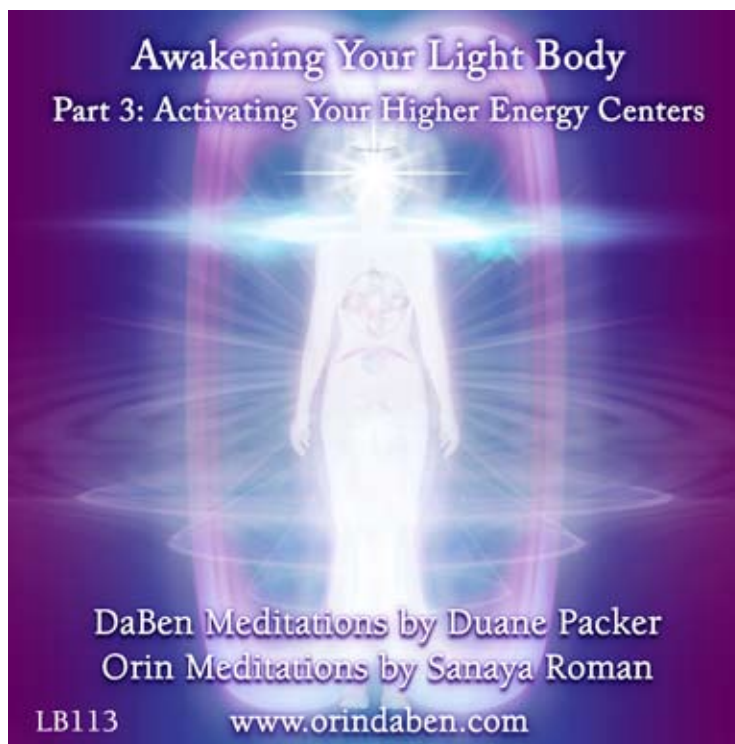


*Awakening Your Light Body Part 3*  
**Activating Your Higher Energy Centers**



DaBen Meditations by Duane Packer  
Orin Meditations by Sanaya Roman

Written Material to Accompany  
the Audio Course

Includes Transcripts

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## Part 3 *Awakening Your Light Body Course*

# *Activating Your Higher Energy Centers*

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](http://www.orindaben.com) and download them using your Member ID and password.

Program 1	<b>DaBen: Traeo</b> <i>Music: Quiet Pool TH050E</i>	19:49
Program 2	<b>DaBen: Pieah</b> <i>Music: Rising Into Light TH008E</i>	20:25
Program 3	<b>DaBen: Renawre</b> <i>Music: Illumination TH061E</i>	20:16
Program 4	<b>DaBen: Exploring the Renawre Cocoon</b> <i>Music: Surrendering TH023E</i>	20:40
Program 5	<b>DaBen: Traveling on the Gridwork</b> <i>Music: Emotional Flow Calm TH052E</i>	21:19
Program 6	<b>DaBen: Opening Creativity and Receiving Insights</b> <i>Music: Sea of Light TH039E</i>	20:50
Program 7	<b>DaBen and Orin: Changing Your Thoughts</b> <i>Music: Temple Gardens TH004E</i>	31:02
Program 8	<b>DaBen and Orin: Interdimensional Traveling</b> <i>Music: Divine Spark TH021E</i>	29:09
Program 9	<b>DaBen: Exploring Frequencies</b> <i>Music: Light Emerging TH033E</i>	20:57
Program 10	<b>DaBen: Entering the Void</b> <i>Music: Pleiades TH036E</i>	20:45
Program 11	<b>DaBen and Orin: Journey to Past Lives</b> <i>Music: Master of Light TH029E</i>	31:02
Program 12	<b>DaBen and Orin: Being Born as a Master</b> <i>Music: Spiritual Sun Opening TH046E</i>	33:57

### Next Course in This Series and Related Audio Courses

[Awakening Your Light Body Part 4: Aligning Your Vibrational Energy Bodies LB114](#)

[Orin's Experiencing Continuity of Consciousness DW912](#)

[Illumination: Awakening Your Higher Mind DW915](#)

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 3

*Activating Your Higher Energy Centers*

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

**Getting Started**

- **Listen now to DaBen's journey on Program 1. Record your experiences in the Journal Notes, then read the pages that follow on the Traeo. A marker • will give you the signal to go to Program 2.**

At the end of this material is a section with the comments and reactions of people to their learning and exploring the Ranthia and Mumin that you have just completed. You might enjoy reading this before you begin or while you are *Activating Your Higher Energy Centers* in this course.

# Journal Notes

## **Program 1 Traeo 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.

## Activating Your Higher Energy Centers

### Traeo

Congratulations! You have just worked with the fifth vibrational energy body center, the Traeo. The Traeo is located around your throat. You might "see" the collar of the Traeo as a ring that can be as little as one molecule thick, or as thick as you sense it to be. The collar can move easily up and down your neck. This collar can encompass the entire length of your neck or can be just a small band. Extending out from this collar are feathers or petals that can vary in length. These petals are not literally feathers of course; they are more ethereal and less solid than feathers, but they do move with a feather-like grace as they float on the energies coming up from the Ranthia. The feathers or petals coming out of the Traeo can be as long as five or six feet or as short as six to twelve inches. There is no significance to the length of the feathers. These feathers float up and down from moment to moment, creating flight-like ripples around their surface as they adjust to and focus the energy coming up from the Ranthia. This focused energy is sent to the next center, the Pieah, which you will experience on Program 2 that follows. As with the Ranthia, this center is not controlled by muscles. You can only affect your experiences in this center by observing what the Traeo is doing, not by trying to change what the Traeo is doing. Although all centers can affect your mental energy body, the upper centers you are learning have a more noticeable effect on your thoughts and your mental energy body. The Traeo acts to focus energy, and can affect your thoughts by bringing more focus to them.

As you experience the Traeo and the rest of the vibrational energy body centers you may become more and more aware of your mental energy body. Your mental body as seen clairvoyantly can look like a gridwork of intersecting horizontal and vertical planes located around your entire body. They are not rigid planes, but can take on wavelike qualities. These planes can move closer together or further apart. They can dissolve so you can see pieces of them, or they can come into a sharp focus. When thoughts come into the mental body, this gridwork comes into a focus, then it dissolves. There seems to be a pulse or rhythm to thoughts coming in, being experienced, then dissolving. The Traeo can be used with the next center, the Pieah, to create a more complete setting of your mental body. A complete setting is what results in breakthrough ideas. As they come in these thoughts are richer and more complete than most normal thoughts. There is a sense of "Ah ha!" with these thoughts as you set the mental body more and more completely. You will find that you can greatly enhance your creativity as you work with the Traeo and the Pieah. Notice your thoughts as we work with the Traeo. Later in this course you will work with watching your thoughts setup and dissolve. For now, observe your thoughts as much as possible. Are they different than normal? Notice the speed at which your thoughts come into your mind, how many you have,

and how long they stay. As you continue, your awareness of your thoughts coming in and dissolving will increase. Do not worry if you have not seen or experienced the gridwork yet. You will learn much more about the gridwork and your mental body in the journeys that follow in this course.

Some comments made by people after their first experience with the Traeo:

"I saw the feathers as iridescent—like Peacock feathers, or oil sitting on top of water."

"I saw a collar around my neck with light and different colors streaming out of it."

"I did not see anything; I am not able to visualize. I felt an incredible expansion of energies move down my throat into my chest. It felt like my body was opening and expanding. I also felt a lot of heat and warmth in my body."

"All the tension in my neck and shoulders left, then my Ranthia became bigger and a golden light seemed to flow down from my neck into my lower centers."

"As I worked with the feathers, everything became quieter and calmer until it seemed like I was experiencing the world in slow motion."

"I felt like a flower was coming out of my throat, I kept seeing petals like in a daisy."

"I felt like I was approaching a doorway. The energies had a more sacred feeling to them."

"The space of the Traeo felt familiar—like I was going home. I remember thinking, this is where I need to be all of the time."

Below are some of the questions people asked about the Traeo.

**Question:** The Traeo seems to bring a silence or quiescence to my experience of these spaces. Is this normal?

**Answer (Duane):** (Answers by Duane unless otherwise noted.) The Traeo changes your emotional flow. It adds both an opening and a silence to your experience. It does open and expand your energies, both at a physical and at an experiential level. This is why many of you experienced heat and tingling; you were experiencing the expansion of energy that the Traeo brings.

**Question:** I felt light-headed, almost dizzy. I felt like a jellyfish. I kept thinking I ought to be lying down rather than sitting. Did I do something wrong?

**Answer:** The jellyfish analogy is a very good one; you may feel very fluid as your energy expands in this space. You do not have your normal rigidity which allows a greater flow of energy than normal. Open the back of your head and neck, and imagine more energy flowing if this continues. You will get used to this much energy as we continue and should not have any more light-headedness.

**Comment:** Suddenly I experienced a shift. I was tense when we started, and the tension suddenly left. The Ranthia totally changed and I felt this golden light coming into my heart from above.

**Reply:** Several of you commented you experienced light or a golden sensation near the end of the Traeo meditation. It will not always be there, but when it is there it can mark a certain pattern that you have established in your lower centers. When you experience this inner light, pay attention to how you are using your Nu'a, Dinia, and Leow. It is worth paying attention to how you setup this experience, because this energy setup with the lower centers can open doorways to many profound spaces. It is not a goal,

because there are a lot of other positive patterns you can have, but it is a recognizable place that you can return to. As you learn to return to it you can use it to go into other spaces. Some of the other markers are harder to recall.

**Comment:** DaBen said the Traeo was vertical, but mine seemed to be horizontal. I tried to make it vertical and it would not change.

**Reply:** The "feathers" of the Traeo can be horizontal when fully lifted by the energy of the Ranthia. In general the "feathers" will be twenty to even fifty degrees below horizontal. The Traeo will not respond to your visualization of what you want it to do. All you can do with the Traeo is observe what it is doing. It changes according to the energy you are bringing through with the Nu'a, Dinia, and Leow, and how you are using these centers.

**Question:** I felt some fear; things seemed to get too intense. My Traeo started to spin and I was not sure I liked this. What happened?

**Answer:** More than any other center, the Traeo can create for me a feeling that things are right on the border of being too intense. This does not happen often, but when it does I have backed off this center a little. Spinning is unusual, and it can be an exciting experience. For now, bring in less energy if this happens, or dampen the plane of the Dinia. Of course, if you like and feel comfortable with these sensations, enjoy them!

**Question:** Everything was so nice when I was in the Traeo space. When I came back I felt irritated at people. I noticed this when I practiced with the other centers as well. My tolerance of people and my general level of irritability has increased. Is this normal? Will it go away?

**Answer:** Irritability may come up as you work with these centers, particularly the upper ones. You are organizing your mental body in a new way. You may find yourself wanting more order in your life than before. You may notice that other people operate at a higher level of chaos than you now find tolerable. As you move into the upper centers your mental clarity grows, and you may begin to notice the fog that most people operate in. You may find that these centers create so many changes in the way you view the world you need time to sort things out and figure out new ways to relate to people. You may even feel reclusive or want more time alone. You are going to be working with new ways of organizing your thoughts, integrating these new, higher frequencies into your personality, emotions, and mind. You may need to withdraw for just a bit to discover what is true for you at this new level. Your irritability may come and go. The veils of unknowingness are being lifted. You have a greater opportunity to see situations more as they really are rather than the illusions they used to present to you, and you may need time to readjust to this clearer view. Be loving and nurture yourself during this time. You may want to work with Orin's meditations on compassion and forgiveness as these qualities will make your life much easier at the new levels of clarity you are reaching.

**Question:** I saw waves of light coming out from the ring or collar around my throat. While other people saw feathers, what I saw was more like waves of energy. Is this all right?

**Answer:** Yes, definitely! The feather image is only an image. Many people experienced the petals or leaves of the Traeo as much thinner than feathers, and having a more ethereal quality. These feathers are really energy, just as you are seeing them.



- Listen now to Program 2 to learn the next vibrational energy body center. You may do this directly after the Traeo meditation or within several days. The next center works with the Traeo so you will want to learn and work with it fairly soon after you learn the Traeo. After you finish with Program 2, record your experiences in the Journal Notes, then read the information that follows on the Pieah.

## Vibrational Energy Body

*Visualization Aid for Traeo*



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

# Journal Notes

## **Program 2 Pieah 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:**

## Pieah

You have now worked with the sixth vibrational energy body center, the Pieah. The Pieah is located in the center of your head near the pineal gland. It is behind your eyes midway between your eyes and the back of your head, about two to three inches down from the top of your head. The image for the Pieah is that of a ball or sphere with many rods of energy or light coming in and out of it. The sphere can start small and become fairly large, although becoming larger is not necessary. The rods coming out of the ball may seem to have a pulse and rhythm of their own, popping in and out as you observe them. They often move in and out so fast it is difficult to track or follow them. These rods can move in and out in all directions and can extend from a few feet to hundreds of feet out. These rods are light and ethereal, and can be very fine or coarse. Some of the time when you experience the Pieah you may be aware of the rods and they may play a part in your experience, and at other times not. Observing and becoming your experience is again your goal for the Pieah.

The Pieah is the first center to take you beyond polarity. There are two main expanded states of consciousness possible from the Pieah that we will be working with. The first is a state of mental focus, creativity, and clear ideas that come as you watch the rods move in and out, but have not yet put your consciousness into the ball or sphere. This allows your thoughts to come into your consciousness from the space beyond polarity, giving you higher, more complete, and more positive thoughts. The beginning stage of the Pieah is an excellent space for opening to insights and expanding your creativity. The Pieah works with the intuitive levels of your awareness and goes beyond the "knowing" of your intellect. From this space you can find higher answers and inner guidance.

The second expanded state you can reach from the Pieah is a state of mental silence as you put your consciousness in the center of the ball or sphere that is the Pieah. The Pieah can be a doorway into the void, for it can take you out of the time/space dimension of the earth plane. The void, which you will explore in this course, is a jumping-off point to many other dimensions and realities. You can enter the void when you put your consciousness into the center of the Pieah ball or sphere. As your mental body expands into these frequencies it is unable to hold the immensity of the information that is in this space, and quits trying. The Pieah can bring you to that experience of silence that spiritual masters talk about. You are not stopping your thoughts from setting up by forcing them to stop, but by creating a space where your thoughts do not even form. You will have an opportunity to explore this void and experience mental silence in the DaBen journeys that follow in this course.

Sometimes it can enhance your experience to notice that the rods may touch and be moved by the surface of the Traeo. Although the Pieah derives its energy from the energy focused by the Traeo, there is a difference in "pace" between the Traeo and the Pieah. While you may feel a floating, quiet feeling in the Traeo, the first stage of the Pieah is a more excited state, while the later stage of entering the void is much quieter than the Traeo. In the beginning some of you may find it difficult to remain sitting when

you work with this center. Generally this is because you have less awareness of your body. Unless it feels like a distracting effort to stay erect, sit upright as you work with the Pieah.

Comments people frequently made after experiencing the Pieah included that they felt they were in a safe place, their thoughts stopped, they felt like they met the universe, they went very far out, they had a feeling of serenity, or they lost any visualizations or inner pictures. These are some of the questions people asked about the Pieah.

**Question:** I had trouble holding onto the image of a ball. Is this all right?

**Answer:** Yes, absolutely. Once the Pieah is setup you do not need to keep track of its image. The Pieah stays fairly stable. After you see the image of a ball, put your awareness inside that ball, and let the image shift as it will. Do not try to remember the ball after you have done this. You will either go into the void of silence and no thoughts, or you will find that the way your mental body is setting up will bring you many new insights.

**Question:** I felt like I was falling over the whole time. Why?

**Answer:** Did you have to change anything physically to prevent yourself from falling over? No? I think you may have found that your experience was not a physical one, but you were literally falling into the void. There can be a sense of falling as you enter into the void.

**Question:** I felt really safe here. Is this how the Pieah feels?

**Answer:** It can feel that way, but not always. The void, the nothingness, can be either a comfortable or an uncomfortable experience, depending on where you travel in the void and how experienced you are. Congratulate yourself on being able to open to the void and enjoy that experience of nothingness as you did.

**Question:** I find that I do not have any words to describe what I experienced. I experienced something very rich, but I cannot describe my experience like everyone else has been.

**Answer:** It gets harder and harder to find the vocabulary to describe your experiences as you move into the upper centers. It becomes even harder to find words as you work with the light body centers. You can begin to recognize many of the distinct spaces you can reach in these upper centers, but we do not have the words in our culture to describe them. In the Pieah you can reach places that are pure knowing, beyond words or descriptions. You are leaving time and space, and your rational mind can only function easily in time and space. The experiences of the Pieah void happen outside of the realm of your mind. When you return from these spaces your mind tries to put words and labels to these experiences, but it cannot. I am sure most of the people who gave us a detailed description of their experiences in the Pieah space would agree that their descriptions are still but a fragment of their actual journeys. Do not worry that you cannot put words to your experiences. Just enjoy and explore the spaces you are learning about.

**Question:** I feel like the top of my head is "out of whack."

**Answer:** Give me another description of "out of whack."

**Reply:** It is more like the top of my head is still open. It is not painful, just different.

**Answer:** Just stay with that experience for a little while. You are beginning to experience the last vibrational energy body center which we will work with shortly.

**Question:** At one point I felt like an electric current went through me. It was very strong. Did anyone else experience this?

**Answer:** (Duane asked the class if they experienced this, several people raised their hands.) Going into the void is like pushing through a membrane, then you break through to the other side. It is almost literally what you are doing with the Pieah—you are breaking through the boundaries of time and space. There is a feeling of pushing, then you break through to the other side. After that the feeling of pushing gradually subsides, and then you are on the other side. You may feel an electric current as you break through that boundary and leave the time and space of this dimension. Sometimes you will feel tense or resistant as you approach this boundary. If you do not break through you may find yourself back in the Ranthia. As you break through you can become aware of a much larger experience, as if you are able to track more things and your awareness is enhanced. Do not worry if you have not experienced this electric current. You can break through the membrane and not even know you have crossed a boundary. Suddenly your experience just becomes richer.

**Question:** I am having a lot of trouble with my ears after that meditation. What can I do?

**Answer:** This occasionally happens to me, too. Move into these spaces a little more slowly so that you keep opening your energy systems. It should go away in a little bit. Open the back of your head and neck next time you run the energy.

**Question:** I had trouble following DaBen. I am not sure I got into the Pieah space. I did not have experiences like other people are describing. How can I work on this?

**Answer:** Getting into these spaces is a skill that develops and grows as you continue to practice. We are doing a variety of things and some of you will be able to do them easily and others of you will need to learn a certain mental setup that you are not familiar with yet. Your mind is not used to experiencing reality in this way yet and it can take some practice before you have recognizable experiences. Do not worry that you are not experiencing what you think you ought to be experiencing. Worry makes it even harder for the mental body to have the necessary fluidity to take you into higher spaces. Enjoy the experiences you are having, and they will grow more recognizable. As you work with these centers you are learning to focus your awareness in your subtle energy bodies. You are not yet used to navigating in these higher dimensions or recognizing the subtle signs that you are in them. Your skill will increase as you continue to practice. Play with the Nu'a, Dinia, and Leow, open the cone of the Nu'a, change the Dinia wave, and so on until you feel more.

**Question:** I noticed tingling in my arms, fingers, and back. It was uncomfortable. What can I do?

**Answer:** You may have noticed that you were not getting quite the right breath. If you notice tingling or if something feels blocked, find some subtle adjustments in your posture that will open your breathing more. Play with your breathing to reach those spaces where everything opens up.

**Question:** My mind became so active, I could not find the void. What did I do wrong?

**Answer:** (Smiling) You did not do anything wrong! Before you enter into the void, your Pieah sets up your mental body more and more completely. This means that your

thoughts become richer and contain more information as they come in. Once you go through the membrane of time and space and enter into the void of the Pieah, you will find your thoughts stopping. The mental body does not exist in the void in the same way it does in this dimension. Use this beginning stage of the Pieah if you want to receive insights, open your creativity, or channel. We will work with states that enhance your creativity and those that open your channel in some meditations that follow.

**Question:** Does it mean anything if the Pieah ball gets very large? Is it better to keep the ball smaller?

**Answer:** Remember that you cannot make the Pieah do anything. You can only observe what it is doing. The more you observe and fall into the experience of what it is doing, the more intense your experience becomes. I have not found any significance to the size of the Pieah ball. For me it is usually the size of a walnut or marble, although it can get as large as a baseball. The apparent size of the ball is also affected by the scale of your perspective. If you imagine yourself growing smaller, you might experience the Pieah as becoming larger and larger. Being inside the Pieah can feel like being inside the universe. Once you have crossed that membrane into the void you have left behind the boundaries where you begin and end, and have reached a much larger universe.

**Comment:** I felt like I was a soft-shelled crab, and all of a sudden my protection and armor dropped away. I felt vulnerable but safe at the same time.

**Reply:** As you work with the Pieah and all of the centers you are acquiring more and more consciousness. Start making friends with that feeling of layers being peeled away. You are lifting the veils that have kept you from knowing who you are. You cannot crawl back into your shell once you have glimpsed this larger reality. As you work with these vibrational energy body centers you will find your true self coming out of a shell as if layer after layer of your personality were being peeled away. There is an interface where you end and the universe begins. With the Pieah you can find experientially the substance and place of that interface. Each time you leave the boundaries of your physical, emotional, and mental energy bodies and enter into the greater universe you come back expanded. Your energy can no longer be contained in your old boundaries, so those old boundaries fall away. You are experiencing this at an energy level right now, but you will experience it directly in your life later as circumstances, situations, and relationships undergo change so they can express your expanded energy.

**Question:** This started feeling somewhat like the channeling space. Is it?

**Answer (Sanaya):** The Traeo, Pieah, and the next center are the spaces that feel similar to the places I reach when Orin comes through. Orin has an added feeling, a sense of light and joy, a wisdom and knowingness that comes with this space as well. As you explore this center those of you who channel will recognize some of the spaces you touch when you channel. Most people who worked with the upper vibrational energy body centers reported a definite increase in their ability to channel higher, clearer information. They said it became easier to reach their guide or Higher Self and bring through more information. Some who had not been able to reach their guide or Higher Self found they were able to establish contact after they practiced with these two centers and the center that follows. If you are learning to channel, work with these upper vibrational energy body centers, and after you are in them call in your guide or Higher Self. We will work with you to open your channel as you continue this course. The last centers go

beyond your ability to focus and bring through ideas and words. If I have been working with the light body centers, I am too "far out" to channel. I drop back into the upper vibrational energy body centers when I channel Orin. However, if I want to experience Orin's energy but not channel, I find I can experience Orin's energy in many new and wonderful ways from the light body centers.

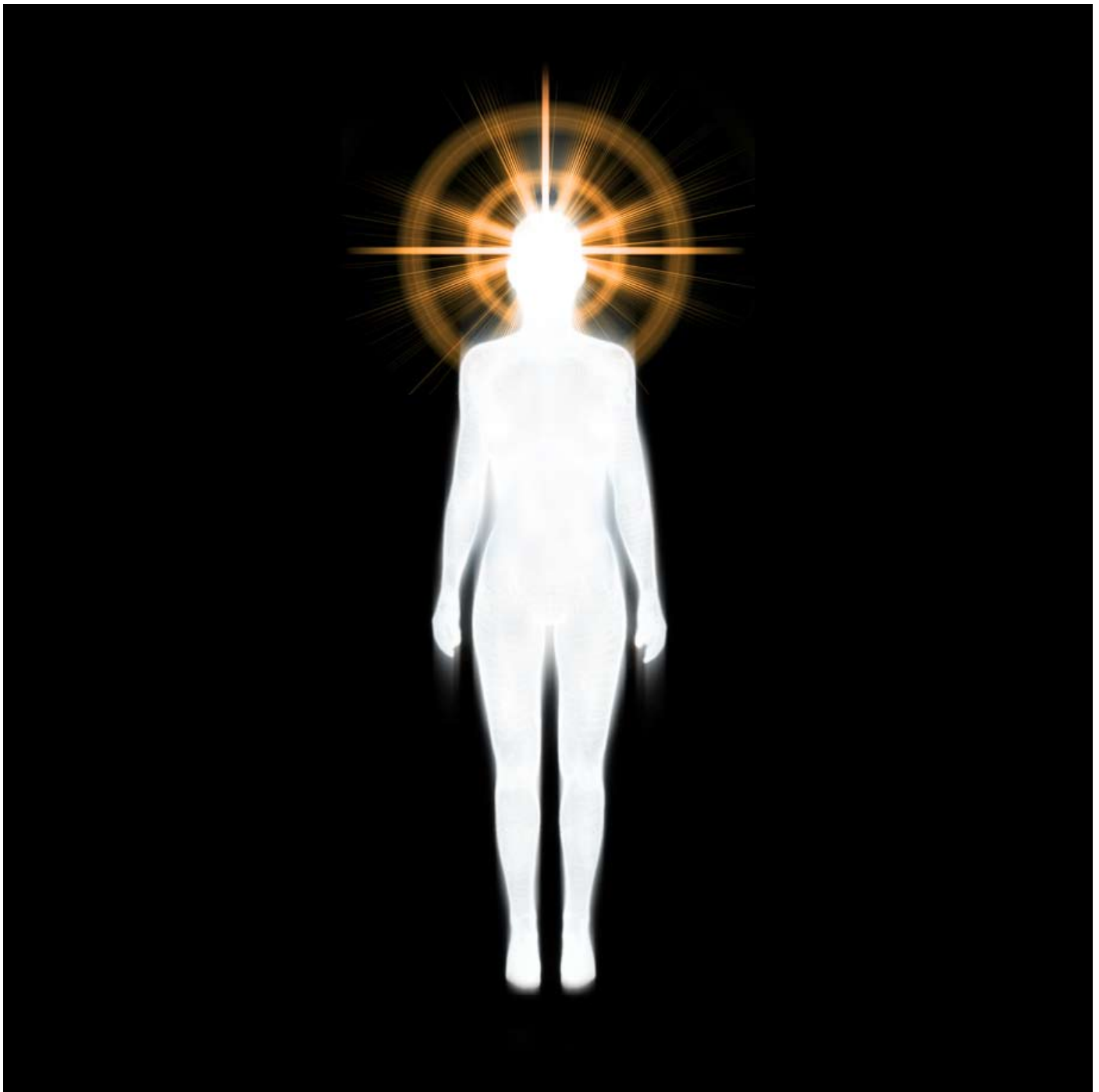
**Duane:** When we taught channeling, I watched many people's guides as they first came through. Watching people's auras and energy fields, observing the gridwork of their mental bodies, I was able to see several things happening. I began to realize that guides have light bodies, and that they were using their light bodies to set a space for people that allowed them to channel. The guides set a space that allowed the person's mental body to setup more completely and thus transmit the ideas they sent more clearly. They held a space for people that allowed them to harmonize their energy bodies in the way that you are now learning to do for yourself. Because that flow and harmony was often more than people were used to, they often experienced an emotional release, even tears, as their guides first appeared. Some of you have had that same sense of tears and emotional release as you have been working with these centers. As you run the energy, you are achieving higher and higher levels of harmony and flow in your energy bodies. It is this harmony that allows you to shift your consciousness to higher and higher levels of your being. The more harmonized you can get your energy, the easier it is to communicate with the guides, for you are becoming your Higher Self. The guides no longer have to use their energy to set a space for you, and can focus more of their energy on the clarity, breadth, and level of the information they are transmitting. As you get a more and more complete setup of your mental body the guides can transmit more complete, clearer, and higher information. For those of you who are channeling your Higher Selves, you will find that the harmony of energy that comes from learning these centers puts you in a space where you just *are* your Higher Self. Each level of flow and harmony you achieve puts you in touch with higher and higher levels of your being. If you are channeling a guide, you will be able to reach higher and higher guides, or higher aspects of your existing guide as your energy become more harmonized.

- **Listen now to Programs 3 and 4 to learn the next vibrational energy body center. You may do this directly after the Pieah meditation or within several days. The next center works with the Pieah so you will want to learn and work with it fairly soon after you learn the Pieah. After you finish with Programs 3 and 4, record your experiences in the Journal Notes, then read the information that follows on the Renawre.**



## Vibrational Energy Body

*Visualization Aid for Pieah*



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

# Journal Notes

## **Program 3 Renawre 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:**

# Journal Notes

## **Program 4 Exploring the Renawre Cocoon 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 journey:**

**Experiences:**

**Date of practice with or without journey:**

**Experiences:**

## **Renawre**

The Renawre is the last vibrational energy body center, and is located at the top of your head. You may see it as a disk with a hole in its center. From the Renawre it is possible and usually easy to observe all of the vibrational energy body centers and to balance and adjust the lower centers. From the Renawre your ability to sense the subtle energies about you will be enhanced. Playing and exploring in the Renawre space may lead you to experience in a more direct way what various levels of harmony feel like in your energy bodies. Being in the Renawre space can assist you in becoming comfortable with ever-increasing degrees of harmony and greater feelings of openness in your body, emotions, and mind. Staying in the Renawre while you simultaneously experience another vibrational energy body center can give you many wonderful experiences. We will explore some of the expanded states of consciousness that are possible by combining the Renawre with other centers in Part 4, *Aligning Your Vibrational Energy Body Centers*. The balance between the Renawre and the Pieah is a particularly rich space and with some play you can begin to select what experiences and where you want to go when you are in the Pieah void.

As your energy reaches greater and greater states of harmony and flow, the Renawre becomes a cocoon of energy that rises from the disk and folds down around your body. In the beginning you may only observe the energy rising out of the disk as it comes up a short way, before it falls down around your body. As you gain more skill you may observe the cocoon falling down around your shoulders. You can use your observation of the cocoon as an indicator of how harmonized your vibrational energy bodies are. The further you can follow the cocoon down around your body, the more harmonized your energy is becoming.

The Renawre "completes" the upper centers much as the Ranthia "completes" the lower centers. Although every center influences your emotional, mental and physical energy bodies, the association between the Renawre and your mental body is very easy to experience. While the Traeo focuses your thoughts and the Pieah assists you in thinking in higher, more creative ways, the Renawre sets the space for your mental body to function. As you explore the Renawre space you may want to pay particular attention to the way your thoughts occur and leave, not their content per se, but the transition they make in coming and going.

Below are comments and questions on the Renawre.

**Comment:** I had the image of a volcano—energy was traveling up my spine and out the top of the volcano, located at the top of my head.

**Reply:** How many of you felt a sense of energy rising up? (Many hands raised.) You might have felt energy coming up through your body and out through the hole in the disk. It seems energy wants to come up through the Renawre, going to various heights above it, then folding down around the rest of your body. If you follow that flow of energy downward you begin to experience a cocoon-like energy. The cocoon is an important aspect of the Renawre.

**Comment:** I felt like I was a little person sitting on the top of my head directing all my other centers. (Other people commented they had a similar experience.)

**Reply:** This was also Sanaya's and my experience when we began exploring the Renawre. From the Renawre you can view your first three centers and make fine-tuned adjustments in them. This sense of adjusting your lower centers precedes the experience of energy rising and coming through the hole in the disk. You will find it possible to put your awareness at the top of your head and listen to or direct all the rest of the centers.

**Question:** Sometimes the disk was a thin ring with a wide hole; at other times the hole was very small and the disk was a thick ring. Does the size of the ring vary?

**Answer:** Yes, the ring can be quite thick or very thin. It tends to change as your awareness increases, not in any particular way, but it does change. I have found no significance to the thickness or thinness of the ring.

**Comment:** The ring of my Renawre went from being flat and two-dimensional to becoming taller and taller, then it became three-dimensional.

**Reply:** You are experiencing the beginning of the cocoon; the energy is beginning to rise up through the disk. As you get your energy bodies more harmonized the flow will rise higher until it falls back down around your body. As your energy bodies become more and more harmonized you should be able to follow this energy further and further down around your body.

**Comment:** I seemed to disappear or vaporize. I have a vague memory of the disk. I felt like bursting out laughing, there was the feeling of a party.

**Reply:** The Renawre is one of my favorite centers. I have played with it for hours and each time the experience has been different. In the Pieah you are starting into the void, going through the doorway into other dimensions. The Renawre can amplify your experiences in the void. There are an infinity of places you can travel to in the void. When you are in the Renawre you can either be in the void and experience very little, or travel through the void to many places. You have truly left the world of time and space and there are not your usual reference points. It sounds like you went to a wonderful dimension.

**Sanaya:** I have had the experience of the room disappearing, sometimes I can hear faint voices as I approach another dimension. Sometimes it is like finding a station on a radio dial; unless you can get the exact setting you only hear garbled, fuzzy voices. You are close, but you have not hit the exact frequency. We will use these centers for interdimensional traveling and opening your channel among many other things. When you learn to find the exact frequencies of certain other dimensions you can go there more precisely and with your full consciousness. These are all very high dimensions. Lower beings and lower dimensions cannot exist at this level of harmony and light.

**Question:** I did not experience anything in the Renawre except a feeling of serenity, and for moments a feeling of bliss. It seems like I went somewhere but I cannot remember where. What did I do wrong?

**Answer:** Do not worry if you cannot remember what you experienced in the Renawre. Sit up next time and continue to sit up during these journeys if you have problems with remembering. Some of these states are close to what is called a theta state. This is a brain wave frequency you have right before you fall asleep. As you get skilled you

can stay right on the edge of waking and sleeping consciousness for longer and longer periods. This state often goes beyond words or descriptions. Theta is a level deeper than your normal awake consciousness. It is below the level of consciousness where language and memory exist in the way you are familiar with. In theta states you may experience colors, symbols, images, feelings. In the Renawre and Pieah you leave your normal way of thinking and processing information, for as DaBen says our mental bodies do not exist in the same way outside of our earth dimension. The experience of bliss and serenity is a good one to have and indicates you were tracking the energy DaBen was transmitting.

**Question:** I felt like I was developing wings. Then the experience faded until you told us to do one long contraction on the Nu'a again. When I did that it really lifted me back up and out again. Why is this?

**Answer:** The Nu'a can fill out your experience of the upper centers. It cannot add the higher frequencies, but it can increase your awareness of them. It can "pump" up your experience of these upper centers. All it takes is one or two long contractions occasionally. More than this is not usually useful. Some of you felt or reported seeing "wings" that seemed to come from your shoulders. These wings are part of the cocoon; you are seeing a piece of it. You are experiencing aspects of the Renawre cocoon we will explore in more detail later.

**Question:** I had the sense of being in an elevator riding up and down between all the centers. The centers became layers that I could travel between. What is this?

**Answer:** The Pieah and the Renawre working together give you the ability to travel through all your energy centers. You are beginning at some level to be aware of the distinct frequencies of each of the centers. Just continue to observe and perhaps choose to play in each of the centers as though it were a special place. You will learn much as you do.

**Question:** I felt compelled to move my hands, as if I were touching energy around my body and rearranging it or playing with it. What was I doing?

**Answer:** You were doing just what you thought—following the boundaries of your vibrational energy bodies, exploring, playing with, and actually shifting some of their boundaries to open your energy more. You can also do this mentally. The Renawre space involves all your centers and allows you to play with all your vibrational energy bodies. Continue playing and let your hands move in whatever way you are drawn to move them.

**Question:** Do the Pieah and Renawre control the mental body?

**Answer:** All the centers influence your physical, emotional, and mental energy bodies. However, the first three centers have the most influence over your emotional body while the Traeo, Pieah, and Renawre have the most influence over your mental body. DaBen's goal for you as you first learn these upper centers is for you to consciously have about forty percent fluidity in your mental body.

**Question:** I am having trouble with the visualizations. I get a nice feeling, but I cannot picture the centers. Is this OK.?

**Answer:** We are using the visualizations of the centers as a way of getting you to certain experiences. If you are having these experiences without visualizing the centers, that is

perfectly fine. Some of you are simply following DaBen's transmissions and tracking where he is taking you. If you find you are losing the experience and a long contraction with your Nu'a does not help, play with opening the Nu'a cone and the plane of the Dinia. Eventually you will know these spaces so well you will be able to go directly to them without needing to work with the centers to get there. That is part of our goal. Do not worry if you can visualize the centers or not. Follow the energy DaBen is transmitting and enjoy!

**Question:** Do I always have to start with the Nu'a and build these energies one-by-one in order?

**Answer:** Absolutely not! You can start with any center that draws you. Of course, if you want to start with the higher centers, you will need a level of harmony in your lower centers first. You can start in your Ranthia and Leow fairly easily.

**Question:** Once DaBen got to the Pieah I lost it. I do not know where I went. I could not get much when you went to the Renawre. What can I do next time so this will not happen?

**Answer:** If you are not experiencing much of these upper centers, particularly in the beginning of the journey, drop back into the Ranthia, get the lower centers balanced, and then go right to the Traeo and Renawre, bypassing the Pieah. Some of you may get so lost in the void of the Pieah space that you do not experience anything else after that. There is nothing wrong with that, except it takes away from what you can experience with the Renawre. Go from the Traeo to the Renawre. From the Renawre you can stabilize the Pieah. Practice places to go in the Pieah where you do not lose consciousness or awareness of what you are experiencing. Anytime you find yourself drifting off or losing consciousness, touch on your Ranthia briefly with your awareness and it should be easier to go further out and still maintain consciousness as you do.

**Question:** When we go to the Pieah and I reach a sense of nothing, then I suddenly realize I am experiencing nothing and come back with a jolt that is almost uncomfortable. I lose the whole experience. Why is this?

**Answer:** When we first experience the sensation of "nothing" where we have no sensations and no awareness, it is often a physical trigger to our mind that something is very different here. It jolts us to attention because it is not an experience our minds are familiar with. As you continue to practice with this center, you will gain a greater ability to stay in these spaces of nothing and you will relish the times you get there as an exquisite experience. I reach the states of nothing about every fifth or sixth time I try. The "nothing" space is one of the most beautiful I have been in.

**Comment:** I am hearing everyone's experience and feeling that the experiences I am having are not as good (or as exciting, or I am not having visualizations like other people, or I am feeling like others are doing much better than I am) as others. (This is a frequent comment.)

**Reply (Sanaya):** I have been listening to people's comments during all these classes, and although I have been using these energies for over a year with many wonderful results, I have never had many of the experiences many of you talk about. At first I wondered if I had been doing something wrong or perhaps many people were much more skilled than I was at using these energies. I asked Orin about this, and he said

everyone will have unique experiences of these energies because everyone will have special uses for them. While I rarely go into the void of the Pieah, I love the Pieah space for channeling and insights. That is my life's work, and I have used the Pieah space to intensify my ability to bring through new ideas and travel into the future with Orin. Duane is more drawn to Interdimensional Traveling, and he uses the Pieah and Renawre space most often to travel to other realities. I do want to clarify that we do not use "traveling" to mean leaving your body. You setup certain frequencies, go into the void of the Pieah, find doorways, and are able to focus your consciousness in other dimensions of time and space. As you learn these states of consciousness made possible by running the energy, Orin says you are learning to place your consciousness in higher and higher levels of your soul-self. Just as you have a physical, emotional, and mental consciousness, you also have a higher intuitive consciousness, and levels of your soul beyond that. As you learn these upper centers and the light body centers, you are learning to place your consciousness in the higher planes your soul exists in. You are a unique individual in this reality, and you are a unique individual as you exist in the higher planes. What you experience as you go to these higher realities will be unique. When you center your consciousness right between the Pieah and Renawre you can receive insights, revelations, and more, and blend these with your intellect. The Pieah/Renawre space will assist you in opening to your higher, abstract mind, and receiving creative ideas that you are then able to bring through into your ordinary mind and create in your physical reality.

**Duane:** Our rational mind may set things up so we can never win. No matter what you do, your mind can tell you why you are not doing something right, good enough, and so on. The rational mind is very useful for carrying out tasks in your physical reality, but it is not good for interpreting your experiences of these higher realities. It does not understand what you are seeing or doing, and is often threatened by this loss of control. Do not listen to what your mind tells you about your experiences of these spaces. If you are thinking thoughts such as "I am not doing it right, others are having better experiences than I am," or other doubts about your abilities, take those thoughts, run the energy in your lower centers, and watch what happens to those thoughts as you harmonize your energy bodies. They usually disappear, for these kinds of thoughts can only exist when your energy is not harmonized. In fact, if your mind is telling you anything negative about yourself, do not pay attention to those thoughts. Thoughts you have when your energy is not balanced and harmonized are not real thoughts. Only pay attention to thoughts you have when you are in higher states. We will do a journey later with Orin and DaBen to add a higher frequency to your thoughts and transform them.

**Question:** Is it correct to call the Renawre cocoon the aura?

**Answer:** Depending on your definition of the aura, that would be correct. The vibrational energy bodies—the physical, emotional, and mental energy bodies—have an energy reality with boundaries that also make up what people call the aura. I think there are other energies that make up the aura also, electromagnetic energies of various kinds. There are definite energy fields around the body and the cocoon is a part of that, so in that sense you could say the cocoon is part of your aura.

**Question:** I felt very warm and my body felt like I was swelling up and looking like the Pillsbury Dough Boy! What happened?

**Answer:** You probably were swelling up at an energy level. If the swelling in your hands and feet becomes uncomfortable, just open the area at the back of your head and neck and perhaps also open the palms of your hands.



**Comment:** I saw a woman's face, it seemed like she wanted to talk to me. I felt vibrations.

**Reply:** You may begin to meet other entities in these spaces. When you setup the energy just right and hit certain frequencies, you may find yourself in other realities. When your energy is organized and harmonized as it is when you run the energy you can only tune in to places that are high and that contain high, loving beings. As you work with the vibrational energy bodies you are right on the edge of creating what we call your spiritual shimmer. You are reaching enough harmony within your energy bodies that you are beginning to radiate. At the very least you are able to enhance the light that is around you, and you will find that entities are attracted to that light. If you do not want to make contact, simply ask them to leave and they will. Lower entities cannot exist in these finer, higher realms, so do not worry if you do meet entities here. The ones I have met are able to offer guidance, assistance and love to us. If you want to assist them simply tell them you will help in whatever way you can. At these levels all beings work together, and you will often find yourself doing something to assist many entities who are working together.

**Question:** I experienced a plane coming out of the Renawre, almost like the Dinia plane. Then I noticed my Nu'a had come up and was forming a plane. It then seemed like a plane was coming out of my Traeo and Ranthia. Is this possible?

**Answer:** Yes, it is. All the centers can become a plane in one way or another. All of them can take on an aspect of spinning as well. We will work with this in the next volume, for you can create many special spaces by working with some of the centers as planes. When the centers form planes that usually means they have gotten totally open and harmonized to the energy space you are in. Not that the energy around you has changed, but you are able now to effectively use the energy around you in a way that is harmonized with the deepest part of your being so you are not having to restrict, filter, or change it consciously. You have been able to use all the energy around you to lift you higher. This is wonderful!

**Question:** I felt my skin tingling, then itching all over. It felt like a Niacin rush. What is this?

**Answer:** The Renawre can have a more physical sensation to it, somewhat like the lower centers. You may pass through a stage where you feel tingling, as if every nerve in your body is alive. The Renawre brings more energy through your nerves, and until you are used to it you may feel more awareness of your skin or have random nerve firings. This will pass, and rarely lasts more than 20 or 30 minutes.

**Question:** I experienced a lot of pain in my shoulder blades but it did go away as we continued. It did not go away when I tried to open the area. What happened?

**Answer:** Again, your nerve endings can be stimulated with the Renawre space. The pain in the shoulders is unique to the Renawre and it is a different sensation than you experience with the other centers. It is as if every nerve ending between your shoulder blades has suddenly become alive. It happens because you are not quite harmonized in your vibrational energy bodies and the cocoon starts to form incompletely. Go back and work with your Nu'a, Dinia, and Leow if this happens.

**Duane (asking class):** How many of you could follow the energy coming from the Renawre a few feet up? (many raised their hands). How many of you could follow the

energy as it came up and fell downward around your shoulders (fewer people, but still a majority). And how many of you could follow the energy all the way to your feet? (A little less than half).

**Duane:** This is truly amazing. When I first started working with these energies it took me months to see the cocoon of the Renawre down past my shoulders. The Renawre cocoon comes all the way down past your feet, and then comes back up through the Nu'a. As you follow it you may actually feel as if you are encased in a cocoon of vibrating energy. In some states of consciousness you may find the cocoon seems more real than your physical body. You cannot create this cocoon with your imagination, but you can increase your ability to see it by staying in the Renawre, balancing, refining, and creating more harmony in all your centers. Eventually the full cocoon will appear. It comes out around you in three dimensions.

- **Review Programs 1 through 4 before continuing. Record your experiences in the Journal Notes provided. Experience these centers at least once without listening to DaBen's journey. When you have worked with these centers at least two to three times each, go to Program 5. Record your notes in the Journal Notes that follow, and read about the Gridwork. You may listen to Programs 5, 6, 7, and 8 throughout the second week of this course.**

# Journal Notes

## **Program 5 Traveling on the Gridwork 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:**

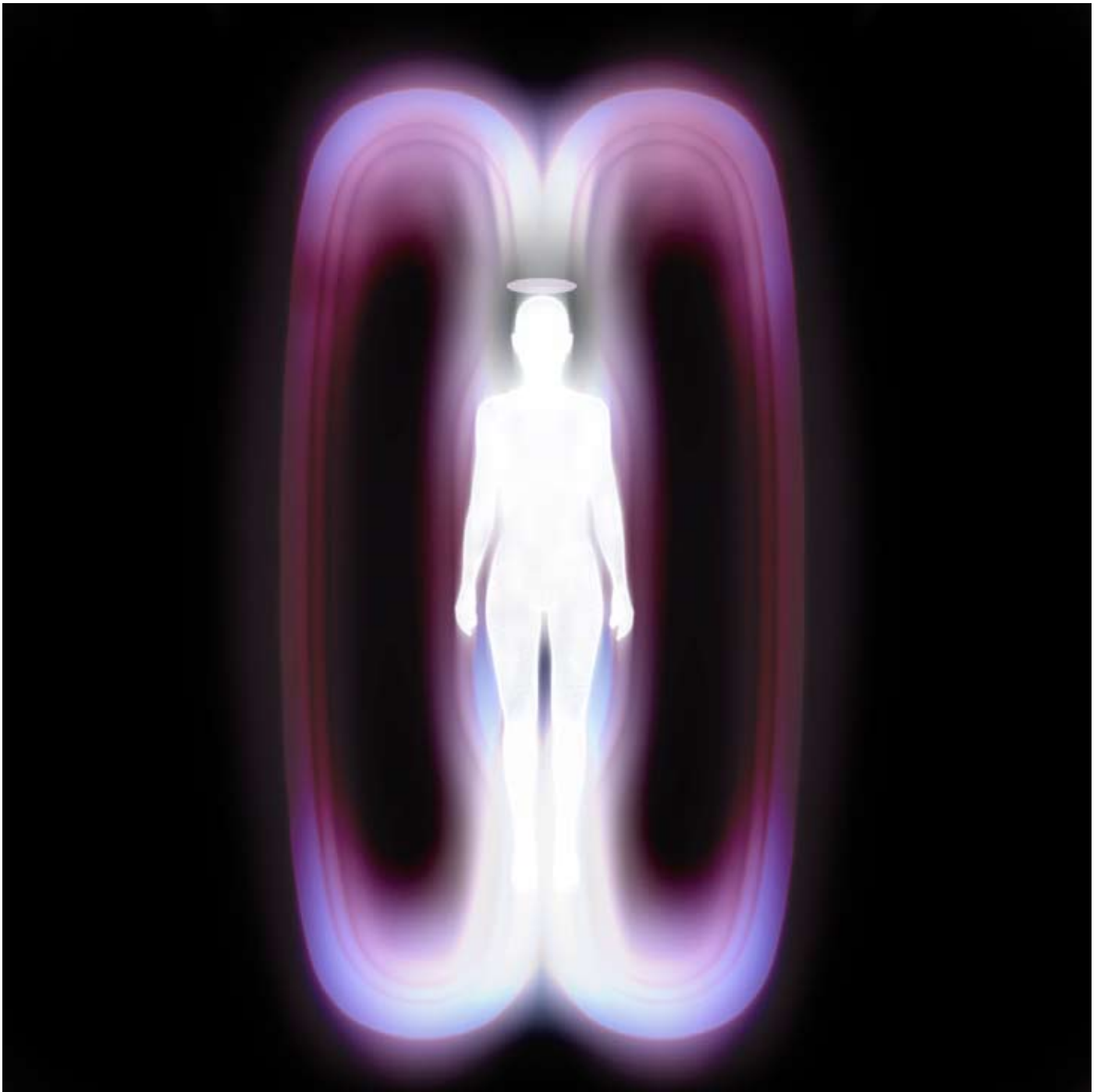
**Experiences:**

**Date of practice with or without journey:**

**Experiences:**

## Vibrational Energy Body

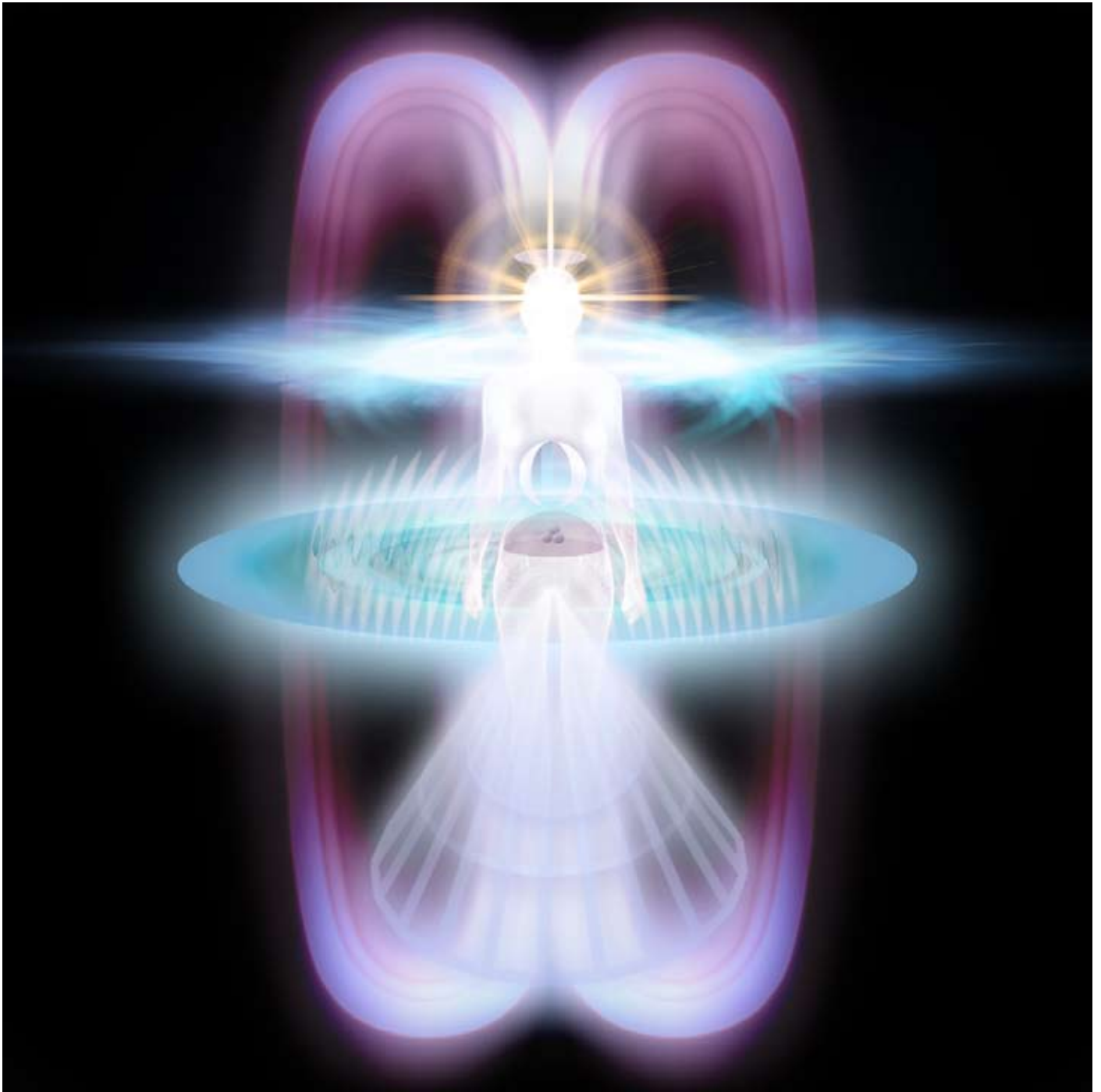
*Visualization Aid for Renawre*



**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 Renawre with AI 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.

☛ **READ ONLY AFTER LISTENING TO: Program 5 by DaBen.**

## **The Gridwork, the Universal Mind, and Your Mental Body**

We will be working with the gridwork throughout the rest of the *Awakening Your Light Body* course. When seen clairvoyantly, your mental energy body and the Universal Mind can look like three-dimensional gridworks of intersecting planes. Some people experience the gridwork as a distinct felt-sense, while some say the gridwork looks like a jungle gym or a wire-mesh screen that extends into three dimensions. Depending on your perspective, at times you may notice only the intersections of these planes, appearing as points of light. At other times you may notice that these planes are really surfaces of energy waves. The gridwork is dynamic. It is constantly moving and active. From our explorations, the finer the gridwork, the higher the dimension you are in. Of course, the fineness of the gridwork is relative in scale. As you travel into the gridwork you may come to shift points where from your perspective the gridwork stops getting finer, and you get smaller. At those points, it may seem as if the planes of the gridwork get larger and further apart.

What some people have called the Universal Mind can be seen or experienced as a gridwork of energy and light. In some dimensions the gridwork is so compressed it is like a sea of light; in others it is so large you seem to exist inside its void spaces. The gridwork is a very basic and powerful element that can be traveled upon. It can open up much valuable exploration of these higher spaces. You will learn more about the gridwork in the journeys that follow and you may want to explore it much more on your own. Following are some of the comments and questions people made after they first experienced the gridwork of the Universal Mind and worked with watching their thoughts setup in their mental gridwork.

**Question:** The gridwork kept changing its patterns five or six times. Was I supposed to do anything with these patterns?

**Answer:** Just watch them. For a long time all I did was observe the gridwork. Eventually I learned more about it simply by observing it. Play with it and observe what you did that created changes in it. The more harmony you have in your energy bodies, the finer the gridwork you can experience. Do not get excited about the show that it can give you, for too much excitement can pull you out of this space. If you just observe you can stay in this space for a long time and have a lot of wonderful experiences.

**Question:** I am not sure if what I found was the gridwork. Mostly it looked like points of light. If I really worked at it I could organize it into lines, but there did not seem to be much energy in that for me. I found if I picked one point of light I could shoot myself out to it or draw it to me. What was I doing wrong?

**Answer:** You were not doing anything wrong! Remember there are no right or wrong experiences, just new things to observe and play with. At different times you will see different aspects of the grid. Remember the gridwork is really made up of waves, you are looking at a wave pattern when you see the grid. If you look at the surface of the gridwork you will not see a grid at all, but just a surface. If you look at a cross section, you may see a grid, or you may see just the points where the planes intersect. Your

perspective can change constantly and as a result your experiences and images of the gridwork will change as well.

**Question:** I saw the points of light pulse, then fade, then pulse and fade again. What is this?

**Answer:** You are watching your thoughts setup. The gridwork that is your mental body floats freely. When your thoughts come into your mental body, the gridwork, sets up, then relaxes, sets up, then relaxes. The "dots" of light that are the intersection points of the grid take on a certain pattern when your thoughts setup, then the "dots" float freely again, then setup again. You want to have that setup and release happen very easily and fluidly. This is what DaBen refers to as a fluid mental body. At the moment the setup happens, the thoughts come into your consciousness.

**Question:** What do you mean by a fluid thought?

**Answer:** Recall a time in your life when you received an insight that you knew was absolutely right. Did you notice the fluid nature of that thought? The thought came and was gone, and you got a complete insight. You did not derive a little piece, then another piece, like most of our thoughts. This insight was a complete one. That is what I am talking about with mental fluidity. The thought is complete, but then it dissolves. You do not keep looping around the same incomplete, "stuck" thoughts. These thoughts come with answers and have a good feeling to them. You can almost feel an internal shift when they come through. They are higher than other thoughts, lift you in some way, and make you feel better as they come through.

**Question:** How does my mental body fit in with my emotional, physical, and spiritual energy bodies? Do they begin to overlap?

**Answer:** Yes, absolutely they overlap. Your physical, emotional, mental, and spiritual energy bodies exist at different frequencies and all of them can be in the same space at the same time. I do not see these energy bodies as existing in layers as some people have described them with the physical energy body closest to your body, the emotional body one layer out, and so on. Each of the bodies does have levels of concentration that seem to form quantum-like steps or layers, so they do have places where their energy is more concentrated. All the energy bodies exist in the same space, and their most concentrated level can be various sizes depending upon your state of consciousness. What people usually see or work with is their most concentrated inner layer. The energy bodies extend outward in steps or layers that become increasingly less concentrated.

Your emotional body can be larger or smaller than your mental body, and vice versa, depending on your state of consciousness. Your physical energy body can be small or immense. For example, some of you experienced neck and shoulder pain when you started. You had drawn your emotional body in too close to your physical body. When you created more flow with your lower centers, your emotional body got larger and the pain went away. When your mental body gets too small or condensed or too close to your body you may find your thoughts going in circles. You may also be entangling your emotional and mental energy bodies. You might notice this when you are stuck in certain thoughts that are very emotional for you. A thought comes in, but rather than finding a solution or changing to a new, higher thought, it may trigger an emotion that keeps the thought from dissolving. When people have connected with the Masters in meditations or in channeling we have observed their emotional bodies becoming

enormous. You will experience the shimmer of your spiritual energy body as you learn the light body centers. As you begin to experience your life more as energy you will become more aware of these energy bodies.

**Comment:** I am so confused. I am not sure any of this makes sense. Yet, there is a certain logic to it.

**Reply:** I want you to remember one thing throughout the rest of your path of spiritual growth: CONFUSION IS A VERY HIGH STATE. It means the old rigidity of your thoughts is giving way to a new fluidity and understanding. Confusion is the state that precedes a new level of understanding. To understand things in new ways your mind has to shift its energy structure. As this structure is shifting it cannot organize data in its normal way. I know it is not comfortable, but sit with your confusion for a while. Allow it to be all right that you cannot make complete sense of everything yet. When DaBen first told me that confusion was a very high state, I was not sure I believed him. But it is out of that confusion and even desperation that we often get inventive. When we are confused we are most open to new ideas and ways of being. If you look back to times of change, you will notice they were preceded by a period of confusion. You can learn to love confusion rather than resisting it. I will repeat this several times during the course: CONFUSION IS A VERY HIGH STATE. Remember that!

**Question:** I kept thinking about other people during this gridwork meditation and in the Pieah space. Is this normal?

**Answer:** Yes, the Pieah space and the gridwork can be used to connect with other people's souls and enhances telepathic sending and receiving. We will work with this later. If you do not want to think of other people, simply send them light and imagine their images dissolving in your mind.

**Sanaya:** One of the things Orin has wanted me to work on is the thoughts of other people that used to constantly come into my mind. As people came into my mind, I would often worry about their problems, or realize ten minutes later I had thought of nothing but them, with my mind going in circles. Orin told me that if thoughts of other people came into my mind to imagine them surrounded with light, and then let them go. He said that the more I thought of other people, the more I took their energy state and problems into my own being. He said that when thoughts of people come into our minds they are asking us for love or light at a soul-level, not our worry over their condition. I was surprised in the beginning at how much time I spent thinking of other people and their problems. When I began sending them light, then letting their images dissolve, I felt much higher and had a stronger sense I had done something meaningful for the other person. I noticed a big change in my overall energy level, feeling much more positive and having more physical energy and vitality as I stopped spending so much time thinking of other people and worrying about their problems. Now I set aside time everyday in my meditations to soul-link and work with all the people connecting with Orin through his books and courses. From this level, thinking of other people is a wonderful experience.

**Question:** As we worked on our thoughts, I kept noticing my thoughts going nowhere, looping around again and again. How can I work with this?

**Answer:** You may want to play a game Sanaya and I play with each other. We call it "What is the new thought game?" We have challenged ourselves to spend an entire evening discussing common things, everyday situations, and so on, with one condition:



everything we express about these things must contain a new thought. When we first started it was amazing to us how many of our thoughts were not new, but repetitions of ideas we had already expressed. We realized we spent much time going over and over the same thoughts. Every time we came up with a new thought it energized both of us. The more we played this game the more we found our thinking expanding even when we were not playing it. We have some meditations that follow to help you observe your thoughts, add a higher frequency to them, and find new thoughts about situations.

**Question:** I had a new thought about certain things while we were doing the meditation, but then I came back into normal reality and found myself thinking, "You will never be able to do that, that is an impractical idea," even though it felt so right when I was in that higher space. Why is this?

**Answer:** I think many of you have experienced receiving profound insights, then having your personality doubt or challenge them afterward. Learning to trust the insights and answers we receive in these higher spaces comes from acting on them and seeing the results. Of course, those insights need to make some logical sense before you will want to act on them. You do not want to totally change your life unless those changes make both intellectual and intuitive sense. It may always be there, that sense that the information seems so right and clear in the higher space, but when you return to your normal level of consciousness you begin to doubt what you received. Your normal level of consciousness will become higher and higher, so it should get easier to trust and follow these higher thoughts. Trust develops as you act on your guidance and it works. It gets easier as you continue.

**Question:** You commented that the thoughts you have when you are not in a higher state of consciousness are not real, that they are not telling you the truth about a situation. You said to only trust thoughts you have when you are in a high, harmonized state. What do you mean?

**Answer (Sanaya):** One of the greatest changes I have been able to make in my life by running the energy and learning to harmonize my energy bodies is to pay attention to my thoughts. When I have thoughts that do not support who I am, that are not loving and compassionate, that make me feel bad about myself or other people, I am not only aware of them, but I do not let them slip by unnoticed! When I catch these thoughts I first send them love. I recognize that they are telling me my energy is not harmonized and that I need to go higher. It only takes a few minutes of working with my Nu'a and Dinia, and imagining that I am adding a higher frequency to my thoughts (as you will do on Program 7 that follows) and the thoughts change. In the past these thoughts might have lasted for hours until I got upset, took action, or said something that I did not feel good about. I have not gotten rid of these kinds of thoughts, but they do appear much less frequently. I do not take them seriously and I do not act on them. As soon as I get my energy more harmonized and flowing, I think about the situation again, and realize I have an entirely different viewpoint and feeling about it.

**Question:** I noticed it was easier to find the gridwork when I went to the Renawre and included it rather than just working with the Pieah. Am I wired wrong?

**Answer:** There is more than one way into the gridwork. Often it will be easier to get a sense of the gridwork, and even the void, by going to the Renawre first and then coming back to the Pieah. There are balance points between the Renawre and the Pieah you will learn about later in this course and in Part 4 that you can use to get into some very wonderful spaces and expanded states of consciousness.

- **Work with Programs 5, 6, 7, and 8 several times before continuing with Programs 9 through 12. You might want to go back and listen to Programs 1 through 4 to continue building your skill and understanding with these centers. Go back and read the written material on all the centers as it will mean more to you now with your added experiences of these centers.**
- **When you have worked with Programs 5 through 8 at least two to three times each, continue with Program 9. Record your experiences in the Journal Notes that follow. Listen to Programs 10, 11, and 12 as you feel ready for them and record your experiences in the Journal Notes.**

# Journal Notes

## **Program 6 Opening Creativity and Receiving Insights**

### **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:**

**Insights:**

**Date of practice with or without journey:**

**Insights:**

**Date of practice with or without journey:**

**Insights:**

# Journal Notes

## **Program 7 Changing Your Thoughts Journey by Orin with 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:**

# Journal Notes

**Program 8 Interdimensional Traveling Journey by DaBen and Orin:**

**Date of practice with journey:**

**Experiences:**

**Date of practice with or without journey:**

**Experiences:**

**Date of practice with or without journey:**

**Experiences:**

# Journal Notes

## **Program 9 Exploring Frequencies 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:**

# Journal Notes

## **Program 10 Entering the Void 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:**

# Journal Notes

**Program 11 Journey to Past Lives by Orin with DaBen:**

**Date of practice with journey:  
Experiences:**

**Date of practice with journey:  
Experiences:**

**Date of practice with or without journey:  
Experiences:**



# Journal Notes

**Program 12 Being Born as a Master Journey by Orin with DaBen:**

**Date of practice with journey:  
Experiences:**

**Date of practice with journey:  
Experiences:**

**Date of practice with or without journey:  
Experiences:**

## People's Comments and Reactions to the Ranthia and Mumin

We would like to share with you some of the stories and comments people made about overall life changes they experienced after working with the first four vibrational energy body centers. The comments and stories below are from people's journal notes. You may or may not have had the same experiences. We have included a few of our own comments after some of the stories to assist you if you are having similar experiences.

Many people, but not all, began to experience changes in their intimate relationships, particularly with a spouse or close friend. Some people reported that the changes amazed them. One woman wrote, "I have been married for 25 years and I had given up on my husband complimenting me or offering to assist me around the house. Miracles have been happening. I have been running the energy every day, occasionally working with Orin's journey on forgiveness to forgive my husband for not being more considerate. One day he washed the car for me, and he hates washing the car. Another day he told me how nice I looked. He continues to change in ways that amaze me—I love it!" Another woman wrote, "My husband has tolerated all the "New Age" things I have studied for years, but never been enthusiastic about them. Whenever I took a class or tried to talk to him about a book I was reading that excited me he usually smiled but acted bored. I was running the energy, not even focusing on him, when he came into the room and said, 'Honey, whatever you are doing is the best thing you have ever done. I have never seen you so happy, so peaceful, and so enjoyable to be around.' It is the first time in 20 years of marriage he has acknowledged what I am doing as something valuable. I had tears in my eyes afterward."

Many people experienced significant issues coming to the surface in their relationships. One man wrote, "I had been trying so hard to make my relationship with my girlfriend work. The more I ran the energy the more I saw how judgmental and negative we had become toward each other. I knew then that one of us had to have the courage to end the relationship. We had both been staying in it out of fear of leaving, not because our relationship was making us happy. I was so nervous about talking to her I ran the energy for an hour beforehand. I pictured us parting with love and remaining friends. After our talk I could not believe how well things went. I ran the energy, stayed in my Ranthia, and was able to feel calm during what would have been a most difficult, painful conversation in the past. I have never been able to stay calm and centered during an emotionally confrontive situation. I have never seen her stay calm, be easy to talk to, and respond so lovingly to such a confrontive conversation. We agreed to part, yet stay friends. This works!"

Many couples found major issues that they had suppressed coming up to be examined. Some of those issues brought the relationship to a crisis point. One woman wrote, "I never liked that my husband did not communicate his feelings to me. The more I opened my heart, the more I wanted us to be close, and the harder I tried to get him to talk, the more resentful I felt when he did not respond. I felt very unloved for a while, and even considered getting a divorce. I stayed with those feelings, ran the energy, and had some very startling insights about myself. I came to realize that I was not in touch with my own feelings and that I was denying myself doing the things I wanted to do. I began to accept my feelings more and started nurturing myself in small but significant ways. I stopped focusing on what he was doing wrong. I would include him in my awareness

when I ran the energy, that is all. Slowly, things began to change. He would come into the living room (he never sought my company in the past, I was always the one trying to get more attention from him) and started talking to me more frequently. Although things are not perfect, they are better than they have ever been."

Orin had some important advice to people that we would like to share.

*Orin: During this time of transformation you may find the beliefs and self-images that are holding you back the most coming to the surface. If you find yourself experiencing a crisis, or have major issues coming up in your relationship with someone, start by realizing that these issues have nothing to do with the other person. You may find yourself saying, "I would not have a problem if only (insert name) would be more supportive, loving, not do this thing, do this thing, and so on." This situation is only occurring because you are experiencing an energy pattern that has never been healed or completed. As issues come up for you at these new levels, it will usually feel like the problem is the other person's fault. If this is the case, or if you are astute enough to recognize that an old pain or childhood pattern is present, start by forgiving and sending love to the other person. We have made both the Compassion and the Forgiveness journeys for this purpose. (Programs 9 and 11, LB112). You can do several things next. Work with the Subpersonality or Age Regression journeys (Programs 4 and 5, LB111) to change the pattern in yourself or heal and rewrite your childhood decisions and beliefs. DaBen has suggested another step that will also help shift things: find the problem between the two of you as energy. Does it have a shape, a pattern, a "feel?" Work with the situation as energy and it will shift in reality. You will emerge from these situations more powerful, able to love yourself and others more, and able to be more radiant. Leaving the relationship without resolving the issues can result in your creating the same issues in another relationship.*

People reported changes in other areas of their lives as well as in their relationships. Many found changes in their careers, receiving job promotions, leaving their jobs for better ones, or leaving their field altogether to start a business of their own doing something they loved. Most of the changes were unexpected. Orin and DaBen tell us that the more you work with these energies the more opportunities that will come your way, and that one of your greatest challenges will be learning to choose which to take. People also experienced daily small changes in their work environment. One man reported running the energy during various complicated or messy projects, and found within hours everyone had worked things out. Some used the energy to connect with clients, bosses, and other people they needed to reach, finding that it was a very effective way to reach people. Some therapists, doctors, counselors, and others who worked with clients reported an increase in the number of people seeking out their services. A few said they had fewer clients than normal. When this happens, it is usually because the clients you were seeing no longer match your energy, and you may experience a void during the time you are attracting new clients. This is a powerful time to do energy work to magnetize clients, send out your note, and call to you your world service. You are changing your vibration, and old clients may no longer be appropriate to the higher level you are coming from. This drop was almost always temporary. Several things happened afterward. Either people's business really picked up, new clients came who were much more able to grow and respond to the work people were doing, or people discovered that they wanted to change the work they were doing and do something that was much closer to their heart's path.

We have heard many wonderful stories of self-healing and holding a healing space for others. People found they were able to shift headaches and stomachaches the most easily. Several used the energy to work with a burn, bruise, or cut, and had different levels of success. Most found the injury healing much faster than normal. Some found it took the pain right away, others were unable to shift the pain but did feel the injury healed more rapidly. People noticed they recovered more quickly from colds or the flu, and some were able to stop it before they even got sick. A few who worked with more serious medical problems found it supplemented their current medical treatment by making it more effective. One woman on chemotherapy found it assisted her in harmonizing with the treatment she was receiving and lessening her adverse reactions to it.

Many people had great success in setting a healing space for others. Some therapists, doctors, and bodyworkers had wonderful stories to tell of their experiences doing this. One doctor who worked in an emergency ward with critically injured patients wrote, "I was working with a man who was dying. Normally the death process is very painful for people with traumatic injuries, as they are physically uncomfortable. I took the man's hand and ran the energy. I simply included him in my awareness. He changed instantly, calming down, and his entire body seemed to relax. I watched him cross over peacefully. I have never felt such energy. One of the other doctors came over and commented that she had never seen such a peaceful transition. I have been able to use these energies with remarkable results in many other less critical situations."

A woman whose husband recently had surgery wrote, "I went with my husband to the hospital. He does not believe in any of this, so I did not tell him what I was doing. I ran the energy during the entire operation, a triple bypass on his heart. The nurses told me afterward they had never seen an operation go so smoothly, and my husband came out sitting up wanting to eat dinner! He felt wonderful and the doctor said he had never seen such a quick recovery." Other people set a healing space in less serious circumstances, such as while giving a massage, working with a friend who had a headache, and so on. One man wrote, "I was not sure I was running the energy, I did not feel things as strongly as I thought I should. I have to admit I was a little skeptical about all of this, or maybe I should say doubtful that anyone would really experience what I was doing. I had an opportunity to run the energy for a friend who was having a lot of trouble, and it was amazing. She felt the energy so strongly she was excited and wanted to know what I was doing. Her headache went away. She had been feeling depressed and those feelings disappeared completely. She had many wonderful insights. I am floating on air. It is the first time I have ever really believed that I could feel and use these subtle energies. I have always kept these kinds of things in the closet since I live in a small rural town in Canada. Now I have let other people know what I am doing and they love it!" Some people, however, found that running the energy and holding a space for another produced little shift for the other person. If this happens, the other person may not have been ready to release this problem or situation. Remember to mentally ask the other person's soul if they are ready for a shift before you hold a healing space for him or her.

People who had been actively making changes in their lives to live out their higher visions had the fewest difficult reactions to this path of accelerated growth. Orin and DaBen tell us that awakening your light body may accelerate your lessons, but does not create them, for you would have created them anyway. By awakening your light body you may not need as many lessons because you are making more direct contact

with your soul. Many lessons are for the purpose of putting you in greater contact with your soul, and as you operate more frequently and consciously from this level you can eliminate the need for certain lessons.

People who had issues they had swept under the carpet had the most reactions to running the energy. These issues became more intolerable when viewed from the higher states of consciousness people were able to reach. They found the difference between the higher states they were reaching uncomfortable when they returned to existing situations that did not provide them with the opportunity to experience this expanded energy. They found they needed to deal with issues they had been postponing or these issues became quite uncomfortable. If you have uncomfortable issues or situations occurring, do not think you have gone backward or are a failure. Realize now you are growing strong enough to handle things that in the past you avoided. The light that you are bringing in can energize old blocks, resistances, and even hidden fears. It is only when they come to the light that they can be released and healed, thus opening the way for even more light to come in. Issues come up as they are being released. Orin has made a special album for those of you who are going through personality reactions to a path of accelerated spiritual growth. It is called *Transformation: Evolving Your Personality* (SG200). You may want to work with this album if you have problems or are experiencing doubt, resistance, blockages, or feeling that things are getting too intense.

It is important to find a pace of growth that is comfortable for you. If you find too many things happening at once, run the energies a little less frequently or stop until the pace of your growth feels comfortable to you. Remember that things can get intense with or without running the energies, just in the course of living and growing. If too many issues come up at once our personalities can further add to our discomfort by telling us we are doing something wrong. It may not recognize that we are finally dealing with and moving through issues we were not strong enough to deal with in the past. If you want to slow down the pace of your growth, or if things get too intense, you may want to get more exercise than usual, eat a heavier diet, or stop running the energy for a while as you adjust to this new level of flow.

If you have any emotional issues that you need help with, we advise that you see a trained, licensed psychotherapist who can assist you. They are trained to help you heal emotional issues. While the light body can assist you in growing, it is not meant to be therapeutic, nor is it meant to replace professional assistance for emotional problems. The light body works at another level to take you into higher states of consciousness, and can be used to supplement any therapy or other processes of growth you are using.

As you work with these centers you may need a larger vision and new goals, for your energy will be expanding. You will also need to carry out this vision with action, so that your environment, activities, and behaviors reflect your higher consciousness. It may take time for your higher vision to become concrete enough to manifest. Many people felt as if they went through the void, that time when the old is leaving but the new has not yet appeared. Orin's book, *Spiritual Growth: Being Your Higher Self*, was written to assist you who are on an accelerated growth path, and you may want to read or reread it at this time, particularly the chapter, "Going Through the Void."

As you expand at an energy level there will be times when your circumstances no longer reflect who you are becoming, and could feel restrictive or confining in some way. Throughout time, people on a spiritual path have been challenged to integrate the visions they receive in higher states with their everyday lives, and to adjust to ordinary reality after experiencing the bliss of the higher realities. You may receive the vision of

where you want to be, but need to get there one step at a time. It has been compared to flying to the top of the mountain, seeing the view, then finding yourself at the bottom needing to climb the mountain one step at a time. When you come back from higher spaces, you might feel as if you have lost what you gained, that vision of how you could be. Keep experiencing these higher states, stay in the flow, and act when you have the inner guidance to do so. There is a time lag between your greater vision and its appearance in your reality, so be patient and loving to yourself and others as you wait for it to appear. Your daily reality will soon reflect your expanded reality more concretely.

Only think about issues when you are in higher states, and do not attach importance to the thoughts you have when you are not in higher states. Thoughts you have when your energy is not harmonized and flowing are not telling you the truth about how things are. You can send love to these thoughts, but do not take action based on them. Only pay attention to and act upon thoughts that come when you are in a higher state. Use what you have learned in these first three courses to work with any emotion you have that you do not want. Find the emotion and find the thought connected to the emotion. As you think that thought or feel that feeling, run the energy. Notice if the feeling or thought transforms. Keep running the energy until it does.

Some people said they felt more emotional than usual, yet overall most people reported a much greater emotional stability and ability to stay calm and centered. Almost all had moments of greater joy, bliss, peace, and other positive emotions, as well as times that were not as high. It is important not to feel like a failure because you are not high all the time. The most important thing is that you notice when you are not in the flow and return to it after you notice it. The guides consider this more important than being able to stay in the flow all the time. They tell us it is somewhat like an airplane flying on autopilot. The direction of the airplane is determined by frequent small adjustments made by constantly monitoring the airplane's position relative to its goal. One of the most important skills you are learning is to become more aware of your energy so that you can make those frequent small adjustments as they are indicated.

Some people felt more irritable or sensitive to other people's energy than usual. Some felt less tolerant of other people's unwillingness to live at a higher level. They recognized the need for a new level of compassion, and had many wonderful stories to tell after working with the compassion and forgiveness exercises.

Awakening these centers does give you an increased sensitivity to energy that may take time to adjust to. When you recognize a greater sensitivity to energies you do not want, simply close down the Nu'a cone and stay in the space of your Ranthia as you learned how to stay in a neutral space. Irritability can also come from your personality, which is not used to having your energy so harmonized and flowing. The personality may want to reestablish control and can create irritability to try to establish its old balance. You will learn how to use these energies to work with your increasing sensitivity. Your personality will get used to these higher states of flow and accept them as normal, so be gentle and easy with yourself if you have these experiences.

Even though people had issues coming up that they needed to work through, they felt the quality of their lives was increasing. Over and over people wrote, "I feel more alive." "I would not trade these experiences for anything—being on this path is the most wonderful thing I have ever done." "I feel I am really on my path and there is a joy in meeting the challenges that I experience." "I know changes are occurring at a deep level. This is what I have been waiting for."

Over and over people commented that running the energy strengthened their connection to their guides and/or Higher Selves. They found they were more able to trust the information or guidance they were receiving, and this trust opened doorways for even clearer, higher information to flow. Many also said that dogs, cats, and birds responded to their energy. Often animals would come running to them when they ran the energy, or respond in other noticeable ways. People wanted more time alone and more time in nature. The amount of inner work they did increased, and some said that for the first time they realized how important it was to do energy work before they took action. One woman wrote, "I run the energy before I do anything now. I link with the other person's soul, visualize the outcome I want, send light, include others in my awareness, or whatever seems appropriate. My ability to manifest has increased a thousandfold! We will talk more about people's results with energy and inner work in Part 4 when we share with you people's reactions to the upper centers you are now learning.

# What's Next?

**Congratulations! You have now completed Part 3.** Practice with these centers either with the journeys, without the journeys, or both. It would be beneficial for you at this point to go back and review the first four centers, the Nu'a, Dinia, Leow, and Ranthia so that you can continue to build your power base for these upper centers.

**You are ready for Part 4, Aligning Your Vibrational Energy Bodies, when you meet the following criteria:**

You have listened to all 12 journeys in this course.

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

You have practiced running the energy in all three centers at least 3-5 times a week.

Take the time you need to integrate the changes that working with these centers will create, as well as to build power and strength in these centers, before continuing with Part 4. Work with whatever journeys you are drawn to, and practice running the energy without the journeys as well. We suggest you read the information on the Traeo, Pieah, and Renawre at least two to three times, as each time you run the energies you will have experiences that will make the information even more meaningful.

Pick the pace of your growth that feels comfortable to you; however, we suggest you do not wait much longer than six weeks after working with these three upper centers before working with the next course. You do not need to "master" these energies to be ready for Part 4.

• **Before beginning Part 4, please complete the fourth "Growth Snapshot" Journal Notes that follow.**

## [Part 4: Aligning Your Vibrational Energy Body Centers](#)

You have now awakened your 7 vibrational energy body centers with the completion of Parts 1 through 3 of this course. You can work with these centers one at a time or in combination with each other to experience many heightened, expanded states of awareness. You can be more aware of subtle, higher energies and learn how to make these energies a part of your life and consciousness. Doing so raises your vibration and can bring you more joy, harmony, peace, balance, flow, supply, and energy.

This is a wonderful set of light body meditations to use to play with the energy body centers you have learned, using them to experience various states of consciousness. As you learn new ways to work with the centers, you can quiet your thoughts, have no thoughts, feel energized, and enhance your inner vision and intuitive abilities. You can work with your light body centers to recharge your energy at core, source levels and to feel more harmonized and balanced. You will be guided to transform relationship and abundance issues by working on them first as energy, then to be open to experience the changes that can occur in these areas afterward. You can learn to create emotional flow and mental fluidity at will as you gain the harmony with your seven vibrational energy body centers that awakens your three light body centers in Part 5. Learn how to feel the way you want to feel! Orin will guide you to explore what it is like to live in higher, more refined energy. You will use your light body to open your channel to your higher self and/or to your guide. You will join the Masters to reprogram your DNA for spiritual evolution, to expand your aura, and to create more light in your life.

Part 4 contains 12 DaBen and Orin audio journeys. Please visit website for information on audio formats that are available. [LB114](#)



## **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 3**

*Activating Your Higher Energy Centers*

Transcripts of the Audio Journeys

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

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

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

1. **Nu'a**
  - Nuuu yah** has long contraction on the Nu, and a short release on the yah.
  - Nuuu eee yah** has a long contraction on the Nu, a longer hold on the eee, and a short release.
  - Nuuu eee yaahh** has a long contraction on the Nu, a longer hold on the eee, and a long release.
2. **Dinia**
  - Din yah** has short contraction, short release.
  - Din eee aah** has short contraction, hold, then longer release.
  - Din nin eee ah** has longer contraction, hold, then short release.
  - Dra nin eee ah** is for making the balls of the Dinia into ovoids.
3. **Leow**
  - Leee ow** has shorter leee, faster ow. Leeeeee ow has longer Leee, faster ow.
4. **Mumin**
  - Muuu min** has shorter, faster rhythm.
  - Muuuuuu min** has a longer rhythm with emphasis on the Muuu.
5. **Ranthia**
  - Ran thee ah** has a shorter, faster rhythm. Ran thee aaah has a longer, slower rhythm.
6. **Traeo**
  - Tray eee ah** has a long buildup, smooth, soft release.
  - Tray eee oh** has a long buildup, focused release.
7. **Pieah**
  - Pi eee yah** has a shorter, faster rhythm.
  - Pi eee eee yah** has a longer rhythm, longer focus on the eee.
  - Pi eee ah** made in a whisper.
  - Pi eee eee eee aah** has an even longer rhythm, more focus on the eee.
8. **Renawre**
  - Reee nah reee** has a smooth emphasis on each.
  - Reee nah reee nah reee** has a focused emphasis on carrying the nah and ree.
  - Reee nah reee nah reee nah reee (nah reee)** has a focus on the carrying cocoon energy.

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 3 Activating Your Higher Energy Centers Transcripts

### Program 1 DaBen Traeo

Welcome. Let us explore now ways in which you can experience your energy even more wonderfully, even more completely. And as you relax, finding just that right posture to allow your awareness to expand and increase, making it even easier for you to become your experience. Let us start by beginning a rhythm on the Nu'a. And as you follow and experience the energy, become that rhythm that is you, that enhances your experience even more.

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

Din nin eee aah. Din nin eee ah.

Good, and follow that wave out now as far as you can, adjusting the cone of the Nu'a. Increasing and enhancing your experience. Using each time you run the energies as a way to enhance your ability to experience, to add layer upon layer of subtlety to your awareness as you follow out these energies.

Leee ow. Leee ow. Leee ow.

Letting the Mumin be transparent to all lifting energies, all lifting and floating energies.

Muuu min. Muuu min.

Ran thee ah. Ran thee ah.

Good, and just let yourself experience now. Become your experience. Just noticing the rotation, its rate, and the direction of the Ranthia. Notice how far out you can bring your awareness away from your body, and how far inside your body, into that infinite space that you are becoming more and more of that you can bring your awareness to now.

Ran thee ah.

Good, and bring your awareness now to your throat area. You might imagine that you have a very supple-like collar, a collar of energy perhaps, just at the outside of your throat, the outside of your neck, lightly, but closely resting on the skin, a collar of energy. And extending outward from this collar is energy, almost like petals or feathers; the petals of a flower—thin, floating, flight-like, like a feather.

Shifting and floating on the energy coming through your body were rising on the energy from the Ranthia. Floating, flight-like. And these petals extend in all directions about you, forming a plane. A plane that at times drops down below horizontal, and at times comes up. Floating on the energy so that as the front comes up, the petals around it rise up, and eventually the whole collar is floating, flight-like. The petals are extending out several feet, perhaps a bit further. Just notice them now as you follow on these energies, as we shift the frequency here.

Tray eee ah.

Tray eee oh.

Tray eee ah.

Tray eee oh. Tray eee oh.

Good. Just let your awareness float on that energy now, just being your experience, just observing, just experiencing.

Tray eee oh. Tray eee oh.

Good. Now, let yourself relax more completely so that you might find yet another level to your awareness. Notice that each vibration of your breath brings yet another awareness, as though it was increasing your ability to sense these subtle frequencies.

Tray eee oh.

Good. Observe all that you can now. You might still notice the petals, as they float, flight-like, becoming wonderful patterns, wonderful waves. And as they do, they begin to focus the energy.

You might notice your thoughts changing in the way that they come and go, more smoothly, perhaps more easily. How they come in and dissolve, form and dissolve. Just observing now, and expanding your observation to hold all the area about you at the same time as you observe your thoughts, as you experience, as you become your experience. Being these energies now, and following upon these shifts, as we shift the frequency for you.

Tray eee oh.

Good. Now, with a long, slow, contraction on the Nu'a, notice your experience even more completely, in even more areas, both physical and energy.

Nuuu eee yah.

Good. Being your experience even more now. Following these shifts.

Tray eee oh. Tray eee oh.

Good. Just notice as much of this experience as you can, as completely as you can. Noticing that the energy is being focused to an area above your throat. Just notice how that focus comes together as you float upon this energy, as you become this energy.

Good. Now you may choose to stay in this experience, following it until you choose to come back into the time and space of the earth plane. And when you choose to come back to the time and space of the earth plane, come back by noticing the Ranthia, experiencing its energy, then slowly and easily, integrating all that you have learned and experienced, back to this time and space of the earth plane.

## **Program 2 DaBen Pieah**

Welcome, and let us now explore these energies further as you begin to relax and find that posture that supports your awareness of these subtle energies so that you might find even more frequencies and patterns in your experience. Good.

Now, follow upon these energies as we set an experience for you—the frequencies of the Nu'a and Dinia, so that you might use these as starting points to enhance your own experience.

Nuuu yah. Nuuu yah. Nuuu yah.

Adjusting the angle of the cone now.

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

Good, following the waves out as far as you can.

Good, and bring your awareness to the spheres of the Leow, letting them spin faster and faster, and move about one another in more and more intricate patterns, faster and faster now. Following as long as possible.

Lee ow. Lee ow.

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

Muuu min. Muuu min.

Ran thee ah. Ran thee ah.

Good, and just following that energy now, noticing the spin, the rotation of the Ranthia. Just experiencing and observing. Just observing.

Good. Becoming that energy now. Bringing your awareness to the Traeo, following these frequencies as you observe the floating of these feathers or petals, these energies.

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

Good, and just floating on that energy. Floating. Letting the petals float on that energy, flight-like. Moving around, rippling as it were. Good.

Good. Being that energy now. Letting your awareness move to the focus of the energy from the Traeo, to a point behind your eyes, in the very center of your head, halfway between your eyes and the back of your skull, about the level of your ears. To a small point, perhaps the size of a small marble, a sphere. A sphere. Perfect energy.

Bringing your consciousness more and more to that point now.

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

Good, and as you bring your awareness more and more to that sphere, more and more, as though you could somehow bring all of your awareness inside, observing. Being your experience as you do, following your awareness now.

You might even be able to notice or sense that from this sphere, moving very quickly, in and out, are rods of light or energy. Moving in all directions, as though dancing, setting a pattern, dancing in and out in all directions. Intricate patterns now. Letting yourself be that energy, be that vibration, that pattern, dancing and moving in and out.

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

Good, just stay with that experience.

Pi eee eee yah. Pi eee eee yah.

You might notice that your thoughts have changed dramatically in their coming and going. Perhaps they are not there at all, or only rarely there. And as you experience this more, let yourself fall back further, further and further into that nothingness. Just by being your experience more and more completely as you bring your consciousness to this place, to the Pieah, to this small sphere of the dancing rods of light and energy, moving in and out. Following them as far out as you can, as quickly as you can.

Good.

Pi eee eee yah. Pi eee eee yah.

Good, just being that experience. Observing more and more. Bringing your awareness more and more inward.

Pi eee eee yah. Pi eee eee yah.

Pi eee yah. Pi eee yah.

Falling back into that experience more and more. You might experience this as a void, a nothingness. And at times you may pass through this nothingness to a wonderful richness. At times you may fall, as though forever through this void, for this is a true place of no time or space.

Pi eee eee yah. Pi eee eee yah.

Good. Just being your energy now, being your experience. Being that experience more and more completely. Good. You might notice what one long, slow contraction of the Nu'a can do to enhance your awareness of all levels that are you, all the levels of you.

Nuuu eee yaahh.

Pi eee eee yah. Pi eee eee yah.

Good. When you choose to come back to the time and space of the earth plane, bring your awareness to the Ranthia. As you allow your experiences to integrate in what you are becoming, and forming as it were, the you that has had all of these experiences, the you in the time and space of the earth plane.

You need not come back until you are ready, and when you do allow yourself time to integrate fully and completely, coming back easily and slowly when you do. And being your experience now. Enjoy your travels.

### Program 3 DaBen Renawre

Welcome, now let us explore additional aspects of these energies. And remember that each time you use and work with these energies, you have the potential to discover yet other wonderful aspects of your experience, of your awareness, and indeed of these subtle energies.

Good, and as you move into that space now where you can fine-tune your awareness more and more easily to these energies, let us begin an initial rhythm that you might use to further enhance your experience, as you then explore your own energies and rhythms for each of the centers.

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

Din nin eee ah.

Good. Now adjust the cone to enhance your experience even more, just that right angle that enhances your experience, fully and comfortably. And following the wave of the Diania out as far as you can, letting the wavelength lengthen.

Good. Now, bring your awareness to the Leow, to each of the spheres spinning about its own axis, then more and more intricately about each other, faster and faster. Follow it as long as you can.

Leeeeee ow.

Leee ow. Leee ow.

Good. Let the Mumin be transparent to all lifting energies. All lifting and harmonizing energies.

Muuu min. Muuu min.

Bring your awareness to the Ranthia, noticing its spin, its rate of rotation, its direction. Becoming your experience more and more completely.

Ran thee ah. Ran thee ah.

Good, now bring your attention to the Traeo. Following that floating of the feathers or petals with your experience. Fully in your awareness, experiencing all of that energy—that floating, easy energy.

Tray eee oh. Tray eee oh.

Pi eee yah.

Good. Now bring your awareness to an area at the very top of your head. Just briefly recognizing the Pieah, bring your awareness more and more completely, as fully as you can, to an area at the top of your head. You might just notice the energy that comes there is as though it comes through a disk, through a hole in a disk. This disk is made of energy, as though you could easily put all of your awareness here, observing all the rest of the centers, observing your energies, the vibrational energy centers.

Ree nah ree nah ree.

Ree nah ree.

Ree nah ree nah ree.

Just floating on that energy, just experiencing. Becoming your experience more and more; becoming your experience. Adjusting from your observations from the Renawre, from this very top of your head, adjusting the Nu'a and Diania, the angle of the cone, to enhance your experience even more.

Ree nah ree nah ree.

Ree nah ree.

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

Just becoming that energy as we make further shifts, and add additional frequencies.



Ree nah ree nah ree.

Ree nah ree.

Good. Notice the stillness and the activity, the vibration all about you, the peace and harmony and the stillness of that vibration, the power and aliveness, the vibrancy. Being that vibrancy now.

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

Ree nah ree nah ree.

As though you are discovering layer upon layer of your experience, layer upon layer. Outward and including larger and larger volumes, and inward, including more and more of infinity, a vastness, an infinity of space and time.

Ree nah ree nah ree.

Good. Just let yourself experience that now, being your experience.

Ree nah ree nah ree.

Good. You can stay and experience these energies as long as you would like. And when you choose to return to the time and space of the earth plane, do so by moving back to your experience of the Ranthia. Integrating all of these experiences, and then at your own time and pace, integrating completely into the new you, in the time and space of the earth plane. When you are ready, you can come back, and you can stay here as long as you would like, experiencing, exploring.

#### **Program 4 DaBen Exploring the Renawre Cocoon**

Welcome. And let us explore other aspects of the Renawre, ways to explore further these energies. Good. Now, let yourself find that comfortable position, that position that allows you to be even more aware of these subtle energies. Good. Now, as we work through each of the centers, use the rhythms or frequencies for each of the centers as we do them to enhance your own experience. Then follow along. Be in your experience as we explore other aspects of these energies of the Renawre.

Nuuu yah. Nuuu yah. Nuuu yah Nuuu yah.

Lengthening the cone perhaps. Finding just that right angle that increases your awareness and enhances your experience.

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

Good, and following that wave out, lengthening the wavelength. Good, now bring your awareness to the Leow.

Leee ow. Leee ow.

Good. Letting the Mumin be transparent to all lifting energies—to all lifting energies and frequencies.

Muuuuuu min.

Ran thee ah.

Good, and just observing the rotation of the Ranthia, its rate and direction, and experiencing now. Becoming more and more your experience. Following these shifts of energy.

Ran thee ah.

Good, now bringing your awareness to the Traeo. Experiencing the energy, as you just observe those petals or feathers, floating on the energy, observing their length, the ease at which they float, flight-like.

Tray eee oh. Tray eee oh.

Pi eee yah.

Pi eee eee eee aah.

Good, now bring your awareness to the Renawre, that disk at the top of your head. Just observing and experiencing.

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

Good. And follow these shifts in energy now, as you become your experience even more fully. Following with your awareness your energy as it moves up above the Renawre.

You may notice as you experience more and more, that energy moves up and begins to fold down, like a fountain perhaps. This energy folds down and around. Follow that now, just observe. See how far it is that you can bring your awareness of this energy—down and around your shoulders, perhaps even lower. Just experiencing now, observing.

Ree nah ree.

Ree nah ree nah ree.

Good. And being your experience more and more, follow that energy once again. Up above your head, and falling down around, lower than your shoulders this time as you follow it, just observing, observing. Observing that it moves down outside, at the level of the torso, lower, lower. The level of the hips perhaps. Lower.

Good. Just following it with your awareness, noticing it; its quality, its nature. You might notice its wonderful vibrancy. Almost a glow. Observing it or sensing it as it moves back up, back up as though it were moving into the area of the Nu'a. It shifts and varies in size perhaps, as you observe and be more and more your experience. Like a cocoon, a cocoon of energy. Just observing now. Following these shifts in frequency.

Ree nah ree. Ree nah ree.

Ree nah ree nah ree.

Good. Just following your awareness now, as you expand outward. You might become aware of this energy, of this cocoon in varying degrees. Spreading out from your body. And as you become your experience, you might notice your ability to place your consciousness anywhere within this cocoon. And indeed to fill this cocoon completely, by just observing. Begin to float as this cocoon upon the energies, being and absorbing these energies, able to effortlessly be your energies and your experience of this cocoon.

Good. As you observe now, enjoy that quality of energy, that quality of harmony. And you might from this space play with adjusting the Nu'a. Perhaps a long, slow contraction and easy release.

Nuuu eee yah.

Notice your experience now. Notice that it is enhanced perhaps, or perhaps more complete, amplified in some way. Following the Dinia waves out further and further. And again bringing your awareness to the cocoon, just observing, being your energy.

Ree nah ree nah ree.

Good. You may continue to experience as long as you'd like to explore and play here. And when you choose to return to the time and space of the earth plane, do so completely, freely and easily, drawing your awareness through each of the centers, and back to the time and space of the earth plane. And with that we bid you most pleasant and joyful explorations as you discover this wonderful cocoon of energy.

## **Program 5 DaBen Traveling on the Gridwork**

Welcome. And now, let us explore yet another aspect of these energies. To begin, find as many ways as you can to observe, to experience these subtle energies. Choosing from all that you have experienced just those most precise ways in which to explore with your awareness these energies. Good. And now begin with the Nu'a.

Nuuu eee yah. Nuuu eee yah. Nuuu eee yah.  
 Din eee aah. Din eee aah.  
 Leee ow. Leee ow.  
 Letting the Mumin be transparent to all expanding energies, all expanding frequencies and energies.  
 Muuu min. Muuu min.  
 Ran thee ah. Ran thee ah.  
 Good. Now, just becoming your experience, observing the Ranthia.  
 Tray eee oh. Tray eee oh.  
 Observing the petals now, floating, flight-like. Shifting with these frequencies.  
 Tray eee oh.  
 Pi eee yah. Pi eee yah.  
 Ree nah ree nah ree. Ree nah ree nah ree.  
 Good. Now just experiencing. Observing your energy. Perhaps noticing the cocoon. Perhaps adjusting the lower centers, enhancing your experience. Good, now hold in your awareness both the Renawre, these energies that you are being more and more fully, and the Pieah, that sphere with the rods moving in and out. Holding both the disk of the Renawre and the sphere of the rods of the Pieah, holding them both in your awareness now.  
 Pi eee eee eee aah.  
 Ree nah ree nah ree.  
 Good, and following this shift of energy, begin to sense about you, sense the order there, the order in this space. Good. You might notice it, experience it, as a gridwork, as planes—horizontal planes, being intersected by two vertical planes. All three planes at right angles. Just experience now. You need not observe it in your mind or try to discover how this can be so. Just observe and experience.  
 Good. Now between each of those planes, place another plane, by using your awareness to magnify, as it were, to amplify, and to amplify your experience. Magnifying it, making more and more planes, so that all about you there is this order. This order becomes more and more magnified, more and more a part of your awareness. More and more present about you.  
 Just following your experience now, following these shifts.  
 Ree nah ree nah ree nah ree (nah ree).  
 Pi eee yah.  
 Pi eee eee yah.  
 Good. Now, let your awareness travel out on this gridwork, on this order. If you are to see anything visually, you might see these planes, or just the places they intersect, as though you were seeing points of energy or light all about you. Expanding outward even further, holding more and more of this order in your awareness of a larger and larger volume.  
 Now, amplify it once more, placing a plane between each of those planes there, in each of the directions, however you experience that. Enhancing, magnifying, intensifying your experience.  
 Ree nah ree nah ree nah ree (nah ree).  
 Ree nah ree nah ree.  
 Pi eee yah.  
 Good. Now, be your experience even more. Traveling upon this gridwork, letting your awareness be drawn wherever it will upon these planes, upon this energy. Good. Letting yourself float, letting the ease of your physical awareness increase. Letting the

flow of your emotional body soothe and increase your sense of awareness of all that you are.

Ree nah ree nah ree.

Pause.

Good. Now following out even more, noticing that as you do, as you travel here, you may experience a change in size or scale, so that suddenly you become larger or smaller. Like you are encompassing an almost infinite number of planes and order, or such a small amount, that you can look inside it and notice an infinity of the potential order there.

Good. And following this shift now.

Ree nah ree. Ree nah ree nah ree.

You may notice about you, somehow a joining. A bringing into harmony this gridwork you have been exploring to an even larger gridwork, an even more intricate gridwork. And as you bring it into harmony, you become this larger gridwork. And as you continue to travel you notice the two are inter-mixed, inseparable as it were. And your awareness blends after awhile. So that you begin to observe and experience, and be what some call the Universal Mind, what you might experience as Oneness—as a knowingness, as an order, ever soft, ever present, floating, yet somehow alive and ever-moving.

Good. Now, let yourself be your experience even more completely. Feel free to explore here as long as you would like, traveling upon this order and gridwork. Being, just being. Good. And when you are ready, explore as long as you would like. When you are ready to return to the time and space of the earth plane, do so slowly and easily, perhaps touching each of the centers, or at least the Ranthia when you are ready to return. With that we bid you most pleasant traveling.

## **Program 6 DaBen Opening Creativity and Receiving Insights**

Welcome. Good, and as you adjust your posture and relax, so that you enhance your awareness of these subtle frequencies, let us talk for a moment about using your mind in these spaces and energies. It is letting your mental body be fluid. It is not attempting to figure anything out, or to deductively reason on anything, but instead to let your mind flow, to be fluid, moving from thought to thought.

And you will find that as you do, as you observe the way in which your mind works freely and easily, just observing and being your experience, that a most wonderful thing can happen. Most of you know these states as a state of creativity, or perhaps a state of being able to have insights. We will explore this state. And it will be for you a different kind of balance, perhaps, of using these energies, of being aware of these energies, and of the way in which your thoughts are working. And also in this case, perhaps their content as well.

You will be finding a balance between the Pieah and the Renawre. But let us first explore another way to set the energies so that you achieve a great degree of harmony in the vibrational energy bodies. Good.

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

Good, and lengthening the cone now, adjusting the angle however is most enhancing to your experience. Good.

Din eee aah. Din eee aah.

Din nin eee ah.

Good, just experiencing for a moment now your awareness of these subtle energies, playing with the rhythms, noticing all the harmonics of those rhythms that you have set up.

Lee ow. Lee ow. Lee ow.

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

Muuu min. Muuu min.

Good, now bring your energy to the Ranthia, just observing. Become more and more of your experience as you observe the energies all about you, as you observe the Ranthia.

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

Good. Now follow this shift in frequency. Pause.

Good. And bring your awareness to the Traeo.

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

Just floating on that energy. Observing. Being.

Good, now bring your awareness to the Pieah.

Pi eee yah.

Pi eee eee eee aah.

Good, now to the Renawre.

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

Good, and from the Renawre adjusting each of the lower centers. And just observing for a moment each of the upper centers enhancing your experience.

Adjusting the lower centers so that you can become more easily your experience; so that your awareness is effortlessly held to your energies, to the energies all about you, and to these subtle frequencies.

Good. Expanding and harmonizing now. Good, now maintaining your awareness of the Renawre, include also the Pieah, and find a balance between them as we show you certain frequencies. And as you do, just become very quiet, just observing the way your thoughts occur. Experiencing your energy, becoming your experience and observing the way your thoughts occur.

Pi eee eee eee aah.

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

Pi eee yah. Pi eee yah.

Just be in your experience now, holding the Renawre and the Pieah in your awareness. Just noticing your thoughts come and go. And find that balance now. Perhaps more toward the Pieah, more of the Pieah than the Renawre in your awareness. Perhaps more of the Renawre. Getting drawn by your experience.

Pi eee eee eee aah. Pi eee eee eee aah.

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

Ree nah ree.

Pi eee eee eee aah. Pi eee eee eee aah.

Just being your experience, observing your thoughts, letting them flow as they will, without your direction. Perhaps with your awareness now, shifting back and forth, finding other places of balance between the Renawre and the Pieah. Being your experience, floating on that energy.

Ree nah ree. Ree nah ree.

Pi eee yah.

Pi eee eee eee aah.

Good. Now, maintaining your awareness of the Renawre and the Pieah, make a long, slow contraction on the Nu'a. Just one.

Nuuu yah.

Good, and notice all the areas now, all the places in your experience that are enhanced, amplified, as it were. Follow the wave of the Dinia out even further as you hold also the Renawre and Pieah in your awareness. Now, just be your experience, floating and being.

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

Pi eee yah. Pi eee yah.

Good, and finding that balance now. You might continue to explore here, or when you are ready, slowly and easily return to the time and place of the earth plane.

## **Program 7 DaBen/Orin Changing Your Thoughts**

Welcome. Good, and as you relax now even more completely, notice more and more of the subtle energies about you.

Take a deep breath. Find those energies about you now. Adjust the angle of the cone on the Nu'a.

Nuuu eee yah. Nuuu eee yah.

Good. Now adjusting the angle of the cone just right, following on these energies, on this shift.

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

Good. And finding the spheres of the Leow. Just observing their spin.

Lee ow. Lee ow.

Letting the Mumin be transparent to all lifting and expanding frequencies.

Muuuuuu min.

Ran thee ah.

Good. And just observing now the rotation and rate of rotation of the Ranthia, enhancing your experience. Adjusting each of the lower centers now; and the angle of the cone of the Nu'a.

Ran thee ah.

Good. Following these shifts of energy now. Good. Floating on that experience. Bringing your awareness to the Traeo; experiencing that flight-like quality now. Following these shifts.

Tray eee oh.

Good. Following these shifts now.

Tray eee oh.

Good. And just notice now your experience more and more fully.

Pi eee yah. Pi eee eee yah.

Good.

Pi eee yah.

Floating on that energy now.

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

Ree nah ree.

Good. Now. Be your experience as you follow these energies as Orin leads you on a journey.

Greetings from Orin. We would like you to call upon your Higher Self right now. Whether you are aware of the presence of your Higher Self or not, your Higher Self is with you. For we are now going to work and play with the gridwork that is your mental energy body to make it more beautiful, to add more radiance to it, to untangle the emotional from the mental, so that you may bring in new, higher thoughts, and change the thoughts you have about who you are and increase your thoughts that are unlimited and free.

As you picture your mental body right now with your inner eyes, you might notice that it is all around your head in 360 degrees. With your Higher Self, look through this gridwork, and notice if there are any places that it seems to be tangled. Perhaps the gridwork disappears, is disrupted, or appears to be nested, such that there are knots or nestings in it of greater energy or concentrations. With your mind and your Higher Self, begin to clear the mental gridwork.

You might even imagine that you are mending it, adding light with your Higher Self, so that energy may travel freely all throughout the gridwork of your mental body. So that a thought, when it comes up, can go straight through without getting entangled. Play with your Higher Self right now, to see how beautiful you can make the gridwork that is your mental aura.

Notice if you can expand it. Can you add more light, or a finer frequency, or several beautiful frequencies of light? Anywhere it appears to be entangled, unentangle it, however feels right to you.

Notice that it is intersecting with the Universal Mind, the other gridwork. Whatever the fineness of your own mental body, will be the level of the Universal Mind that you are in connection with; will be the level of information you bring in. So now with your Higher Self, begin to make your mental aura finer and more beautiful. Begin with your Higher Self to raise your vibration.

You might want to play with your Nu'a and Dinia, your Leow and Ranthia; all the way up. Noticing if you can make this gridwork finer and more beautiful, more filled with light. So that you are taking on the mental gridwork of your Higher Self; you are merging your mind with the mind of your Higher Self.

Your Higher Self is adjusting this gridwork, opening it, expanding it, so that your mind can hold more light. The thoughts that you think will reflect the greater light of your Higher Self. Use your imagination, as your Higher Self shows you now what your mental gridwork will look like when you are your Higher Self.

Your emotions are flowing and fluid. Anywhere your emotions are entangled in your mental body, they are now releasing. As you do, you are releasing habits and patterns of lifetimes that no longer fit who you are.

Your Higher Self is assisting you, almost as if you are cleaning out the cobwebs, rearranging the furniture, and opening the curtains to allow in more light. You are making the neural connections in your brain, and opening your brain now to the influence and the guidance of your Higher Self. Letting your Higher Self, in its wisdom, show you what to do.

Now we would like to work with your thoughts, you and your Higher Self, to show you how to change them and add a higher frequency to them.

So let us start with a thought about something you would like to manifest that you have not yet manifested. Perhaps a thought that is not as positive as you would like it to be. Let that thought sit, exist, in this fine mental gridwork of your Higher Self. Add a higher frequency to it; add light to this thought. What is the higher thought, the expanded thought, the positive thought that this thought can change into?

Take another thought about this thing that you would like to manifest, a thought you would like to change. Notice what this thought turns into as you put it in the beautiful mental gridwork of your Higher Self. As you simply add a higher frequency to it, the thought changes, for all thoughts are a frequency. Simply by imagining that you are adding a higher frequency, putting light into them, putting them in the light of your Higher Self, these thoughts will automatically change their frequency into their higher expression. So let that thought transform now.

Tell yourself why you can manifest this thing. Find a high thought, a new thought about this thing. Notice that higher thoughts usually contain more of the bigger picture, are more loving to who you are, supportive and nurturing and encouraging. These are true thoughts. Thoughts that you have when you are in a high state are your true thoughts.

Thoughts that come when your energy is not harmonized are not true thoughts; they are simply illusions. Any thought that is not a positive one, any thought that tells you why you cannot have something, is only an illusion.

So we would ask now to think of a situation in your life that you would like to change. Let come into your mind, a thought about this situation that needs to be expanded, added light to. Let that thought come into the gridwork of your Higher Self, the beautiful radiant, mental gridwork, take on a higher frequency and transform. What does that thought transform into?

Notice that it often transforms into many thoughts, and that there is a feeling of relief, release, or peace with the higher thought. For every time you have the higher thought, you unentangle your emotional and mental body. Lower thoughts often represent where energy cannot flow in your mind because it is entangled with emotions. Every time you create a higher thought, you release emotional energy, and you usually release it in your body as well.

Follow this new thought that you just had about this situation. Notice the feeling of relaxation or peace that it brings. Can you make this thought even higher? Even more light-filled? Even more positive? Ask your Higher Self to assist you.

Now, we are going to look at how to energize the new thoughts so that they may more rapidly appear in your reality. Thinking of the thing you would like to manifest, letting thoughts of why you can have it come into your mind. Now, take those thoughts that you are thinking of why you can have this—beautiful, light-filled thoughts that travel easily through your mental gridwork, the gridwork of your Higher Self. With your Higher Self, begin to energize these thoughts, letting them gather together, gain mass, gain radiance.

Your Higher Self will show you what to do to make these thoughts powerful enough to change from the world of energy into the world of matter and to appear in your reality. It may help to hold clearly the image in your mind of what you want to manifest as well, and add energy to that image as you do.

We would like to de-energize any thoughts that do not support you in having this. You can either see them one by one and transform them, or you can work with them as a group of thoughts. With your Higher Self, see if you can find places in your mental gridwork that represent the lower thoughts about having this—perhaps places that are tangled, or energy that is not flowing freely.

Just ask your Higher Self to locate all the lower frequency thoughts about not having this thing. Then with your Higher Self, send light and love to these areas, these energy focuses in your mental aura, until the energy is clear and flows freely in these areas.

You may need to do this several times, for you are de-energizing the mass of energy, the lower frequency mass of energy that has been existing. You will also want to place new thoughts in the place of those that you are de-energizing. So once again, ask your Higher Self for new thoughts about why you can manifest and have this thing that you want.

Add an even higher frequency to those thoughts. Can you come up with an even greater insight, an even greater feeling of having, of deserving?



You will remember these new thoughts. Every time you have a thought of a lower frequency, you will pay attention. You will add automatically a higher frequency to that thought, for you are evolving your thoughts. They are beginning to take on the higher frequency of your Higher Self.

All you need do is simply think, "I am adding a higher frequency to that thought." Or, imagine that you are putting it into a finer gridwork, or ask your Higher Self to transform it. Know that thoughts at this level of gridwork are real. These are the ones that tell you the truth—that you can have what you want, that you live in an unlimited universe, and that you have all you need within.

All right, begin now to come back if you would like, remembering the new thought, taking it with you as you create a wonderful day.

## **Program 8 DaBen/Orin Interdimensional Traveling**

Welcome. And as you find that relaxation and posture that supports you in sensing more and more thoroughly the subtle energies, let us as we work this time in finding that harmony to these frequencies, let us also play at each of the subtle energy shifts, following them, holding them, and becoming your experience as you do. So let us begin now.

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

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

Good.

Leee ow. Leee ow.

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

Muuu min. Muuu min.

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

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

Reee nah reee nah reee.

Adjusting each of the lower centers to enhance your experience. Observing the upper centers. Following these shifts in frequencies. Bringing your awareness fully and completely to the Pieah, back to the Pieah. Follow these shifts in frequency.

Pi eee eee eee aah.

Good. And following these frequencies now, noticing the almost vibration in your experience. Finding and adjusting to that vibration. Beginning to notice the energies about you. Energies that you, by observing as though out of the corner of your eye and sensing them, these energies begin to coalesce, as it were, in your awareness, as beings. And just observing now, just observing these energies. Where you are in that space and as you are in that space you are an energy like theirs. So that you can have some of your consciousness here observing, experiencing. And just enjoy that vibration. Finding that interaction of this vibration, your experience and theirs.

Good. Expanding your awareness out, finding even more beings around as you begin to move upon the energies here, observing, experiencing. Good. Now follow as Orin takes you on a journey to explore and learn from and be with and contribute to these beings. And enjoy your journey now.

Greetings from Orin. You are in the gridwork right now of the Universal Mind. There are some very high beings whose work is with the gridwork. They are with us now. One has agreed to sponsor you. First you will work with this being, and then we will meet a master of this dimension. All beings here are very high. Their world is

very harmonious and orderly, and they can teach you much about the gridwork, how to connect with the Universal Mind, and how to enhance the gridwork of your mental body.

Right now ask for this being that is sponsoring you to now step forward. It may feel like you are using your imagination. This being greets you. You will be shown now what this being does. Each one has a different function and a different role with the gridwork. So follow this being now as it shows you what it does, its work in the gridwork.

As it shows you, ask if you can help.

These beings live in a world of equal energy exchange. Since you just helped this being, it is willing to help you. Let this being give you a gift right now in return.

Thank this being for your connection. For now you are going to meet a great master in this dimension. The master is easy to find, for this master knows you want to meet it, and is drawing you to it. We will use "it" instead of "him" or "her," for there is not the polarity in this dimension of male and female. There is a joining, a oneness, a wholeness.

So now you are standing in front of this master. These masters can teach you much about energy and frequencies of light, how to exist in a finer gridwork of light. They will be helpful to you as you awaken your light body. Now the master is transmitting to you a beautiful array of frequencies to align and balance your aura, your mental body. Just sit and absorb this transmission for a moment.

A master in this dimension spans many frequencies, many levels of the gridwork; has great radiance going through many dimensions. This master is inviting you now to share its consciousness so that you may experience what being a master is like, a master in the gridwork of the Universal Mind.

You are now able to look out at the world through the eyes and the senses of this gridwork master. You might notice that you are feeling vast, growing in size. The gridwork is all around you, infinitely small and infinitely large. You hold thousands upon thousands of frequencies within you, the most beautiful energies all the way up to the very highest ones that you can imagine.

Feel how steadily you can hold all of these energies within you and the precision and the clarity of each frequency that you emit. You are a transmitter of light and radiance throughout the gridwork. You are an immense source of energy. You can hold and transmit an enormous range of frequencies, of energies, with great precision.

Let your energy, your own energy take on that same beauty, balance and harmony of the gridwork master. The gridwork master will work with you for a moment to show you how to begin your mastery of these beautiful, high energies.

The gridwork master can shift from large to small gridworks to finer and finer ones, holding steadily each frequency as it shifts into a finer universe. The gridwork master can send its consciousness out into very high dimensions, and transmit the light from the higher dimensions into those that are not as high, in perfect order.

Let the gridwork master show you how to build a more beautiful gridwork into your mental aura all around you, so that your environment, your life, your home, your energy, reflects this higher, finer light.

As you awaken your light body you will gain radiance. You will be transmitting many frequencies of light and energy throughout the gridwork. Your increasing skill at holding these energies steadily, at transmuting energy, at reaching into finer gridworks, will assist many around you. Watch how the gridwork master takes lower frequencies of energy, or more chaotic or random ones, and brings to them a precision, blends them in with others and sends them out as beautiful, refined energy and light.

Imagine that you are doing the same. For indeed as you bring in energy through the Nu'a, as you add smoothness and coherence with the Dinia to the energy you are bringing in, as you amplify this energy and send it up into the Ranthia, smoothing it out, focusing it in the Traeo, as you awaken your higher centers in your light body, you will be taking the energy around you and transmuting it into light, much as the gridwork master is doing.

Feel the gridwork all around you. You can extract frequencies from the gridwork to heal and evolve yourself. The gridwork master is showing you how to pull a frequency out of the gridwork, one that will assist you right now. Work with this now.

You might notice that the gridwork master shows you how to hook into the gridwork even more steadily, and how to pull from it several frequencies that will assist you right now in creating more harmony or balance in your life. Bring this frequency all the way into your body. You can pull out light, any energy that will assist you in balancing or harmonizing your energy, in healing or evolving.

In return for assisting you, the gridwork beings ask that you transmit through the gridwork. Ask this gridwork master what it would like you to transmit through the gridwork. Often the gridwork beings would ask that you transmit love.

First imagine that you are hooked up to the gridwork now in whatever way that means to you. Then, if it is love you are transmitting, begin to think of love. Feel love. Remember times when you felt deeply connected and loving, and let this energy pour out of you.

The gridwork beings will use your feelings of love to send to others who need this feeling, for love is the universal energy. It is the greatest gift you give. So ask now what energy is appropriate for you to experience and transmit through the gridwork as your return gift. Do so now.

Ask this being if it has a message for you, and listen. Perhaps it will simply want to transmit energy to you. Be quiet now within, and experience anything else this gridwork master would like to show you or give to you.

Thank this master. Every time you work with the gridwork beings they will always give you a gift. The greatest gift you give them is adding your harmony and light and love to the gridwork. It is the Universal Mind of all beings. So thank this master right now, and know that you are welcome here anytime you wish to come.

Feel the extra degree of harmony and balance in your aura as you now say good bye to the gridwork master. Come gently and easily back into the room. If you would like to play with these beings, you may. Otherwise return now to full waking consciousness, remembering all that you have seen and done.

## **Program 9 DaBen Exploring Frequencies**

Welcome. And as you find that posture and energy that allows you to be more and more aware of these subtle energies, let us spend a moment talking about what it might be like to be able to discover these subtle energies as individual frequencies. And that these subtle energies could be thought of, just for your play and exploration, as patterns and frequencies, frequencies of energy and light. And that you, by being able to fine-tune your awareness, could discover and play with these patterns to become lost in them. So that your experience becomes one with these subtle energies in more and more discreet and individual ways.

And so as you relax, settle back and just play with these energies and follow the shifts as I suggest them to you. And just experience, for there is nothing that you need

to learn. In fact you will find that the more you play, the more it is that you will bring these energies into your consciousness at a wider variety of levels.

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

Din nin eee ah. Din nin eee ah.

Good. Now, just spend a moment noticing and observing your experience, as completely and thoroughly as you can.

Nuuu eee yah.

Din nin eee ah.

Good, now changing the rhythm of the Nu'a, just holding in your experience the Nu'a and Dinia; following the wave of the Dinia out.

Nuuu yah. Nuuu yah.

Din nin eee ah.

Adjusting the angle on the cone. Enhance your experience even more.

Leee ow. Leee ow.

And following this shift, expanding your awareness.

Leeeeee ow.

Good. And letting the Mumin be transparent to all expanding and lifting frequencies. Expand, lift on these energies.

Muuuuuu min. Muuuuuuu min.

And following this shift now.

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

Noticing the frequencies now, noticing your experience. Following this shift. Becoming more and more your experience, finding that floating. Becoming that floating. Being more and more these frequencies, so that your consciousness becomes centered in, focused upon, a part of these frequencies.

Noticing now you can find the Nuuu eee yah and the vibrational radiance of the Leeee ow.

Ran thee ah.

Good, and take a moment to just experience becoming these experiences more and more. Good.

Tray eee oh. Tray eee oh.

Becoming that floating now, adding this frequency to the pattern you are experiencing. For each of the centers are a set of frequencies—a dynamic, evolving set of frequencies.

Tray eee oh.

Pi eee yah.

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

Good. And just being your experience now. Noticing the patterns all about you, level upon level, as you expand your awareness outward as well. Noticing the patterns, expanding your awareness outward, more and more. And now including the Renawre.

Ree nah ree nah ree.

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

Ree nah ree nah ree.

Good, and just take a moment and observe now. Be your experience more and more completely, more and more completely. Good. And as you continue, incorporate this shift in frequency. Notice the changes that your experience undergoes, the shift in patterns, as it were.

Good, and another shift now, as we play with each of the centers and their frequencies.

Ree nah ree.

Just observing now. Being your experience.

Ree nah ree.

Ran thee ah.

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

Ree nah ree nah ree.

Good, and a long, slow contraction on the Nu'a now, noticing your experience as you do. Including in your awareness all the areas you have experienced.

Nuuu eee yah.

Ran thee ah. Ran thee ah.

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

Good, being in your experience now, noticing the patterns, the frequencies. Take a moment to play and identify in your experience these patterns of frequencies as much as you can in the way that draws you further into your experience.

Good. Now, you may choose to continue to play in this space, or you may choose to come back. When you are ready to come back to the time and space of the earth plane, do so slowly and easily. With that we bid you a most pleasant and playful journey here.

## **Program 10 DaBen Entering the Void**

Welcome. And as you relax now, and find that posture that makes your awareness of these subtle energies more and more enhanced, you will find that your skill is increasing very rapidly and that you are being able to hold in your consciousness a broader and broader range of experiences.

And so let us just play now; play with a space of the Pieah more completely than we have before. And let us enhance our experience as we move there now, along this pattern. And as you do, let this pattern enhance and build upon your skill at experiencing and exploring and being aware of these subtle energies.

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

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

Good. Adjusting the cone now, the angle, so that it enhances your experience even more, following that wave of the Dinia out as far as you can.

Good, and letting the wave of the Dinia lengthen, following it out in all directions. Now, bringing your awareness to the spheres of the Leow, hang on to their spinning in your awareness as long as you can.

Leeeee ow.

Lee ow. Lee ow.

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

Muuuuuu min. Muuuuuuu min.

Ran thee ah. Ran thee ah.

Tray eee oh.

Just observing for a moment the flight-like quality of the Traeo. Observing the petals or feathers, floating on the energy. Beginning to notice their focusing that energy. Increasing your experience now, expanding your awareness and increasing your experience.

Good, now bring your awareness to the Renawre.

Ree nah ree nah ree nah ree (nah ree).  
 Observing and adjusting each of the lower centers, enhancing your experience.  
 Ree nah ree.  
 Good, now bring your awareness to the Pieah, just observing your experience and being aware of the Pieah, following this shift in frequency now.  
 Pi eee yah.  
 Pi eee eee yah.  
 Good, and just observing, perhaps noticing the rods moving in and out, just experiencing.  
 Pi eee eee eee aah. (extended eee)  
 Good, now bring your awareness closer and closer to the center of the Pieah, inside the ball, bringing your awareness, focusing it on that point at the center, inside your head, behind your eyes.  
 Pi eee eee eee aah.  
 Good, now just be your experience, letting yourself fall back, be your experience. Letting yourself fall. Good. And following this shift now.  
 Pi eee eee eee aah.  
 Just letting yourself be your experience, falling back more and more. Opening the back of the head and neck, letting your energy flow. Exploring this openness, this vastness.  
 Pi eee eee eee aah.  
 More and more awareness now. Focused on that infinity.  
 Pi eee eee eee ah. (ah is a whisper).  
 Pi eee eee eee ah.  
 Good, and open the back of your head and neck even more. Let yourself continue to explore, to expand, to observe, to be this infinity.  
 Following these shifts now.  
 Pi eee eee eee ah (ah is whisper)  
 Pi eee eee eee aah.  
 Let yourself be your experience now, more and more completely, being your experience. Good. More and more completely.  
 Good. Now. Find yet another level, another layer, as it were, of the Pieah. Bring your awareness to an even smaller space. Surprisingly as you do, you will find an even larger infinity. Letting yourself be that infinity now; absorbing, being.  
 Following these shifts now.  
 Pi eee eee eee aah.  
 Good. Now, you may choose to stay and experience this further, or return here anytime you wish. When you do choose to come back to the earth plane, do so slowly and easily by coming to the Ranthia, and experiencing it for a moment or two, letting yourself adjust and finding all of the frequencies. And then, slowly and easily, at your own pace, return to the earth plane. And when you are ready, return to the earth plane, where you may choose to continue to explore here, and with that we bid you most pleasant journeys.

## **Program 11 DaBen/Orin Journey to Past Lives**

Welcome. And as you relax, let us explore these subtle energies. Good. And finding that relaxation even more completely. Noticing your breathing. Now, bringing your awareness to the Dinia.

Di nin eee ah. Di nin eee ah. Di nin eee ah.

And following those waves out in all directions along that plane, as far as you can in all directions at once, as far as you can with your awareness, follow those waves out. And letting them lengthen.

Di nin eee ah. Din nin eee ah.

Good. Now, bringing your awareness to the Leow, noticing the spheres, the three spheres rotating about their own axes, faster and faster, and then about each other in more and more intricate patterns, faster and faster. Follow them as long as you can now.

Good. And following on these rhythms now.

Nuuu eee yah. Nuuu eee yah.

Din nin eee yah. Din nin eee yah.

Good. Now adjusting the angle of the cone of the Nu'a, perhaps lengthening the cone; exploring what is just right for you. Following the wave of the Dinia out smoothly and easily.

Din nin eee yah.

Following that wave out in all directions.

Leee ow. Leee ow.

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

Muuuuuu min.

Good. And just observing the Ranthia, following on these shifts of energy.

Ran thee ah. Ran thee ah.

Good. And just floating on that energy, just observing the rotation of the Ranthia. Good. Becoming more and more your experience. Good. Now bringing your awareness to the Traeo, following these shifts—that flight-like quality of the Traeo.

Tray eee oh. Tray eee oh.

Pi eee yah.

Pi eee eee eee aah.

Good. Now bring your awareness to the Renawre. Adjusting each of the lower centers, enhancing your experience.

Ree nah ree nah ree.

Good. And just being your experience, floating on these energies. Follow as Orin leads you on a journey of exploration.

Orin: Imagine the gridwork now as dots of light. You are now existing in the mental realms of the gridwork, having come up through the physical and the emotional planes, and you are now your mental being. You are mind as you exist in the gridwork. You have come up in vibration. And as you look out into the gridwork, you are able to see focuses of energy that represent other lifetimes.

What determines the lifetime that you are drawn to is your intent. So right now, we are going to visit a lifetime in which you developed a skill that will be useful to you right now in this lifetime. You might either think of a skill that you would like to know more about, or let your Higher Self find one for you.

Perhaps you want to explore your ability to teach, to heal, or to lead. Perhaps you want to open more of your third eye or your psychic abilities, grow spiritually, understand more about manifesting, writing, art, music. Think now if you would like, of the skill that you would like to find, a lifetime that you developed more fully.

Ask your Higher Self to join you as you look out over the gridwork. You find a focus of light, an energy point that represents the lifetime in which you developed this skill.

You are now essence. Begin to travel toward this lifetime. Notice that it is drawing you to it. It is almost like a vortex of energy, that as you enter into it you will descend into the world of matter.

Observe this vortex of energy. When you are ready, begin to send your consciousness into it, in whatever way feels appropriate. Your Higher Self is with you. Coming down into the physical, descending from the mental, bringing your consciousness into another place and time, into you as you exist in another lifetime.

Familiarize yourself with this energy. You are going to share consciousness with this other self; this other self that has a different personality, perhaps; a different focus in its lifetime. Until you have a sense that you can look out through the eyes of this other being that is you.

Notice if you are male or female.

Notice how you are dressed; what era it is.

What age are you?

What do you do? What skill do you have that is highly developed? Let images from this lifetime and how you use this skill flow into your mind.

Open your brain passages. Receive, as the images flow through your mind, this skill into who you are now. It is as if a transference is going on, an opening, a sending between lifetimes, so that the veil is being lifted.

See all you can about how you developed this skill. Let this self show you all it knows, and transfer to you that knowledge. As if you can absorb it, as if your brain cells are opening, so that you now possess this skill as well.

All right, you do not need to know all that much about this lifetime for the transference of skill and the opening in your own being to take place.

Before you leave, transmit to this lifetime what you have learned. Just send as energy your knowledge, your skills; whatever is useful to your past life self. Every time you reach through time and space and transmit your lessons and your growth to a past life self, you change all of your past, and thus your present and future.

Now you are going to go upward again, ascending, leaving the world of matter that represents this lifetime and going up and up, into your Pieah now and into the gridwork, the sea of light of the gridwork. Light is all around you; points of light that represent the intersection points on the gridwork.

We are going to look at one more lifetime that will give you an insight into a skill, or assist you in some way in this skill that you would like to have more of, or perhaps a different aspect of this skill.

So look out over the gridwork with your Higher Self, or as your Higher Self, whichever feels right to you, and find that point of light that represents another lifetime in which you developed a skill that will be useful to you right now.

Feel yourself being drawn to that point of light. See it as a vortex of energy. When you are ready, begin to descend once again into the world of matter. Fall through the vortex, until you come in contact with another consciousness that is you in another lifetime.

Let yourself join consciousness now with this other being that is you. Begin to merge. You still have your own identity. Begin to assume, to merge, and to take on some of the identity of this other self, just as much as necessary for you to explore this skill.

Are you male or female?

What do you do?

What skill have you developed?



As you view this skill, imagine that it is being transferred into your present self as well. This self is showing you all it can about this skill, and you are learning rapidly.

Ask if there is anything else about this lifetime that would assist you in knowing now.

All right. Send to this lifetime whatever you think would help it that you have learned.

When you are ready, begin to slowly and easily withdraw your consciousness from this past life self. Begin the process of ascension once again, going upward and upward, in to the gridwork of light.

Knowing yourself once again as who you are, expanded, however, for these skills can become a part of who you are. They will open gently and easily as you integrate them into who you are now, and open to using them in ways that are appropriate to who you are.

Every time you do this you can gain more and more mastery of whatever skill it is that you would like. For part of enlightenment is lifting the veils between this and other lifetimes, using the strength, and the wisdom, and the knowledge of all your past lives to assist you in accelerating your growth; to pass the information you have learned backward into time.

For as each of your past selves and yourself of today work together, you can evolve lifetimes rapidly and easily, for this is a stage of your spiritual growth when you begin to lift the veils, and all of your selves work together to expand into your full enlightened potential.

You might imagine right now that all of the past life selves that you have ever been; that you are linking telepathically with all of them, whether you are aware of them or not, whether they are aware of you or not. You are finding that unifying thread in all of your past-life selves.

You are feeling the collective strength as you unite with all of who you are. You are breathing as one, reaching upward as one, realizing that the leaves of time are but a page in a book, in one long book that is you throughout all your lifetimes; the blink of an eye between birth and death, and death and rebirth. It is one continual whole.

Just as you as a child are connected with who you are now, all of your past lives are a part of you as well. Feel that strength as you unite even more with all of who you are—all of your past life selves. As you begin now to come back into the room, remembering all that you have seen. Coming back easily and gently, feeling whole and complete. Stretching, and coming back.

## **Program 12 DaBen/Orin Being Born as a Master**

Welcome. And as you find that posture and relaxation, begin to explore those frequencies that enhance your awareness of these subtle energies, and begin to easily and quickly bring you to the spaces that you have been learning and gaining skill at. Good.

Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah.

Lee ow.

Good, and following those shifts in frequency now as you let the Mumin be transparent to all harmonizing frequencies.

Muuu min. Muuu min.

Ran thee ah. Ran thee ah. (fast release)

Good, just observing the Ranthia, enjoying the frequencies here, that sense of bliss. Enhancing your experience, expanding your awareness. Adjusting the lower energy centers perhaps, floating even more, that sense of bliss. Put your awareness fully on the Ranthia now.

Ran thee ah. (ah like a sigh) Ran thee ah.

Good, letting yourself float as you include in your awareness also the Traeo.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

Ree nah ree nah ree.

Good, and just for a moment, bring your awareness to include also the Pieah, the Renawre and the Pieah.

Pi eee eee eee aah.

Ree nah ree nah ree.

Good, now bring your awareness back to your Renawre, and let yourself become your experience more and more fully, noticing the beauty and harmony all about you in your experience, as you expand your awareness even more.

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

Good, notice the infinity, your experience of this infinity now, and the wonder here. And as you continue to be your experience, follow as Orin takes you on a journey through these energies, and enjoy.

Greetings from Orin. What we are going to do next is a very important process of transformation. We are going to re-write your birth into this reality. Your birth is a key moment. You made many decisions about the nature of reality. It affected how you breathe. It affected your emotions, and many aspects of your self-image. You can go back through time, and change these decisions.

Part of being a master is being born as a master. Being your Higher Self, being enlightened is to re-write your memories so that you were born enlightened as your Higher Self. To lift the veils in your memory, so that they never descended when you were born, and that you were born with a full memory and consciousness of who you are; your life purpose and mission here.

So let us begin now to connect with you in the womb, going back through time and space. Traveling through the Pieah, finding yourself in the womb. Join consciousness now with yourself in the womb. For this exercise you may want to make up your parents as different or if you can, imagine that the parents you have are masters, are enlightened.

Imagine you are now in the womb of your mother. You have an enlightened mother. What would it be like to be in the womb of a mother who is enlightened? Feel yourself now as you re-write this part of your life. Your mother transmits energy to you. She runs the light body energy, and you feel soothed by waves of light.

Your father is also an enlightened being. Your conception was conscious. Your parents called for the highest being to come to them; a being—you—that they could serve. They know how high you are. They know what a privilege and an honor it is that you have chosen them. They are prepared for the responsibility of raising you; of helping you to achieve your life purpose, and exploring and expanding the light that you are.

You are anticipating your birth and arrival into the earth with great joy. Your mother and your father are radiant. They are thrilled at your coming arrival. You can feel the joy and the serenity of your parents. You know that this is the perfect home for you. Your parents are preparing for your birth. You can feel the beautiful energies all about you. Your birth is anticipated, looked forward to. Everything is perfect.

You are going to prepare now for your birth. The signal is coming. The time is now! It will be an easy, gentle birth. It will be the birth that is perfect for you, an enlightened being.

You know your life purpose. You have full memory of who you are. You know you have much to do in this lifetime. A blueprint, as much of it as exists, is in your mind. Your parents are going to assist you in remaining conscious of who you are, of remembering what you came to do.

The time is approaching now for you to be born. All of the higher community is present. You might imagine the beings of light, the guides, even the angels, as well as your parents' friends, family, and greater community. For in this re-written birth, everyone is celebrating that you are coming into this reality. Your birth is a great celebration.

Now feel that connection to your mother, and to your father as you take a deep breath, as you are born into this reality. The lights are dimmed. You can choose whether you want to be born in water or not. Every care has been taken for your comfort.

You are greeted with smiling faces all about you, a telepathic welcome, for the community knows that you are hearing them. They are acknowledging you as a conscious, intelligent being. For although your physical body is small, these beings that are present know who you are, know that you are an old soul, that you are a master.

You feel your little body unfolding. It is so good to be in this world. You have looked forward to your birth for a long time. You have much to do. You can feel the joy and celebration all around you. Everywhere are messages of love and welcome. You have come through as an enlightened being. You were born and are aware of your path and mission.

Feel the joy as you receive all the love around you. Each being comes to look at you, to give you a special gift of love, encouragement, and support. Many of these you have known before in other lifetimes, and you recognize many old friends. You can feel the higher communities of light around you as well, those guides and teachers who will be working with you in this lifetime, assisting you in your path.

You have been born as your Higher Self. You are adding a new note, a new frequency to the earth. You have been born. Now there is singing, and celebration. You feel so welcomed, so safe and secure. Your mother and father have tears of joy at seeing you, their child. You are the light of their life.

Now, let go of this scene of your birth, and begin to imagine what your childhood was like, from the ages of birth, to about ten, yourself as a master. How were you raised as a master? Your parents knew who you were. They showed you many ways to work with your energy. They are giving you much training—perhaps meditation and esoteric knowledge. You are given unlimited beliefs that serve you to be free and to develop into your full potential. You are being guided to discover your innate skills.

You are able to be open. Your emotions are flowing. Your mind is achieving new heights of creativity and awareness in this nurturing environment. You are very high and loving, even at a young age. Both of your parents know exactly what kind of guidance you need to unfold to your full potential. You know you are loved, honored, and valued.

You are being raised with full acknowledgment of who you are. You have conscious parents. Feel the strength in your little body, the child that is growing into a strong and healthy adult. You are wise and playful, and your parents have given you just what you needed. Your parents have a sense of humor, for you are taught how to laugh as well.

Your parents are doing everything they can to bring out the light within you. Notice the radiance you have as a child, even at two or three.

Watch that radiance grow as you age yourself, coming into your teenage years now. How smooth these years were, how easily you grew up and matured with the whole community loving you.

There is laughter and talk, support and encouragement. Everyone is sharing what they know of mastery with you. Everyone is linked together telepathically, sending you love, teaching you what you need to learn.

You have learned how to tap into the Universal Mind. You are encouraged to trust in your inner wisdom, to develop your own strength. In your teens, you are centered, and you are aware of the guidance of the higher beings. You are growing strong like a plant, rising up to the sun, green leaves, firm and solid stem, good roots, just the right amount of light, nutrients, and soil. You are brighter and brighter. You know what to study and you are being guided in your studies.

Your life purpose is unfolding beautifully. Your parents knew at your birth what you came to do, and the entire community is working with you to prepare you for this work. You know you are growing up as a master. You accept this responsibility. You are gentle and loving. You put order and harmony to everything about you. You are able to laugh and play as well.

Let yourself grow up even more now as the master until you are your current age. You are now at your present age. You are the master. We would like you to blend this probable self with who you are now. Letting the atoms and the molecules of your bodies join, letting the memories that you have now be replaced with the memories of yourself being raised as a master, knowing who you are.

You are wise, calm, and tranquil. Feel the self-esteem you have, the sense of purpose. You are so blessed. You focus on assisting others, on reaching new levels of connection to the higher realms, and upon your own inner growth and work. You are fully aware and conscious. You are becoming radiant.

You are now the master, the enlightened being. The more you imagine this to be so, the more you put yourself on a path of mastership.

All right, begin now to open your eyes slowly and easily. Look around the room as the master. Is there anything you would change or put into order?

Come back now as your Higher Self, as the master, and live the rest of today from this perspective.