee ow.

Following the rotation and spin of the balls as long as you can, as they move faster and faster and in more intricate patterns about each other.

Leee ow. Leee ow.

Now. Letting the Mumin be transparent to all harmonizing and lifting frequencies, being your experience. Floating more and more on your experience.

Muuu min. Muuu min.

Ran thee ah.

Ran thee aah. Ran thee aaah.

Just observing the Ranthia, noticing its rotation, its rate of rotation. Just observing. Now, as you become more and more this experience, a long slow contraction of the Nu'a, while you hold also in your awareness the Ranthia. Just observing the Ranthia.

Nuuu eee ah. Nuuu eee ah.

Letting the cone's angle increase, and experiment with bringing that angle of the cone higher and higher, perhaps even to horizontal, so that it forms sort of a plane. Let it spin at the same rate as the Ranthia, holding both the Nu'a and the Ranthia in your awareness at the same time. Letting the Nu'a plane spin.

Good, Just experiencing. And if too much energy is created for you, bring the Nu'a back down, slow the spin—it creates just the right angle of the Nu'a, so that the cone is just the right angle that enhances your experience—makes it easy for you to follow with your consciousness, your experience and be aware of both the Ranthia and the Nu'a.

Ran thee ah. Ran thee ah.

Just follow these shifts in energy now.

Ran thee ah.

Good. Now bring your awareness fully to the Ranthia and your experience. Just floating, following that energy out and floating upon it. Relaxing into this energy. Observing the Ranthia, being aware of all the areas about you, of all the dimensions your awareness can span. Being that floating.

Ran thee ah.

Good. Now bring your awareness also to include the Dinia. And lengthen the wavelength on the waves moving out the Dinia plane. They become longer and longer.

Din eee aah.

Holding the Ranthia in your awareness at the same time, just observing. Just noticing your experience shifting, as you follow these additional frequencies of energy.

Din eee aah. Din eee aah.

Good.

Ran thee ah. Ran thee ah.

Good. Now, as we follow on these energies, be inventive. Find other ways to adjust and vary the energies of the Nu'a and Dinia, by holding the Ranthia in your awareness and just observing. And when you find an experience strong enough to float upon and be, let yourself travel on that experience.

We will shift the energy a couple of more times as you play. Be inventive. Be your experience.

Ran thee aaah. Good, and yet another shift now.

Ran thee aaah. Good.

Now you might choose to continue to play here, or to come back. When you decide to come back, do so easily and gently, integrating all your experiences to this time and space of the earth plane. Play as long as you'd like, and enjoy your journey here.

Program 5 Orin Awakening Your Inner Healer

Greetings from Orin. Let us play together now as you journey within, awakening the healer within you. Affirm that you are now ready to accept perfect, radiant, vibrant health into your life.

Get very quiet right now, and imagine that the part of you who knows how to heal is awakening. I am speaking now to the healer within you, the part of you that knows how to create vibrant health—to bring perfect health into all of your body.

As you begin to relax your body one part at a time, imagine you are putting radiant health into this part as you relax it. Starting

Now with your feet, relaxing your feet. Putting perfect, radiant, health into your feet. Stimulating all the cells with a higher, finer frequency; a perfect balance and alignment.

Bring that sense of health up into your legs, your inner healer now putting health into your legs—firmness, strength, grounding that energy. Feeling your legs now, strong and vibrant.

Bring that health and relaxation up your legs into your thighs. You are so healthy, radiant energy in your body. Feel the cells drinking up the light of health and radiance. You are relaxing at a deep level, for as you relax, so do you add health to your body. Letting the muscles relax, unwinding at a deep level.

Bring that sense of health into your stomach. Feel health in your stomach, your intestines, your abdomen. Bring the breath down into your abdomen. With the breath comes more energy, more vitality, more life force energy into your stomach and intestines. Feel them flow perfectly, all the cells awakening to their perfect function, working together in harmony with each other, for your higher good.

Bring that health and relaxation up your back, letting your back adjust right now to its posture that is most beneficial, that allows the energy to flow in your spine. Adding health now to your spine.

You are feeling so healthy, so relaxed, and your diaphragm and your chest are opening up. Breathe a little bit more deeply, just for a moment. In that deeper breathing, feel the life force energy of your soul circulating throughout your body.

Your inner healer is sending energy and light through your back, through your spine, stimulating the nerves in your spine, with just the right amount of light so that messages

of health are being sent through your spine into all the nerves in your body. Vibrant, radiant health, signals traveling along the nerves, signaling your body to health, to a functioning together at a high level, the balance and the flow of energy, aligned with your Higher Self.

Feel that relaxation and healing in your arms, all the way down to your fingers, feeling your hands awaken. Your inner healer putting light and energy into your arms and hands, relaxing your muscles, letting all of your body work together.

Now imagine that you are adjusting the back of your head and neck so that your neck and your posture opens the flow of energy in your spine, so that more energy can flow. For it is partly flow that determines health—the ability of your emotions to flow, of your thoughts to flow.

You are increasing your ability to create a flowing, open space, where energy can pass right through you, where thoughts come up, you add a higher thought to them, and they are released. Your thoughts take on the higher frequencies of your soul.

Let your inner healer come into your head—any place in your head—your eyes, your mouth, your jaw—any place where you would like more radiant health. Let your inner healer energize these areas. I am talking now to your inner healer, the part of you that knows exactly what to do is awakening. Your hair is vibrant, beautiful, and alive. Your body is beginning to take on a glow—the glow of radiance, the glow of health.

If there is any place in your body right now that is uncomfortable, imagine you are sending your inner healer to that area. Your inner healer knows exactly what to do. You are breathing light into this area, until there is a greater sense of comfort, or openness, or space in this area.

I would like you now to go deep within and create a new belief. A belief that you can at every moment be free from pain, and have any level of energy that is appropriate for who you are. That you can feel vibrantly healthy and alive. For health is more than a lack of pain. Health is a state of physical well being, energy, and vibrancy. It comes from that flow.

Feel yourself now. Imagine yourself going through the next day at optimum, at peak, your body feeling excellent. Feel that health, that vibrancy, at a feeling level. Let your inner healer show you what it is like. Affirm that you now believe that you can be radiantly healthy.

See yourself being pain-free, having plenty of energy over the next few days or weeks, whatever is appropriate. For the more you can visualize perfect health, the more easily you can create it. Ask your soul to join you, your Higher Self to be with you, and your inner healer as well to help you create an even higher picture of how you might feel.

If there is any area of your body that would like attention right now, let your inner healer direct you to this area. Let your inner healer show you how to be very creative in doing some energy work on this area. You might notice that it helps to run the Nu'a and the Dinia as you do. Bring in the Leow and the Ranthia if this is appropriate. Notice what kind of inventive play you might do. Be as creative as you can. Play with light and vibration.

As you release, or change, or work with this area, there may be feelings that come up. You may be releasing some of your emotional body from its entanglement in this area. Perhaps there is a thought, or an idea, or a message from this area of your body. Listen now.

Now we will talk to your inner healer about some of the ways you can create even more vibrant health in your life. Ask your inner healer if there is a message for you

about what exercise or movement would contribute to your physical well being. What would be your ideal program of exercise? Make sure it is fun and joyful as well.

Ask your inner healer if there is any simple change you could make in your diet that would assist you in feeling more vibrantly healthy.

If there is any problem you would like to work on right now, think of that problem, perhaps a physical one, a chronic condition, pain, or a muscle ache. First I would like to ask you, are you ready to be vibrantly healthy in this area? You can now talk to this pain or this area, and ask it what you can do to assist it in being healthy. Your inner healer will help you find the answer.

What are some of the benefits you gain from having this condition, that you might not have if you let go of this condition? For there is always a benefit. This part of you is trying, in the best way it knows how, to talk to you, to show you something. Listen, for it is trying to give you a message. You now hear that message, and you make the changes that are indicated.

I would like you to ask that creative part of you to come up with new ways to give you that same message—ways that you will now listen to, ways that do not require this condition, ways that assist you in feeling vibrantly healthy. You do not need to know what those ways are. Just feel a sense that your creative self is willing to work with you.

Are you ready to commit to your health, to stop accepting less than perfect health? Are you ready to know that perfect health is your right? Know that your body is your friend, and that your inner healer is with you all the time. You can call upon this inner healer any time you want. You might ask this inner healer right now, if there is any message for you, any area you might pay attention to, any ways you can increase your ability to heal yourself.

Thank the healer within you right now, knowing that you can call upon your inner healer at any time. Your healer will assist you in creating perfect health. So begin now to come back into the room. Stretching your body, remembering all the insights you have had. Opening your eyes, feeling wide-awake, and fully present.

Program 6 DaBen Self-Healing

Welcome. And as you begin to relax, move into that space you are becoming quite familiar with now. That space that allows you to be even more aware of the subtle energies, even more observant of all of your experience, so that you might use these energies to enhance your experience. Good.

And you have achieved now an ability to work with these energies that you might use to establish a real flow, a sense of harmony. And from that harmony, you can begin to notice all the areas of your life, all the areas of your experience that you can influence. Those areas that respond, as it were, to the space that is being set in your energy field and in the energy field about you by using these subtle energies, by your ability to experience and create this flow.

Good, and as you continue to relax and recall the experiences you have had that took you to these places, notice how just recalling from this space takes you to an experience of these energies for themselves.

Good. We are going to explore now using these energies to work on areas of self-healing, areas where this emotional flow, this emotional body's flow that you are learning to harmonize, and achieve a greater and greater increase in that flow. Begin to notice those areas that this flow influences.

The first we will work with is an area of self-healing. And so you might think now as you continue to relax of any areas you have been experiencing discomfort in, or perhaps are experiencing discomfort right now. And if you can think of none, or have none, then think of an area in your body that you would like to experience an even greater flow, a greater vibrancy, greater awareness. Good.

Now, let that thought go, and just remember it. It will be there when we reach that space and time for using it. And right now, follow along and use these patterns that we will show you as ways to enhance your experience. And if you have already reached a deep experience, let yourself become that experience and explore. You will hear and experience the shifts in energy when it changes and we enter new spaces for you. Good.

Nuuu yah. Nuuu yah. Nuuu yah.

Let the cone lengthen and expand now.

Nuuu yah.

Increasing its angle, to just that place that is comfortable to you, that enhances your experience and awareness.

Nuuu yah. Nuuu yah.

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

Following those waves out now, as far as you can with your awareness.

Din nin eee ah. Din nin eee ah. Din nin eee ah. (long nin)

Good. Now bring your awareness to the Leow. Notice as the balls begin to spin, creating them spinning faster and faster about their own axes, and then more intricately about each other. More and more intricately, and faster. Following as long as you can with your awareness now, as long as you can, following the spin, being able to identify which ball is which, holding them separate in your mind, just as long as you can.

Leee ow. Leee ow. Leee ow.

Good.

Experiencing that now. Just experiencing.

Muuuuuu min. Muuuuuuu min.

Letting all the energies that are lifting and harmonious pass through the Mumin, through that dome. Adjusting the cone of the Nu'a. Enhance your experience even more.

Muuuuuu min. Muuuuuuu min.

Good.

Good. Now bring your awareness to the Ranthia, just observing. Noticing its rotation, its direction, and its rate. Notice how it stays wonderfully constant. Absorbing the energy in the inner planes on those membrane-like inner planes, making it constant. Noticing as you do, as you observe it, experience the energy moving off from it, radiating away from it, smoothing and harmonizing all about it, enhancing even more your experience of that emotional flow. As the energy body, the emotional vibrational energy body, flows more and more, smoothly and easily.

Ran thee ah. Ran thee ah.

Good. Now, from that space, recall that area you have been experiencing discomfort in. If it is an area that has been ongoing for a long time, pick just a portion of it. And you are looking at an area that you would like to experience greater vitality in, physical ease in. Notice how it is connected and related to all areas about it. Good, and with your awareness focus even more fully on it as you continue to enhance and experience these energies.

Good, now bring your awareness back to these energies fully, adjusting the Nu'a. Nuuu yah.

Noticing your awareness increase throughout your whole energy system. Bring your awareness back to that area, that area you are adding greater vitality to, that area of discomfort, perhaps.

Maintain your experience of this energy flow as you explore the way in which this energy influences this area. Just observing. You need do nothing but hold this area, this physical area, in your awareness. Good. Holding it in your awareness as you continue to enhance your experience of these energies. Adjusting the Nu'a, the angle of the cone, just right so it enhances your experience. Perhaps you have closed it some; perhaps you have opened it some. Adjusting it to enhance your experience of these energies even more as you hold this area, this physical area of your body in your awareness.

Good. Now, bring your awareness back to these energies, back to this flow of energy. A slightly deeper than normal breath, just notice even more about the energy here, observing the Ranthia.

Ran thee ah.

Good. Now just experience that area of discomfort, that area you are adding vitality to. And notice if it has shifted, and if so, how? And if it is gone, just notice what it has been replaced by. And if it is gone and comes back, you have accomplished the most difficult portion. You have found the pattern and vibration of the energies present there through your intuitive knowing. Good.

Now, enhancing your experience of these energies even more, bring your awareness back to that area of discomfort, that area you are adding physical ease and vitality. And find yet more patterns, looking perhaps inside the pattern that is there, to find patterns, as it were, underneath. As though you could somehow magically magnify that area, and notice yet another pattern. All the while maintaining your awareness of these subtle energies and enhancing them. Holding both the physical area and these subtle energies in this wonderful state in your awareness at the same time. Good, and notice that shift of energy now.

Good. Now, bring your awareness back to these subtle energies.

Ran thee ah.

Good. Notice that area you have been focusing on now with your awareness. Notice how it has changed. If it is gone, notice what it has been replaced by. Notice how its vitality, its ease has increased. And if it just disappeared for just a short time, you have discovered its pattern and how it has shifted; ways in which to establish the emotional body's energy flow in that area, at deeper and deeper levels. And if it is changed, but for just a second and returns, then discover how it is that you can maintain that flow. You have already done the hardest part.

Good. Now, you can use this awareness of the energies of these subtle energies to enhance the vitality and flow of ease anywhere within your being. Just be inventive and observant. And if it seems at first not to work, remember you cannot directly control it. You can only increase the experience of these subtle energies. And you might try by taking smaller and smaller areas, smaller and smaller components that are within your skill right now.

Good. And with that now, you may choose to continue to stay in this space of floating, or to come back to the space and time of the earth plane. At your choosing, let yourself come back easily and slowly when you are ready, at your own pace. We bid you most pleasant journeys.

Program 7 DaBen Staying Neutral

Welcome. Now as you relax, find that posture and sense of well being that allows you to sense these subtle energies even more, and to sense their quality, and how far you might expand your awareness upon them. Good

As you do that, let us look at what it might be like to use these energies and your ability with them, and your experience of them, to maintain, as it were, an emotional flow. That does not mean strong emotions, or no emotions. But it means an easily flowing range of emotions, moving one from the other, or a state of peace as this emotional flow, at an energy level, is maintained. And your emotional vibrational energy body is able to function freely and smoothly, flowingly. So that you can use that flow to magnetize, to draw to you those circumstances and people who are appropriate for you right now, that lead to your joy and well being.

Good. So what we are looking at as we work with these centers is a way that you might experience and actually create this flow. So that you might, at a personality level, be neutral to the environment around you. So that as you work and discuss things with others, they are not involved in your personality reaction, but are sensing instead the flow, peace, and ease that you are experiencing of these subtle energies.

Good. Now, follow on these rhythms as you use them to enhance your own experience.

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

Nuuu yah. Nuuu yah. Nuuu yah. (very fast).

Din yah.

Din nin eee ah.

Following that wave out.

Din nin eee ah.

Letting the wavelength lengthen or shorten, whatever feels most appropriate to you, whatever enhances your awareness of these energies now.

Bring your awareness also to the Leow.

Leee ow. Leee ow.

Muuu min. Muuu min. Muuu min.

Good. Let the Mumin be transparent to all lifting energies, lifting and flowing energies.

Ran thee ah. Ran thee ah.

Just observing the Ranthia, its rotation and direction. Just experiencing and observing, being your experience. Experience that floating, that ecstasy.

Good. Now, from this space, imagine that you are around another person, a person who is experiencing a little difficulty in an area of their life. An area that you might normally be drawn into an involvement, or an opinion, or a judgment about the right or wrong of this person's difficulty. And as you imagine that situation now, for each part of your imagined situations, as it occurs to you, as it is created in your imagination, find the energy.

Good. Find the energy of that situation. Begin to harmonize with it, to incorporate it, as it were, as a part of the energy flow that you are experiencing as you are the Ranthia, as you become the energy of the Ranthia. You are bringing this situation into your awareness and so harmonizing with it that it becomes a part of the flow as it were. It becomes incorporated into your energy, but now it is somehow transformed by just a touch of your awareness, so that it indeed contributes to enhancing your energy in the most wonderful, positive ways.

So that, as it were, judgments that you might have at a personality level are not entangled, or in any way brought up as a part of your conversation or actions. But instead, your conversation and actions are based upon your experience of these energies, and of the contribution that energy has made to your ability to experience.

Good, now let that situation go. Let your imagination fade, as you experience the Ranthia, just observing.

Ran thee ah. Ran thee ah.

Good, as you continue to enhance your experience, know that staying neutral is allowing your emotional body to flow freely without entanglement with your mental body, or your physical body. And it is from that free flow that you gain your ability, a power, a sense of strength, and a sense of well being and peace.

It may not mean that you take any actions differently than you might have. Or it may mean that you take quite different actions. But being neutral, is being free, as it were, to take whatever action or lack of action that creates the most flow, enhances your experience of these spaces the most.

Good. Now, a long, slow contraction of the Nu'a. Use that to enhance your experience throughout your entire being, physical energy fields.

Nuuu eee yah.

Good. Now, let yourself float for just a moment, experiencing fully these spaces.

Good. Now in your imagination, imagine that you are with someone who is experiencing great joy about some situation or circumstance that has just occurred in their life. Just now as your imagination gives you more and more awareness of this energy, experience that energy as energy from these spaces of the Ranthia. Using that energy to enhance your own experience. So that you are not involved in your usual personality way with that energy of joy, that emotion of joy of the other person. But instead, you are experiencing it as energy, and using it to enhance your own experience of these energies.

Good. Now, let that image go. Just bring your awareness fully back to the Ranthia, just observing.

Ran thee ah.

Good. Now, to enhance your experience even more, become that floating sensation. Experiencing the flow of emotional energy, smooth and steady. Know that as you increase your ability with these energies that you will be able to, under more and more circumstances, use these energies about you to enhance your experience so that you might be more neutral with people, more neutral energy-wise.

Good. Follow your experience as we move through these shifts.

Ran thee ah.

Good. Just let yourself be that experience now, for as long as you would like. And when you are ready to come back, let yourself come back to the space and time of the earth plane, smoothly and easily. Good. And enjoy your journeys here.

Program 8 DaBen Setting a Healing Space

Welcome. Good. And as you begin to move into a space now, a space where you can increase your awareness of these subtle energies. And, enhance your experience of that flow that you are becoming quite familiar with now, the flow of the vibrational energy bodies, particularly the emotional vibrational energy body. Let yourself relax just a moment. Ever more relaxation.

What we will explore next is setting a healing space for another person. And that person may be present, or may not be present. All you need is an awareness of who

they are as a person. You need not know the person well, but just have the ability to find this person in your awareness.

Remember that you are not healing per se, for only you can do that for yourself. But you can assist others as it were, in setting a space of healing, in opening the energy about them. So that they might more easily and readily gain the insights and the wisdom, consciously or not, about the ways in which to use their energy to establish an energy flow and pattern that will make that shift to a healing space. And indeed, to change the physical quite quickly as a result of the shift in the energy and its patterns.

And you are beginning to observe as you play with these energies, that you are not able to control or directly influence particular form over another form. But that you are, as it were, creating the space so that the energy might evolve the form most appropriate to a high, fine vibration of energy. And remember that you cannot take responsibility for another's healing, whether they might choose to give that to you or not. But, it is your ability to stay within these energies, enhancing your experience of your energy more and more that opens the space for them to take responsibility. And, for them to use their energies and their wisdom in finding the energy patterns that result in a shift, in a transformation of their experience and indeed their physical reality.

Good, and from this relaxed space, follow along on this pattern for just a moment, as you enhance your own experience.

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

Lengthen the cone, perhaps increasing its angle. And following the wave of the Diniya out just as far as you can with your awareness.

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

Following the spin of the balls of the Leow, just as long as you can in your awareness, as they become faster and faster and more and more intricate.

Leee ow.

Good, and following this shift in energy, enhance your experience. And let the Mumin be transparent, let it pass through all energies of harmonious frequencies, harmonious patterns.

Muuu min. Muuu min.

Good, and just observing the Ranthia, noticing its rotation, its direction and rate. Just observing its constant flow. More and more aware of your experience. Becoming your experience.

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

Good.

Now, if you know of a person that you would like to assist in their healing or assist them in increasing their awareness of their energy systems, just think for a little bit about that person. If you know of no one in particular, look out about you, in your awareness, finding someone with your mind, as it were, that you would be willing to hold this space for their increased awareness and sense of well-being.

Good, now, enhancing your experience even more, let these thoughts bring your awareness back, letting those thoughts go.

Ran thee ah. Ran thee ah.

Good now, enhancing your own experience, expand your awareness to include this other person, as much of their energy as you can, reaching as high in these subtle energies as you can, finding as much of this person as you can. Notice as you do the increase in flow of your own energy.

And adjusting the cone to enhance your experience. You might close it or open it; whatever enhances your own experience. And now, adding even more awareness

to your own energy and to these energies of the other person. Expanding this space, the volume that you are able to be aware of, enhancing your own experience all the while.

Nuuu eee yah.

Noticing that energy spread throughout your entire physical being, and energy system beyond. Noticing that floating sensation.

Hold the other person in your awareness and just notice the shifts in energy. You need not send them any pictures or patterns. In fact, what is most efficient is just to hold them steadily in your awareness as you enhance your own experience of your energy. The more clearly focused you can be on your own experience and your awareness of their energy, the more flow is available to create that space, to bring them in touch with their own beingness, their own wisdom. And all the power is available to make those shifts they are seeking.

Ran thee aaah. Ran thee aaah.

Good. Just let your energy systems respond as dynamically as the energy around as you hold them in your awareness, and enhance your own experience, occasionally touching up your energy with the Nu'a.

Nuuu eee yah.

Ran thee ah.

Good. Now, just bring your awareness fully back to your energy. Fully back, enhancing your experience.

Ran thee ah.

Good. Now, just observe your experience, becoming your experience even more completely. Just notice how by doing this you have increased somehow your own awareness of your energy and of the energies that are about you. Good. You might want at a future time to explore various peoples' experiences as you are holding this space as you bring them into your awareness.

Those that are able to verbalize their experiences in these energy realms or are sensitive to their own energy and able to discuss that, will teach you much about your natural abilities as you bring them more and more into consciousness. And how it is that although you cannot influence them directly, they respond to an energy that you are mastering and being able to create all about you. Good.

And with that now, you may choose to come back at anytime you wish, at your own rate, and we bid you most pleasant journeys.

Program 9 DaBen/Orin You are the Master Journey - Compassion

Welcome. Good. Shift into that relaxation and that awareness that allows you to sense these subtle energies more and more; more and more completely, more fully aware of all the frequencies that are present. Follow on this rhythm and use it to enhance your experience, as you more completely become your experience as we go along.

Nuuu yah. Nuuu yah. Nuuu yah. (very long Nu)

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

Following that wave out, letting the wavelength lengthen. Following the wave as far out as you can. Now, include in your awareness also the Leow.

Leee ow. Leee ow.

Good. Let the Mumin be transparent to all harmonious energies.

Muuu min.

Ran thee aaah.

Just observing the Ranthia's rotation, just observing its rate and direction. Just observing.

Ran thee aaah.

Good, and notice how far out you can extend your awareness all about you, in all directions. With a long slow contraction on the Nu'a, increase your ability to be aware of your experience now, further and further out.

Nuuu eee yah.

Good. Now, let yourself BE that awareness. Floating on your experience, noticing the energy you are radiating, as it were, all about you. Being that energy. Observing that energy. Good. From this space, enhancing your experience, as you listen to Orin, and follow on his journey, maintaining your awareness of these energies, and using them to enhance your experience. Good.

Orin: Feeling your heart expand even more now, imagine that a great master is joining you. You are watching the Ranthia of the master. He or she is showing you the perfect balance—how to hold this energy—so that you are generating an even stronger field of love. Love at the very highest level, soul-love.

You are increasing your ability to love another person's soul, to see beyond their personality, and to love people from the highest level of your being. You are gaining the compassion of a master; that sense of deep caring, but also detachment from the outcome. You know that you can offer love, but the other person must also accept it for it to be received.

Let us look at some of your relationships now as you are taking on the compassion of a master. Feel yourself rise up to the level of a master—wise, loving, your heart beautiful, very clear energy. You are going to look at various people in your life with true compassion, and how you can assist them from the highest level.

Start by thinking of a person who is very close to you. Imagine this person is standing in front of you and you are now linking with his or her soul. Your soul is speaking to his or her soul. As your Higher Self, your soul-self, tell this person that you accept him or her exactly as this person is. "I accept you, I love you at the soul-level."

Ask their soul what is the highest, most compassionate thing you can do—perhaps there will be several things—what can you do for this person's soul? Listen right now.

If you have in any way been carrying this person at an energy level, or carrying some of their burdens—trying to lift this person—hand that responsibility back to their soul. Their growth is their soul's responsibility, and not yours. Only they can choose to grow. You cannot choose it for them.

As you hand back any place where you have taken on responsibility for their growth, notice that your light is becoming brighter. Move any of the energy between you into your heart, so that if there are any power struggles, any ways that you are connecting in the solar plexus, move that energy into your heart.

You are the master. You do not play games of power with others. You have clear and loving compassion. You are wise and gentle. You know how to take all of the energy into your heart.

Mentally tell this person you love them unconditionally. You may even want to mentally tell this person that he or she is totally free, in all ways, and that you are free as well. Say it with love. "You are free, I am free."

Imagine you are embracing this person at a soul-level; embracing their essence. You are expressing love at the soul-level, knowing how to do that, an inner sense.

This person can feel the field of love you are generating, and you can see that their aura is brighter now and that you have indeed made a true soul-contact. Now let the image of this person fade. Every time a thought of this person comes into your mind, surround him or her with light.

We would like your soul to bring into your mind the image of another person. Selecting for you the person that perhaps you are still carrying energy from, someone who would be important for you to work with right now at this soul-level, that would create a shift for both of you as you do. Let the image of this person come into your mind, as if they are standing in front of you.

Greet this person once again. You are now meeting with the soul of this person. Start by saying, "I accept you for who you are. I acknowledge your wisdom and your strength, your ability to handle your own life." Get very quiet within as you beam love to them. This person can feel your field of love. His or her soul is awake and responding to you. Ask, "What is the most compassionate or loving thing I can do for you at the soul-level?"

If in any way you have been carrying this person's burdens as your own, take these burdens off your shoulders and let go of them. Affirm that this person is strong enough, has the inner strength, and that their soul can assist them more powerfully than you. Turn these burdens over to this person's soul, knowing that this person's soul is in charge of the life. You may even want to send light so that this person can make a stronger connection to their soul.

Tell this person telepathically, "I accept and love you unconditionally. You are free, and I am free. We come together in the celebration of our mutual strength." Feel how light you are becoming. You are the master. Often one of the highest gifts you give others is to link with their soul, and work with them just as we have done on the inner realms, telepathically.

Sit right now as you would as the master, adjusting your posture. Starting with the first person, send this person energy. Notice how much energy this person can receive. As you send it to him or her, send just the right amount.

Do the same now with the second person, making your energy as beautiful and clear as possible, including the second person in your awareness. If you want to directly send love, you may.

The most important work you do with others is inner work, connecting soul-to-soul. Soul contact is how the masters work.

As the master, is there any message you would like to give yourself about a current situation, or a relationship? Listen right now, for you are the wise master, giving yourself advice.

Feel how much lighter you are as you put down the burdens that are not yours to carry, as you come from true compassion, as you affirm the strength and the wisdom within each person, as you talk to people's souls and acknowledging their ability to solve their own problems, and loving them as a wise and beautiful being. You acknowledge the master within them. Acknowledge right now the master within each of the people you worked with.

And now, begin to come back into the room, remembering this state of love. You can create a field of love anytime you wish, and transform any situation with another person.

Coming back now, feeling the softness and the love that you are. Beginning to open your eyes now, stretching your body, and feeling wide-awake, full of love and compassion at your highest level.

Program 10 DaBen and Orin Interdimensional Traveling Journey - Gas Beings

Welcome. As you relax now, find that posture and relaxation that is most conducive to your being able to sense these subtle energies and to increase your awareness of all the energies about you.

Good. And as you follow along with the energy shifts, using each one to enhance your own experience, let us explore what some of these energy realms have to offer as gifts for you as you travel there.

Often as you explore these energies you will find places in which there are beings, entities that you can identify and indeed interact with. And in these realms all these entities are very highly organized and of very high energy. And often they will welcome you and show you how it is that they use these energies that you are beginning to explore. You have much to learn by traveling with these beings and spending a short while in this expanded state with them.

Good. Following on these shifts. You might offer your services as well as you explore here, and also extend your reverence of all life force. For as you travel here, you will find that all these entities have the utmost of reverence for life force and will welcome you as you discover, as it were, ways to be in their energies, in their world.

Good. And as we set a rhythm now, use them to enhance your own experience and follow on the energies and the shifts as we create them.

Nuuu yah. Nuuu yah. Nuuu yah.

Din nin eee ah. Din nin eee ah.

Lengthening the wavelength and following it out as far as you can with your awareness. As far as you can, in all directions about you. Begin to include also the Leow in your awareness. Letting the balls start to spin slowly, but increasing rapidly.

Leee ow. Leee ow.

Letting the Mumin be transparent to all lifting energies, all lifting, following this shift now.

Muuu min.

Ran thee ah.

Just observing the spin, the rotation of the Ranthia. Observing your own energy. Just adjusting the cone of the Nu'a to enhance your experience. Following on this shift.

Ran thee ah. Ran thee ah.

Good. Following on that shift, riding that experience now. And look about you, sense about you, finding the patterns that are moving, in all directions—moving, flowing, easily forming. Shift your vibration up just slightly now, opening the back of the head and neck.

Ran thee ah.

Good. Just looking about you. Good. Just experience now, becoming your experience and observing. Being with these energies, noticing the movements about you. Just be for a moment.

Orin: DaBen will continue to hold the frequencies and the space, for he is working together with the gas beings right now, reaching you through time and space. Interdimensional traveling is learning how to change your frequency so that you can experience other dimensions and the beings in them. These beings have given us permission to visit them and are delighted to welcome you right now to their dimension.

Transmission is telepathic. You may or may not receive images and sensations or even inner messages. Let the images flow. It may even feel as if you are making it up. Enjoy now as we begin to meet some of the beings in this dimension.

A being is now coming over to you. We have called these beings the “gas beings” for they are very light. The rules of their universe are different. Their dimension you are in has no gravity.

Feel this being coming to meet you, one who has agreed to sponsor you. Telepathically greet this being. Feel a sense of warmth and love radiating from this being to you, welcoming you to its dimension.

These beings have a very special ceremony, a very special way of being together—a way that we will call a blending. They can teach you about joining your energy with another. This being is now allowing you to join consciousness with it, to look at its world through its eyes. So now as you join with this being you are looking out onto its world. There are many other gas beings around, floating and playing. There is such love in this world, such harmony and peace.

This being is going to show you a blending. Another being approaches. There is a welcome, and then they begin to blend, joining energies at every level, sharing experiences, transmitting all that they know to each other. Let yourself join in a blending. Feel the unconditional love that each being has for the other, the acceptance of all experience, as you now participate in a blending.

You might notice that some of the blending is beyond description, almost as if it was a transmission of music or a sound or a color, images, feelings, or sensations. As the beings complete their blending, notice how easily each being is willing to come out of the blending transformed by the connection, for these beings are very fluid. Their whole nature is fluidity. They know who they are, and who they are can change greatly as they grow and blend with others.

This being who is sponsoring you is now going to blend with another so that you might sense the difference. Another being approaches and your being softens. The two begin to blend, a quick exchange of all within each other, the richness. There is a sense that “I am you” and “you are me,” and yet “I am I” as well. They are open to each other, so loving, so completely accepting of all that the other being is, and so fluid with their own being that they can blend and take in all this energy, and be willing to be transformed with each contact, enriched.

This being is blending with you; delighted at all the new experiences you are bringing. This being is sharing with you the richness that this being has absorbed. Open to receive it now, for as you do, so will you gain new creativity, new ideas that will unfold at the perfect time.

This being would like to take you to meet a great master of this dimension. You are approaching now. You can feel the light. This master is going to blend with you, sharing with you an enormous amount of light, of love, and receiving from you all of your experiences. The being who sponsored you is still with you. Begin now to blend with the master.

The master is going to allow you to look out through his or her eyes, and feel what it is like to be a master in this dimension, blending with thousands at one time. Love is radiating from your being, and playfulness as well, for there is such joy in the blending. It is a very loving, joyful world.

So experience now what it is like as a master to blend with many at once. How much love can you take in? How much richness and sharing? Feel the pure delight, the joy and the play that is here. Life is all about blending, love, and sharing.

Now you are going to say good bye to the master, thanking the master for assisting you. Feeling the being who is sponsoring you, thanking this being for being present with you. Ask this being if there is anything else you can do to assist, to thank him or her for sponsoring you. Then do it.

Now begin to come back into the room, remembering all you have seen, sensed, and felt. Say good bye to the beings of this dimension, knowing that you can return here, learning more about love and blending. As you come fully back now into the room, open your eyes, coming into this reality fully now, wide awake, stretching and fully aware of who you are.

Program 11 DaBen and Orin Forgiveness Journey

Welcome. Good. As you begin to experience these energies now, shift your posture to enhance your ability to experience. Good, and as your awareness of these subtle energies increases, let yourself expand the possible experiences. So that, it is as though you are having many experiences, many layers of experience at once as you expand your awareness now to include all of the frequencies of the Nu'a.

You might begin with this rhythm.

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

Just keep that rhythm now, alternating. Bring your awareness up to the Dinia.

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

Good. Following the waves out as far as you can now, being in your experience. Being your experience. Letting the wavelength lengthen, following the wave in all directions, front and back.

Din nin eee ah. Din nin eee ah.

Good.

And bring your awareness now to the Leow. Notice the balls beginning to spin, faster and faster, about their own axis and about each other. Following it as long as you can, as it becomes more and more intricate, more and more involved, faster and faster.

Leee ow. Leee ow.

Good, and let the Mumin be transparent to all harmonious energies, all energies of oneness and compassion.

Muuu min. Muuu min.

Good, and bring your awareness to the Ranthia. Just noticing its rotation and rate. Just observing, experiencing now as you do.

Ran thee ah. Ran thee ah.

Good, and just follow that energy out now, being that energy. Enhance your own experience and follow and become the energy that Orin weaves for you on this journey.

Orin: We are going to do a process of forgiveness; forgiveness of self and others. For the higher you go, the more it will assist you if you instantly forgive others, and release any of the energy you are holding that is their energy, so that you are free to go higher and higher.

Again, feel your heart center, your Ranthia, opening even more. You are becoming the master. You might imagine that this great master is standing in front of you once again. Feel the light of this master, showing you how to make your heart center more beautiful, more flowing, sparkling, and radiant.

You as the master are going to contact the soul of another person, reaching through time and space to connect with this other person—a person who right now will free you the most in forgiving. Let your soul locate this person and let an image of this person come into your mind.

We would like you to find the light within this person, for you are looking at this person's soul. Imagine that light growing brighter and brighter, until this person is a radiating light, and you can sense the beauty of this person's light.

You are now connecting with his or her soul and talking to this person telepathically. You say to this person, "I forgive you. I let go of anything I have held between us that is not love. I forgive myself." Feel your energy growing more beautiful as you do this.

You might say, "I release you to your higher path, and we are both free." Release this person's energy from the place in your body you have been holding this person's energy, release it now. Feel yourself growing lighter and freer.

Say goodbye to this person now telepathically, letting their image fade, and letting the image of another person come into your awareness. Remember the master is assisting you, and you are the master as well. Let the image of a person come into your mind, one who would benefit you in forgiving. You may even be surprised at who comes into your mind.

Remember you are both innocent. It is only an illusion that anyone can do anything wrong to you, for at the soul level, there is only love. You are seeing the truth that each person is perfect and beautiful. As you focus upon this second person, say to their soul, "I forgive you." As you forgive this person, see the light within this person growing brighter and brighter. You are focusing upon his or her beauty. Feel that forgiveness freeing you.

Forgive yourself right now. Tell yourself that you love yourself. Release any of this person's energy you might have held in your body, filling up those places with light. See the other person forgiving you. Love is flowing freely from your heart to this person's heart, feeling that release of forgiveness, that light of love.

When you are ready, let the image of this person dissolve in the light. Now perhaps you would like to imagine a member of your family—your mother or your father. Bring the image of this person into your mind, as if you are standing in front of him or her. And say to this person, "I forgive you. I send you love, I acknowledge your light." Feel your soul make contact with this person's soul. "I see the truth that there is only love at this level."

Forgive yourself right now. Imagine the other person forgiving you as well, acknowledging your light. Feel the love flow more freely now between both of your hearts. Notice that your breathing is easier and freer. You are putting down any burdens you might have carried, forgiving yourself, loving yourself. Send that pure light of love to the other person. Release anywhere in your body you might have held his or her energy. Release any energy that is not love between you, and fill it with light.

Now let the image of this person dissolve. We would like you to think of a past relationship, one in which the energy might be clearer. Let your soul show you a past relationship, perhaps an intimate one, that would be appropriate for you to release right now in the light of forgiveness and love even more, to clear even more the energy between the two of you.

Say to this person, "I forgive you. I release anything that is not love between us. I send you my unconditional love soul to soul." Imagine that you can see light within this person growing brighter and brighter. This person is so happy that you have forgiven him or her. This person's inner light is growing brighter.

This person is forgiving you, so grateful for the opportunity to clear the energy between you. "Thank you from the bottom of my heart," this person is saying. "Whether at a personality level or not, I am aware, I am aware of our contact at a soul level, and you are freeing me. You are freeing me to grow."

Let go of any energy you have taken from this person that may still be in your body, filling it with light. When you are ready, let the image of this person dissolve.

See how beautiful your heart is growing, how much love you have within you, how much courage you have, how able you are to release and let go, how willing you

are to accept love and to send love, for you truly are a loving being. See how the light within you is growing brighter now that you have released and forgiven, for you know it is only an illusion that you can be wronged. When you look for perfection, for the goodness within each person, you will find it.

Now imagine that you are going into the cells of all of your body, and you are speaking to the DNA. You are growing smaller and smaller. Your DNA is very real. It contains the life-force energy that circulates through your body. Imagine that you can telepathically link with your DNA, a spiraling, beautiful code of life. Going into this cellular code of your body. Ask your DNA to manifest for you the next level of your evolution, your accelerated growth, and to release from your life code, any patterns that no longer fit who you are.

Feel your DNA as if they were a life force entity, agreeing to work with you. Gradually and easily you are letting go of old patterns and thoughts, patterns that are of a lower energy frequency, and accepting new patterns, new light, and new thoughts. You are bringing light into your DNA, just the right amount of light, filtering it through all of your systems, allowing your DNA to work with you now to bring you to your next level of evolution.

Let your DNA broadcast light to every cell. For as you fill yourself with love, you change your vibration. You make a higher, finer frequency available to every cell in your body, from the smallest atom, all the way up. The cells and the atoms are alive in your body, and they too are working for their evolution, moving from simple to more complex forms.

Send love now to your cells and your atoms. You are loving them unconditionally, sending them light. Feel your DNA becoming lighter and lighter, broadcasting a new pattern to every cell. The cells are taking on their next level of evolution, beginning to change.

Broadcast that light to all the organs and muscles in your body. That light from within, permeating your skin, beginning to shine through your physical body into your emotional body, your inner light growing brighter and brighter. All the veils are lifting.

The light is transforming your mind. You can say to yourself, "I now release anything that is not love in my life. And I accept love, unlimited love into my life. My vibration grows higher and higher as my heart opens. I accept love. I am love. I give and I receive love."

Feel your heart opening to receive and hold more love than you have ever known. Let your Ranthia expand now. The master is showing you the pattern of the expanded heart. You are generating a beautiful field of love all around you. You are cleansing and healing every cell in your body, until you begin to dissolve in the light, in the love of your heart, until that love is like a pink flame, or a mist all around you.

Transformed, you send out pure love. Everyone around you is touched by your love, and love is life. You are nurturing and loving to everyone around you. Now, remembering that love, you may stay in this space if you would like and continue to work with releasing and forgiving others.

Or, if you would like you may come back now, gently and easily, opening your eyes. Feeling comfortable, soft, gentle, and relaxed. Coming back fully now, stretching your body, feeling wonderful, and enjoying your day filled with love.

Program 12 DaBen and Orin Temple of the Masters

Welcome. Good, and as you relax now, finding your ability to sense these subtle energies, notice the frequencies as they shift. For as we talk, we are shifting frequencies, adding frequencies for you to follow on. And learn how to set your own frequencies at any time you choose. And so follow this rhythm now, use it to explore and to enhance your own sense of these wonderful spaces.

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

Din nin eee ah. Din nin eee ah. Din nin eee ah. (longer release)

Leee ow. Leee ow.

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

Muuu min. Muuu min.

Good, and bringing your awareness to the Ranthia, just observing. Observing how the rate maintains constancy; always supportive.

Ran thee ah. Ran thee ah.

Good. Just floating on that energy now. Floating. Adjusting the Nu'a cone. Holding the Ranthia in your awareness and adjusting the Nu'a cone, changing its angle.

Nuuu yah.

Floating.

Ran thee ah.

Good. Letting yourself expand now, being more and more layers of that floating sensation. Good. And follow on Orin's tapestry as he weaves for you an energy journey. Good.

Orin: Surround yourself with light right now, calling light to you, for we are going to journey to the Temple of the Masters. As you surround yourself with light, you are in a bubble of light; and all the higher frequencies can reach you, and any of the lower frequencies cannot. You are being lifted upward now, into that high, fine vibration of the Temple of the Masters, until you are traveling to the Temple of the Masters.

You arrive at the temple. You can feel the beauty, the sounds of harmony, the love and peace here. You know that this place is like home, your true home, the home where you exist as your Higher Self, where you exist in the higher energy realms.

A master comes out to greet you; the master that has been working with you on your world service and your life's work. This master greets you and invites you in, and you are led into a courtyard. In this courtyard, you are going to be joined by many high beings.

You are sitting in the center of a circle, and many high beings are coming to assist you right now, to hold light around you while you open to see more of your life purpose. The master will guide you in this in just a moment. But just imagine you can feel the courtyard filling up with many high beings who are there just to honor you and to assist you.

Feel the love of these beings for you. You count. Your path is important. These beings are here to acknowledge you, to recognize you; to empower your work in getting out to the world. For you are a healer, and a teacher, and a leader. You have much to offer the world.

Imagine now that this master is standing in front of you. This master is lifting the veils so that you may see more clearly what you are here to do. You may know it now, or the information may come into your mind at just the right time, in just the right way. The Master asks you, "Are you ready for more world service? Are you ready to carry

out your life purpose in a greater way?" Go into your heart, and when you are ready, say, "Yes, I am ready."

All of the beings present and the master are sending you energy right now, powerful energy. Energy to awaken you for your greater vision of who you are, to help you remember more what you came to do. Receive that powerful transmission right now.

Layer after layer of unknowingness dropping away. These beings are here just for you. Open your mind and receive an inner message. Ask if there is any information about your life purpose, about what you can do right now to carry it out. Open now to receive that message.

The master and the beings who are present would like to assist you in seeing yourself as a healer and teacher. They are going to send you mental images to enhance the images that you have, to show you what you might be, who you are. Receive some of those images.

Picture yourself teaching and healing in a broader way, in whatever form you choose. Acknowledge to yourself that you indeed are a teacher and a healer. You add life-force energy to everyone around you. You care. You are sensitive. Acknowledge who you are now, and picture yourself opening and embracing the image of yourself as a teacher, a healer, a leader.

Bring that sense into your body. How does it feel to acknowledge this greater level of power in your body? The master is with you. You will only take on as much as you can easily handle in helping other people, in carrying out your work.

How does it feel emotionally? The master is going to show you how to sound your note. Take a few deep breaths in, and as you breathe in, bringing your breath all the way down to your abdomen, imagine that you can hear a note, a feeling, a sense, a frequency, that is your soul's note, your own special combination of frequencies and energies. Now imagine that note growing stronger. You may or may not sense that note. All you need do is imagine it.

Imagine that it is growing stronger, beginning to vibrate your entire body. It is growing stronger and stronger as if you are a tuning fork, setting that note, sending that note outward and outward, into the universe. You are sending out light with your note.

All of the beings present are sending you light so that that light may go out with your note. Your energy is going outward, you are beginning to send your radiance outward; the radiance and light you are gaining as you work with your light body.

Send it out into the universe. Call to you now your students, anyone you might help. For this is what the masters do in their inner work. They work with the souls of those who are calling for help. Feel that stability, that light, that love that is you going out into a larger and larger area. Call to you all those you can teach and help who are aligned with what you are teaching, who are aligned with who you are. These are people who can shift and who can use the light you are sending out.

Feel that light growing stronger. Your note reaching out even more. Call to yourself greater world service. If you would like more world service, ask for it. Say, "I am open, I am ready."

Now all of the beings are sending you light to assist you in opening your channel upward. Imagine that your guide is now coming forward, a guide who has worked with you before. You may or may not know this guide. What does your guide look like? Use your imagination if you would like. Your guide may appear as shimmering light, or take on a recognizable human form. Feel the love your guide has for you.

Your guide who is with you as you journey into these higher realms, whether you are aware of him or her or not, your guide has been with you in your journeys upward,

is your best friend, loves you unconditionally, and always has your higher good as his or her goal.

Greet your guide. Your guide would like to transmit energy to you right now to awaken your ability to know and channel your Higher Self or your guide, whatever is appropriate.

If you already channel, this transmission will be to make the channel clearer or stronger, or whatever you would like. All you need do is fully receive your guide's transmission. Let your guide transmit now to you energy to open and strengthen your channel upward.

Feel your guide aligning and balancing your energy, helping you bring perfect harmony in your vibrational energy bodies, allowing that greater spiritual shimmer to shine through, allowing greater light to come into your open channel. So that you are a channel of light, a radiant being.

Feel your channel growing open and strong, your channel to the higher dimensions and to your guide, to your Higher Self, and to the masters. It is as if your mind is like a flower that is opening up. The sun is above your head and light is all around you. Light is pouring down from the higher realms, lifting you upward.

You are building your channel upward now into the higher dimensions so that your mind receives the messages and impressions of your Higher Self. From moment to moment the guidance and the light of the higher dimensions is registered in your brain, received, and acknowledged by your mind, then acted upon by your personality.

Your guide and the master are holding a focus of light all around you. You are drinking in light as your channel is opening. You are becoming the master, becoming wiser and wiser. You are filling with light, opening your seventh chakra at the top of your head, feeling this center open. You realize that the outer world of form is the illusion and that the inner world is where true reality is created.

You realize that as you become a master, you focus inward and upward. You receive your inspiration from above, from the higher levels of your being. You use these higher levels of wisdom to transform your personality.

Let light flow evenly and freely from above, down into your body, into your emotions, into your mind, calming your emotions. Put light into every cell. Feel your guide with you, loving you, and celebrating with you this opening of your channel.

Ask your guide if he or she has a message for you right now. You may feel as if you are making it up. It may be a sense or an impression, or simply an energy transmission. Open to receive that right now.

All right, thank your guide. Know that each time you come to this place your channel will open even more, for what you have done is real on the inner planes. Thank the master and all the beings who have helped you. Begin now to walk out of the courtyard, to the outer realms of the temple. Surround yourself with light, as if you are in a bubble of light, and traveling back to your present reality, knowing that you are transformed.

You have done much work at an energy level. You are embracing and calling for your world service, and it will come. Everything that happens is preparing you to accept a greater role of responsibility, a greater role in humanity, and fulfilling your life purpose.

As you come back now into the room, remember all that you have seen. Coming easily and gently back into the room, feeling so good, full of light, and having a wonderful day.