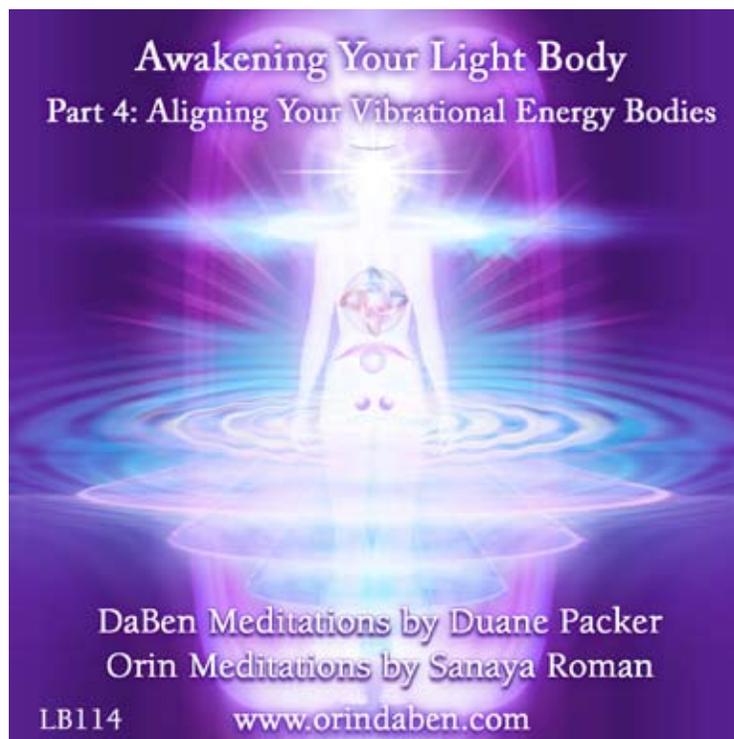


Awakening Your Light Body Part 4
Aligning Your Vibrational Energy Bodies



DaBen Meditations by Duane Packer
Orin Meditations by Sanaya Roman

Written Material to Accompany
the Audio Course

Includes Transcripts

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Website Links

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

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- [Suggested Light Body Study Sequence](#)
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LB114P PDF v1.01

DaBen and Orin's *Awakening Your Light Body Course*
Part 4: *Aligning Your Vibrational Energy Bodies (LB114E)*

Aligning Your Vibrational Energy Bodies

DaBen Meditations by Duane Packer

Orin Meditations by Sanaya Roman

Music by Thaddeus

Index to Audio Journeys

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

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

Program 1	DaBen: Traeo and Dinia <i>Music: Lord of Love TH065E</i>	20:08
Program 2	DaBen: Renawre and Ranthia <i>Music: The Blessed One TH063E</i>	19:31
Program 3	DaBen: Renawre and Pieah <i>Music: Surrendering TH023E</i>	20:21
Program 4	DaBen: Drinia and Dinia <i>Music: Light Emerging TH033E</i>	20:45
Program 5	DaBen: Experiencing Centers as Planes <i>Music: Spinning Wheel of Light TH030E</i>	20:54
Program 6	DaBen: Recharging at Core <i>Music: Heart Radiance TH031E</i>	20:50
Program 7	DaBen: Working on a Relationship Issue as Energy <i>Music: Angels of Love TH020E</i>	20:52
Program 8	DaBen: Working with Abundance Issues as Energy <i>Music: Spiritual Sun Vortex TH051E</i>	21:10
Program 9	DaBen and Orin: Running a Finer Gridwork Through All Centers <i>Music: Strands of Light TH017E</i>	26:27
Program 10	DaBen: Expanding Your Aura <i>Music: Sirius TH035E</i>	21:10
Program 11	DaBen and Orin: Opening Your Channel <i>Music: Solar Contact TH006E</i>	31:37
Program 12	Orin: Journey to the Temple of the Masters <i>Music: Sacred Journey TH056E</i>	42:08

Next Course in This Series and Related Audio Courses

[Awakening Your Light Body Part 5: Awakening Your Light Body LB115](#)

[Orin and DaBen's Opening to Channel C100](#)

[Orin's Creating a Soul Relationship SL106](#)

[Orin and DaBen's Advanced Manifesting and Magnetizing W005](#)

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 4

Aligning Your Vibrational Energy Bodies

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

Getting Started

- **Please read the *Aligning Your Vibrational Energy Bodies* section that follows before listening to the journeys in this course.**

At the end of this course is a section with the comments and reactions of people to their learning and exploring the Traeo, Pieah, and Renawre. You might enjoy reading this before you begin or while you are *Aligning Your Vibrational Energy Bodies* in this course.

☛ **READ BEFORE LISTENING TO: Any Program.**

Aligning Your Vibrational Energy Bodies

Congratulations for completing the first three courses and welcome to the fourth part of the *Awakening Your Light Body* series. You have now spent at least three to four weeks working with the Traeo, Pieah, and Renawre. This course works together with Part 3 to prepare you for awakening your light body centers. In this course DaBen will show you many ways to use the vibrational energy body centers you have just learned so you can create the emotional flow and mental fluidity necessary to awaken your light body centers. Your seven vibrational energy body centers need to be harmonized and flowing so you can experience and stay conscious in the higher realms your light body opens up for you.

To awaken your light body centers you need to create a level of physical ease, emotional flow, and mental fluidity with your vibrational energy body centers. With emotional flow your emotions flow from one to another without your attaching to them. With mental fluidity, thoughts come, but they also leave easily as the mental body sets up and releases. We have created many journeys in this album to assist you in exploring what it feels like when your emotions are flowing and your thoughts are fluid. Play with what to do with your lower four centers that creates this sense of flow. To hold greater levels of light you also need a degree of physical ease, the physical ability to be in these spaces. Explore whatever makes it easier at a physical level for you to stay in these higher states—a change in diet, exercise, posture, breathing, stretching, bodywork, and so on. Physical ease, emotional flow, and mental fluidity—all states you have been learning with the vibrational energy body centers—are elements that will make it possible for you to have a more fully awakened light body.

Each vibrational energy body center contains sets of frequency patterns that you have been learning. These frequency patterns are identified with different emotional, mental, and physical states. In this course DaBen will show you ways to combine the centers and their energy patterns to discover new, expanded states of consciousness. These states will teach you different aspects of mental fluidity and emotional flow. As you run the energies and work with these journeys, be extra observant of your emotions and thoughts. These are ways you think and feel as your energy becomes more balanced, harmonized, and flowing. Find ways to describe the emotional or mental states you experience, or develop other tools to assist you in remembering what these states are like so you can recreate them. As you become more aware of how these states feel, you can recreate them (or even better ones) on your own and stay in a higher flow where things happen easily and effortlessly.

This higher flow might be considered the Higher Will, the force of evolution, the current that carries all life forward into its higher expression. As you learn to create more flow and fluidity in your emotional and mental energy bodies, you are able to capture and use more of this higher flow in your daily life. Not only can you find and follow the higher flow, you can discover subtle nuances in the flow, jump into higher flows, and take advantage of new and expanded currents that may appear. The more flowing your own energy, the higher the current or flow of the Higher Will you join. In

the same way, the finer and more radiant the gridwork of your mental body, the higher the level of the Universal Mind you can tap into. The journeys in this course are to teach you new ways to create, expand, balance, and enhance the way your energy flows.

The energy of the higher flow is dynamic. You join it to a greater and greater degree by the amount of flow you create in your own energy systems from moment to moment. Being in the flow will substantially increase the amount of energy you have available. You are not "using up" the energy about you, for it is inexhaustible. As a traveler to these dimensions and these subtle energies, if you are in the flow the energy is being increased all about you. It is only when you close down the flow by not letting your own energy flow that you are less connected to the higher flow. The energy around you begins to dissipate, becomes scattered, and the light you are creating begins to disappear. There is no end to how high a flow you can join and how expanded your energy can become. You are just beginning to get a glimpse of how truly wonderful you can feel, how creatively and clearly you can think, and how high you can go with your consciousness. The more you stay in the flow, the greater a contribution you make to everyone and everything around you. You become a transmitter of light, transforming everything around you into a higher vibration.

One of the skills you will need to develop to stay in the flow, experience higher states of consciousness, and awaken your light body centers more fully is the skill of observation. You have been learning throughout all the preceding courses to develop your skills of observation. You might take a moment to reflect on how much more aware you are now of subtle energy, your emotional and mental states, small details, and others shifts in your awareness since you began this course. As you do the journeys in this course, see if you can go to a new level of observation. Notice in as much detail as you can what you are experiencing. Notice your size and scale. Look at each of your centers. Does the energy or the center you are observing have a quality of clarity, flow, purity, radiance, and so on to it? Observe how your upper centers are being affected by the changes you make in your lower centers. How are the centers moving? What size are they? Are they doing something differently than normal? If you are seeing geometric patterns, look at them in more detail. Do they seem like variations on a certain theme, then shift to a different theme? As you notice what you are experiencing, become that experience. Fall into it and surrender. As you develop new levels of awareness and observation while you run the energy, it will also develop your skill of observation and awareness in your everyday life. This increasing awareness is an important quality of enlightenment. It allows you to stay in the moment, know how to handle the energies around you to get the most out of them, make minute adjustments in your energy so that you are living in a higher flow, and much, much more.

The key to this course is playfulness and inventiveness. These are qualities that will assist you in experiencing more fully your light body centers in Parts 5 and 6 that follow. We encourage you to play with the centers and observe what you experience as you run the energy. Because we want you to be playful and inventive, we will not give you weekly instructions, but let you determine your own pace. Tune into which journeys might be appropriate for you to work with on any given day. We have included some information about each journey in the Journal Notes to assist you in deciding which journey might be appropriate for you. Some will put you in energetic states, and some will calm you down. Decide before you begin which state is appropriate for you. Each time you listen to the journeys or work with them on your own, challenge yourself to think of one new thing to do with the centers, or explore one center more thoroughly

than you have in the past. Find a new observation about one of the centers, something that you have never noticed before. When you do these on your own, play with starting in the Diania or Ranthia rather than the Nu'a. We would like you to take at least two to four weeks to work with this course. DaBen and Orin feel you need at least six to eight weeks playing with and learning the upper vibrational energy body centers before you will have the necessary power, harmony, and flow to experience the first two light body centers in Part 5. We join you now on your explorations as you align your vibrational energy body centers.

- **Listen to DaBen's Journeys on Programs 1, 2, 3, 4, 5, and 6 after you read the information about the journeys in the Journal Notes that follow. Some of these journeys will amplify and increase your energy, and some of them will calm and quiet your energy. Use whatever journeys are appropriate for how you want to feel. After you finish with each journey, record your experiences in the Journal Notes.**

Vibrational Energy Body

Visualization Aid for Renawre Cocoon with Centers



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

Journal Notes

Program 1 Traeo/Dinia Journey by DaBen:

This journey will take you to calm states of inner stillness. Balancing the Traeo/Dinia is useful if you want to calm down, quiet your thoughts, or achieve states of inner stillness. As you work with the states of consciousness that are possible when you play with the Traeo and Dinia together, observe your emotional and mental states. Record your experiences below, and include any observations you can think of about the emotional flow and mental fluidity you experienced as you worked with the Traeo and Dinia together.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey

Experiences:

Journal Notes

Program 2 Renawre/Ranthia Journey by DaBen:

Working with the Renawre and Ranthia together can teach you about love and compassion, a sense of oneness, and how those states are a part of emotional flow and mental fluidity. Holding these two centers in your awareness at the same time creates an excellent space for receiving insights and opening your creativity. Use the centers in this way to feel calm, expanded, and lifted up to a higher, more loving perspective. As you listen to this journey, observe changes in your Renawre cocoon. Does it have more clarity? Can you see more of it? Notice anything new about your Ranthia. How does your Ranthia affect the Renawre cocoon? Again observe your thoughts and emotions, and anything else that will help you remember and return to this state at will.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 3 Renawre/Pieah Journey by DaBen:

This journey may take you very "far out" as you expand your energy to a new level of flow. Do not use if you have to be immediately productive in a left-brain, intellectual way. The Renawre/Pieah is a profound state that can lead to insights, an enhanced ability to observe your vibrational energy bodies, and teach you ways to navigate in the Pieah void so you can reach other dimensions. Make a note of the things you were able to observe. How many levels of energy around you could you become aware of? Could you observe all at once the sounds, smells, earth energies, people energy, emotional energy, individual and mass thoughtform energy, and the energies of the higher dimensions and guides? How did it feel to leave the cocoon, and what happened as you did? What changed in your experience as you were in the Pieah and Renawre at the same time? How did your thoughts come and go? Where did you go in the Pieah? Did you have a sense of movement, a change in your size or scale? How did it feel to expand your awareness to a larger and larger volume? Did you stay conscious? Did you see geometric patterns? Note your observations below for your future reference.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 4 Drinia/Dinia Journey by DaBen:

This journey may energize you, so do not use right before bedtime. The Dinia/Drinia combination can be used to create a greater flow of energy. DaBen did not teach you about the Drinia when you first learned about the Dinia because you were not yet ready to handle the increased flow of energy the Drinia releases into your upper centers. This will teach you what an increased flow feels like, giving you new aspects of emotional flow and mental fluidity to experience and observe. Note any physical sensations when you do this journey, for the Drinia can bring a greater flow and a higher vibration into your physical body as well as your emotional and mental energy bodies. Be observant. Were you able to alternate the balls? Did you resist? Was it easy? How did you feel as you alternated the balls? (This will get easier as you work with it.) What happened when you slowed the rhythm down? How is the Drinia space different from the Dinia space? How did you feel afterward? Can you remember this space well enough to recreate it on your own?

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 5 Experiencing Centers as Planes Journey by DaBen:

This journey will increase your energy flow, so do not use before bedtime. The energy flow this journey creates is several degrees larger than the flow created with the Dinia/Drinia. Most of us are not used to this much energy running through our systems, so observe what it feels like and any emotional or mental reactions you have. Do this journey in an environment that is appropriate for you to be open in, for you will be opening your Nu'a cone all the way. Observe how it feels to make all the centers into planes. Notice that the Leow forms a plane of light coming out from the balls, that the Ranthia generates a plane from the energy it regulates, and that the Renawre disk (not the cocoon) can form a plane. Notice what it feels like as each of the planes blend into one. Notice the shifts that are created in your emotional and mental energy bodies as you open one center after another into a plane. What do these shift points feel like? Was the transition smooth? Develop your awareness of shift-points, noticing when subtle changes occur. These are times when you have changed the frequency pattern of energy you are running through your centers. If any irritability comes up after using this journey, you may be having trouble adjusting to this level of energy flow. Simply run the Nu'a and close the cone down to a cylinder. Create long, slow waves with the Dinia as you angle the plane downward in front. The more you work with this journey the more you can learn how to handle an increased flow of energy. This higher flow can open up new and increased opportunities in many areas of your life.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 6 Recharging at Core Journey by DaBen:

This journey will assist you in exploring what your core energy feels like. You can use it at any time as it will assist you in balancing your energy into whatever state is appropriate for you as you do it. This journey will teach you new aspects of flow and fluidity. Pay attention to any observations or insights you have about flow, peace, and balance. Notice how you feel or how your thoughts work at this level of balance and harmony. Note anything new you observe about your centers and how they work together. Notice the transition between frequency patterns as you move from center to center. Observe changes in your breathing and posture. Were you able to find those places where the centers worked together and created the most harmony?

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

- **Work with Programs 1 through 6 at least once with and without the journeys before continuing. Record your experiences in the Journal Notes provided. Go to Programs 7 through 12 when you have completed the first six Programs.**

Journal Notes

Program 7 Working on a Relationship Issue as Energy Journey by DaBen:

In this journey, you will learn how to work on a personality issue by changing it at an energy level.

Date of practice with journey:

Issue you worked on, with whom:

What shift did you create? How did the issue change? How do you feel about this issue now?

Date of practice with journey:

Issue you worked on, with whom:

What shift did you create? How did the issue change? How do you feel about this issue now?

Journal Notes

Program 8 Working with Abundance Issues as Energy Journey by DaBen:

Record any insights you received as you worked with the vibration of abundance. What issue did you work on? Could you find and enhance the energy of abundance around this issue, or around abundance in general? How did abundance change for you?

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 Running a Finer Gridwork Journey by Orin with DaBen:

Record your experiences and any emotions, sensations, or insights you remember. What changes would you make in your life, career, environment, relationships, food, body, exercise habits, and so on? What was your first future self like, and what message did he or she give you? How did your second future self appear as different from the first? What was the message from your second future self?

Date of practice with journey:

Insights:

Date of practice with or without journey:

Insights:

Date of practice with or without journey:

Insights:

Running a Finer Gridwork Through Your Vibrational Energy Bodies

After running a finer gridwork of energy through their vibrational energy bodies, we asked people to view their experiences with this finer gridwork by finding the essence of how their lives would be different. Rather than focusing on the specific changes they would make if they were living at this greater level of light and radiance, we asked how might they describe the essence, the new or enhanced qualities their lives would have. Comments from class members included:

“Everything seemed more harmonious.”

“I had a feeling of greater love, warmth, and togetherness with others.”

“I felt connected to others; life had a quality of giving and receiving.”

“Everything seemed gentle and soft.”

“I felt my life would have more joy and a feeling of exuberance.”

“There was a fluidity to things.”

“I would be very aware and more conscious of what I was doing at each moment.”

“Everything had a clarity about it.”

“Beauty—things would be more beautiful around me.”

“I felt the quality of flexibility would be enhanced in a finer gridwork.”

“There was deep peace. A sense of serenity and stillness.”

“Things had a purity.”

“Everything was lighter.”

“Everything in my life had a precision to it.”

Notice the qualities here—lightness, purity, clarity, precision, harmony, fluidity, flexibility, beauty, awareness, consciousness, joy, exuberance, softness, love, connectedness, and any that you can add from your own experience with this meditation. These are qualities of radiance and light. As you harmonize your energy, increase your emotional flow and mental fluidity, and begin to radiate light with the light body centers you will learn in the next course, your experience of these qualities will increase. All of these qualities (listed above) interrelate. There are many similarities of the felt-sense of each one of these qualities. Having more of any one of these qualities will bring you more of all of them. Some of these qualities, such as peace, love, gentleness, joy, harmony, and exuberance can be qualities of a flowing emotional body. Qualities such as clarity, purity, fluidity, beauty, flexibility, awareness, consciousness, and stillness can be qualities of a fluid mental body. As you harmonize your vibrational energy bodies, creating a level of physical ease, emotional flow, and mental fluidity, you create the harmony necessary to awaken to your Higher Self and center your consciousness in higher aspects of your being. You will begin to operate as a soul-infused personality, with your Higher Self and Soul operating and fully conscious in your everyday life and ordinary reality. Your life will begin to take on these qualities, and you will discover more levels and layers that each of these qualities can have.

Duane: As you harmonize your vibrational energy bodies you are creating a finer and finer gridwork about you and connecting with higher aspects of the Universal Mind. You are going to see things about your life you have never seen before. You may be more aware of the things that no longer fit who you are; they will need to be changed and refined to match your higher vibration. You may find yourself doing things that

you have done at other levels, like cleaning your house, organizing closets, putting your papers in order, but doing them with a new level of attention to detail, or with a different objective. As you increase your vibration you may want more order about you. You may find yourself wanting clarity at new levels: clarity of agreements with others, clarity of purpose, and so on to allow your energy to flow outward without meeting obstructions.

An interesting analogy of the difference between a coarse and fine gridwork can be seen in the example of losing a quarter in a large field. If the only way you could search for it was to walk the length of the field at quarter-mile intervals, your gridwork would be too coarse to have much of a chance of finding the quarter. If, on the other hand, you could scan an interval of every millimeter, you would have a very good chance of finding the quarter. Scanning every quarter-mile of several hundred acres would give you a much different view of the field than if you scanned it millimeter by millimeter.

Your gridwork gets finer as you continue to work with the vibrational energy body centers and gain an increasing emotional flow and mental fluidity. As it does, you may pay attention to details you have never noticed before. You might look at your home and decide to move furniture, paint walls, change colors, remove furniture, clean the curtains, or fix all the small things that never bothered you enough to fix. Your awareness of subtle energies will increase. Your need to move furniture may reflect your increased sense of subtle energy flows in the room and the need to open up the room's energy. You may look at food or your diet in a new way, noticing for the first time how you feel emotionally or mentally after you eat different foods. Nature or the outdoors may feel more alive to you and you may find yourself exploring the outdoors in new ways. You will gain a new level of precision, awareness, and attention to detail as you continue to refine the gridwork around you.

It is important to make changes at whatever rate is comfortable to you. You do not want to suddenly look at your life and decide everything is unacceptable. Your personality can respond to this new level of insight by saying, "Let's get rid of everything and start over." Start by bringing things up to a higher vibration at a rate you can handle. You want to find one area, work on it, then broaden the changes to other areas when you are ready. Some people come back from these higher spaces and tell us they feel an increasing separation between the high, expanded feelings and insights they have in these spaces, and the increasing awareness of the limited reality they are living in. You will need to make changes as you live at a higher vibration so that the things around you and your daily activities reflect your higher vibration. Those things that do not reflect your higher vibration will become increasingly uncomfortable. Sometimes the changes that you need to make are small, and sometimes they are more major. If the changes you need to make feel too major, you may want to slow down for a while and do less of those things that are raising your vibration.

If you are seeing changes you need to make, if there are places your energy feels confined, work on those areas as energy. DaBen has provided several journeys to show you how to work on situations as energy. As you work on them as energy, they will transform in their outer expression as well. Do not make any changes until you have looked at what to do from the higher spaces you now know how to reach.

Sanaya: When we first began teaching the light body, Orin told me that the most important thing I could do with my life was to work with the centers, run the energy, and awaken my light body. I spent the first six months or so simply learning the centers. The next step, Orin said, would be to learn more about emotional flow and mental fluidity. Although I felt I was fairly calm and emotionally stable most of the time, as I built a

finer and finer gridwork I began to realize that a whole new level of emotional flow was possible. By creating an even steadier emotional flow I could stay more consistently in higher states of consciousness. Orin had me play a game that perhaps you might enjoy. We would take a segment of time, like an hour or a day, and play with observing if my emotions were flowing or not.

At first I was not sure what flowing meant, but as I observed my emotional states it became more obvious. Of course, it was easy to recognize those times when I was visibly upset about something. However, I also began to recognize how many times during the day I would subtly close down my emotional flow. For instance, if a slow car pulled out in front of me, I began to notice how my feeling of irritation closed down my energy. Or, if I had a time deadline and began to race through everything I did that day, I noticed that I was out of the flow. Excitement about seeing people or over a wonderful happening also made it harder to be in the moment and keep my energy flowing. It wasn't the emotions that stopped the flow. I could have had the same feelings and either shut down the flow by hanging onto them and letting them build, or maintain a flowing emotional body by letting them come up and completely release. When I had feelings such as impatience, over-excitement, and so on, my mental body became entangled with my emotions which stopped or constricted my energy flow. I began to recognize many different situations, feelings, thoughts, and other things that I let keep my energy from flowing.

Next time you run the energy, notice what your emotions feel like. Notice how high and positive your thoughts are and how easily your feelings and thoughts can come and go. Use this as a measurement or state to remember throughout the day.

For an hour or so after you come back, observe your energy. Every time you notice that you have stopped or closed down your emotional flow, run the Nu'a for a few seconds. Do not work directly on the situation that is bothering you. Simply go back to the first three centers and spend a few moments running the energy until you have the flow back. You will know the flow is back because you will have calm, positive thoughts, feelings that come and go easily, and all the qualities you observed when you were running the energy earlier.

Orin has told me that the simple step of noticing my emotions throughout the day and working with them to keep them open and flowing can create enormous changes in my life and ability to grow spiritually. As I work with keeping a finer and finer level of emotional flow and mental fluidity, it is giving me rewards beyond anything I imagined. I can get more done in less time, I am able to more fully empower people, and my sense of inner peace and serenity is growing, I am losing my attachment to thinking things have to be a certain way, and much more than I could list here. I realize that this is an ongoing process. Every time I work with a finer gridwork I see more places I can work with to keep my energy flowing. Orin and DaBen say keeping our energy harmonized and flowing puts us into the higher flow of the Higher Will where everything in our lives can happen easily and effortlessly. Things can appear just as we need them and we will be in the right place at the right time.

We would like to share some comments and questions from class members about their experiences with running a finer gridwork through their vibrational energy bodies.

Comment: I could not see the gridwork visually. I mainly experienced it as an energetic flow like a paisley pattern. It felt more like I was shifting states of consciousness. It seemed like I was playing with light.

Reply: You won't always experience an even gridwork. In fact, you will probably notice that you are seeing more and more of the movement of the gridwork as you continue to work with it. You may even notice the gridwork sometimes moving as if it were in slow motion, something like time-lapse photography where you can see all the past motions of an object. This can create wonderful patterns as you watch.

Question: I had a wonderful experience when we made the gridwork finer and brought it into the Nu'a. I was experiencing the lower centers in all new ways. I was riding out on the Dinia waves, they were huge. The Mumin came alive. It was thick and felt like the energies coming through it were light particles. I was right inside the membranes of the Ranthia. I have a much better understanding of these centers now. However, the gridwork disappeared in the Pieah. Did I do something wrong?

Answer: The Pieah seems to exist in no time and no space, and the gridwork seems to exist in time and space, so the gridwork is not there at the Pieah. The gridwork is back at the Renawre as an influence on the cocoon.

Question: The gridwork changed as it went through each center. Why is this?

Answer: You are beginning to notice what each center does to your mental energy body and your mental energy body's connection to the Universal Mind. Remember your mental energy body is a gridwork, just like the Universal Mind. You are beginning to observe the way your mental energy body is being affected by the energy of the center you are working with.

Question: My Leow really changed. Did anyone else notice a change? (The majority of the class said that the Leow changed. Some said it had more light, color, or a shimmer.)

Answer: Good, and from this observation you may notice something else. Each center is actually a state of consciousness, a place you can experience as well as a center that influences your physical, emotional, and mental energy bodies. You could spend time in the Nu'a exploring for months or years, and never exhaust all of the experiences you could have just in this center. Just as you traveled interdimensionally to other realms, so does each center take you to many "places." Try this exercise of running a finer gridwork through your Nu'a, for example, and play with all the experiences you can have just with this center. You have enough tools with the vibrational energy bodies to spend a lifetime, if not lifetimes, exploring all the places and states of consciousness you can now reach. Begin to notice the distinct energy that each center has.

Comment: I noticed how much my gridwork varies when I am around other people and how I need to keep it more constant.

Comment: I became aware of how important it is for me to run the energy and spend time at least once a day going into these higher states of consciousness. I saw that these are the times I am growing spiritually, and that all the light I bring in during these times creates positive changes in every area of my life.

Comment: I saw that I could use the image of the gridwork during the day as an inner measurement of how high my energy was. I could see that the finer, clearer, more shimmering, radiant, glowing, flowing, and moving my gridwork looked, the more my energy was centered in my Higher Self.

Journal Notes

Program 10 Expanding Your Aura Journey by DaBen:

Note any changes in your perceptions of the energy about you. Did you notice any change in your awareness of your energy close to and further away from your body? Did your aura shift? How did it shift?

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 Opening Your Channel Journey by Orin with DaBen:

This is an optional journey for those of you who want to explore using some of the spaces you can access with the vibrational energy body centers to channel a guide, your Higher Self, or a Master. Record below any messages, sensations, energy, or insights you received. If you want more information about channeling, we have written the book *Opening to Channel* to assist you in connecting with your guide or Higher Self. We also have a set of journeys that accompany the book to assist you in channeling. For those of you who are already working with our book and the *Opening to Channel* course (C100D) you may want to use the energy setup of this journey to bring in your guide as you use the *Opening to Channel* course. You are now gaining a greater awareness of these subtle frequencies that your guide, Higher Self, and the Masters exist in, and your awareness of their presences, messages, and energy transmissions should be growing stronger.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 12 Journey to the Temple of the Masters by Orin with DaBen:
Record your experiences and 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:

People's Comments and Reactions to the Traeo, Pieah, and Renawre

We want to share with you some of the experiences people have had after learning the upper vibrational energy body centers that you are now working with—the Traeo, Pieah, and Renawre. Other people's experiences might be of interest to you if you are having similar experiences. You may or may not have these experiences; your experiences will be uniquely your own.

Even though it was not always easy, people felt inner satisfaction because they were facing things more readily, releasing old blocks and fears, and having breakthroughs in many areas of their lives. One man commented that for the first time he saw how he was afraid of intimacy and how he had always sabotaged a relationship when it got too close—although he had always blamed his partner for being the one to pull away. He realized that he was the one who created the circumstances that drove his partners away, letting him feel victimized and blameless. He was currently in a relationship that was starting to get close, and he saw that he was about to initiate the same pattern. He worked with Orin's Age Regression process, ran the energy, and asked for guidance from his Higher Self. He affirmed that he was ready to release this pattern. As he worked with age regression, he reported some breakthrough insights about his parents and their relationship to him and each other. He realized he believed he would get hurt if he let anyone get too close. As a result he had never had more than a series of superficial relationships, always blaming the other person for not being able to get close. He knew he was ready for a deeper commitment. He released his old decisions and beliefs, and chose to believe that it was safe to get intimate with and be vulnerable to another person. With elation, he reported several months later that he was allowing the relationship to get more intimate than he had ever let a past relationship become. He felt more loved by and close to another person than had ever been possible for him.

People told us repeatedly that they had many issues come up and felt they were doing a lot of growing, changing, and processing. Some said these issues were ones they thought they had settled long ago—doubts about their self-worth, self-depreciation, relationship and survival issues, and so on. This time they resolved to get to the root of things and create a real shift in this area. Many worked with the Age Regression and Subpersonality journeys by Orin, worked with other guided meditations, contacted their Higher Selves for answers, or ran the energy and found deep insights about these issues that allowed them to more completely resolve these issues this time around. If you find old issues coming up, realize you are untangling your mental and emotional body. As you open up to this expanded flow, unresolved issues may come to the surface as they are being released. You have not failed or gone backward—you now have more light so you can handle things that in the past you were not able to fully resolve. Besides working with these issues to understand them, love all the feelings that come up around them. Do not resist your feelings, judge them, or argue with them. Simply love and accept your feelings and they will continue their transformation into a higher vibration. When you gain this level of mental fluidity, you may find any issues that hold less light, or represent a lower level of thinking coming up to the surface to be resolved. As you resolve them you gain the necessary harmony in your energy bodies to hold higher levels of awareness in your conscious mind and be your Higher Self.

Many people commented that it was easier to see their limiting thoughts. They would suddenly become aware of a thought and realize it could be more unlimited, positive, and take them higher rather than limit their self-expression. Several people

commented that they realized they needed to have a more positive self-image and more belief in themselves. They were observing their thinking patterns and watching how they created their reality. Some said that as they observed their thoughts more closely, they were surprised at how judgmental and critical they were of themselves. They decided to be more loving to themselves. Many commented that they felt more forgiving of themselves and others and they continued to observe, love, and work with their thoughts. Some realized how much they worried about things, and were able to catch these thoughts more rapidly and change them into trust and belief that their higher good was unfolding in its perfect way.

People commented that they continued to have good days and bad days, emotional ups and downs. They said the good times were even better than before, but the lows were sometimes worse because they now knew how good they could feel. Some people commented they realized for the first time that they *wanted* to hang onto feeling bad. Since they knew they could run the energy and feel good, they were surprised that they did not always choose to do so. Because people were getting used to being in a more harmonized, flowing state, their awareness of when they were out of the flow increased. One man said, "Since starting this course I have had moments of pure joy. I have had moments of deep depression as I realized the changes I needed to make in my life. I would not trade it for anything!" A woman wrote, "My life has been like a roller coaster with rapidly changing ups and downs. My feelings vacillate between being very whole, fulfilled, secure, joyful, at peace, and so full of unconditional love and radiance coming from the inside out that I might burst from it all. I go from this state to being anxious, insecure, and fearful thinking of what I might be giving up or leaving behind on this spiritual journey, and not knowing what I am headed for. I am sure I am going toward what is best for me in my own spiritual growth and world service. My old values and criteria of decision-making are changing and I am still evolving my new ones, so I do not always know what to base my decisions on. This is certainly a test of my commitment to my spiritual growth. Yet I know that this is my path, despite the difficulties and fear, I intend to go forward. The joys and the very positive changes that I see in myself and in some things around me, and the inner certainty that this path is best for me make it all worth while." Overall, people said they felt calm, centered, and peaceful much more often than in the past.

People often mentioned the word "trust." As one woman wrote, "My level of trust in the universe and in my own inner messages is increasing. My son had really been acting up and become a problem. Although I know many people said they found children calming down when they ran the energy, my son seemed to become even more difficult as I reached higher levels of inner peace. The word trust kept coming into my mind, and I continued to run the energy and include him in my awareness. A week later I saw a seminar advertised for parents of difficult children, and decided to go. I learned many things and saw that I needed to set more boundaries. It has not been easy, nor has change happened overnight, but things *are* changing for the better. As I keep trusting, I am led to learning what I need to know to transform this situation and my relationship with my son is definitely improving." Many people wrote, "I feel more trusting," or "I know that trust is my issue," or "I know that the universe is perfect, and I trust that things are happening for my higher good even if I do not understand why at the time."

Several people felt they were in the void during this time, with the old leaving and the new not yet present. As one man wrote, "Each time I discover a new core belief or core issue to work on I feel like I am in the void again. I know what I need to change but I have not yet changed it or experienced the new results. I go through confusion

until I emerge on the other side. Each time my sense of who I am is increasing, and my level of trust in myself and my process is growing." Over and over people wrote about having a greater sense of self, increased self-confidence, and more self-acceptance.

Issues of self-love continued to surface, particularly in areas of communication. As one woman said, "When Sanaya told us at the seminar that some people had experienced becoming more outspoken, and even militant about what they believed in after opening these upper centers, I remember thinking, 'I could never be that way.' I have always been a person who avoids confrontation; it is always easier, though not satisfying. Well, not anymore. What is interesting is that it feels so natural to speak up now. I used to feel resentful, thinking that people did not respect my time or my rights. Since I began speaking up and getting clear on my boundaries, people who used to take my services for granted now truly ask and are grateful for my assistance." Many people reported they "found their voice" or were able to speak up on issues that they had silently held within in the past. We saw frequent comments like: "I did not feel as great a need to pacify everyone," or "I was willing to speak my truth," or "I surprised myself by standing up for what I believe in." Many discovered that they were able to talk to friends and families about their beliefs, metaphysical ideas, and other areas they had avoided in the past. They said they had greater confidence in their ideas and a willingness to express their ideas to others without worrying what other people thought of them. As one woman said, "I feel I have a better sense of myself, that I am an okay person right now. I do not need to please everyone all the time just to feel good about myself."

Many people said that their lives were working the best they ever had, except that they had many friends who were going through crises and turning to them for help. One man said, "All around me it seemed like my friends were having problems and wanting me to help solve their problems. In the past, I tried to solve everyone's problems and felt somehow responsible if they did not get solved. This time when they came to visit I decided to simply run the energy, include them in my awareness, and not offer any advice. I took no responsibility for their problems. It was amazing! They would leave my house telling me what an enormous help I had been, and all I did was run the energy and listen. My friends had many new insights, and I did not feel drained as I used to when people wanted me to help them." Another woman wrote, "I used to feel that I had to fix everyone's problems. As I worked with the upper centers, I began to see how easily people's problems could be solved if they really wanted to solve them. I wondered why they did not make the simple, obvious changes they needed to make to solve their problems. At first I thought I was becoming less compassionate and colder because I did not jump right in and offer advice, or try to solve their problems. It almost did not feel right to feel so calm and peaceful when a friend had a problem. However, in the past I had spent hours helping people, and I realized that they still had not made any changes. I began to read books on co-dependency, and worked with my self-esteem and self-worth issues. For the first time I turned people's problems over to their Higher Selves, and let go of saving people. I have been focusing on making my own life work, making the changes I need to make. I decided the only action I would take to help my friends was to include them in my awareness when I am running the energy. One friend actually had a breakthrough as I held her in my awareness and ran the energy. I had poured energy into helping her for years with this problem, with no results. This is powerful stuff!"

A comment we saw fairly frequently was that people were able to connect physical pain with emotional issues. Several people saw their stomach pain as a place they were holding fear. By loving the fear and holding it in their awareness, they were able to release the fear, and found the physical pain leaving as well. One woman saw her shoulder pain as self-depreciation. When she worked on appreciating herself, the physical pain left. One man realized his arm pain was self-pity for all the long hours he was working. When he let go of self-pity, affirmed that he had chosen his path and that it was perfect for him, the arm pain disappeared. Not everyone was able to let go of pain, however. While many people were able to work with certain physical symptoms, many found one or two areas that were more difficult than others to work with. People's work with headaches, cuts, burns, and minor colds and flus continued to bring the best results in self-healing. Many people were able to create shifts in a physical condition. They reported that as they continued to include this area in their awareness they were gaining many insights about what the condition represented and the changes they needed to make for the condition to shift.

Many people experienced an expansion of their creative endeavors in art, music, dance, writing, and other areas of creativity. One writer said, "In the past, when I wrote I used to have to work to get a page or two written. After I run the energies the words seem to flow right out of me without effort." Two artists said their paintings had taken a new direction, and several musicians said their music had become more uplifting and beautiful. Many said they had more ideas, opportunities, thoughts, and paths open up for them. One man said, "I have so many ideas about what I could be doing, so many paths are opening up, that I am almost immobilized. How do you choose what to do? The opportunities are all good ones, but there are not enough hours in the day to do them all!" A dance instructor wrote, "I got so many ideas about classes that I implemented all of them. Now I am working so many hours I need to cut back. This is so stimulating, but I realize now that I will have to do things one at a time and not all at once." We have found that when you go beyond time and space into simultaneous time, you tap into many paths and possibilities. You are playing with the world of probabilities in the Pieah/Renawre, seeing many future things you may be doing. If you feel overwhelmed with the number of ideas you receive about what you can do with your life, get quiet, run the energy, and find the idea that is next. Look for the idea or opportunity that feels the most fun and joyful to carry out, that calls to your heart, and that you have the resources and time to carry out now. These energies are very stimulating, and you may be challenged to focus your energy on just a few things and not scatter it by taking on too much.

People loved working with the upper centers. Although some felt the upper centers were harder to experience, most people found them easier. One common reaction to the upper centers was a desire for greater physical order in their houses and personal possessions. People reported cleaning out closets; organizing desks, drawers, and files; painting; buying new furniture; and generally making their environment more beautiful and orderly.

We heard many stories of changes people made in their lives, and minor miracles they were able to create by running the energy. People used the energies to create new houses, cars, relationships, let go of relationships, make a relationship work at a higher level, and more. One man wrote, "One of my major shifts has been that I now work with energy before I take action. The results have been wonderful. For instance, I tune in to a good time to call a person, running the energy for a few minutes before calling. This has worked wonderfully. I run the energy and send light to my family when I do

not agree to do the things they ask or expect me to do. I am getting much more positive reactions to my responses than ever before." Another woman wrote, "We needed to create a house and only had three weeks left before our current lease ran out. I spent hours looking for a home, going to Realtors, and combing the newspapers, but nothing I did worked out. Finally I decided not to act but to simply run the energy and wait for an indication of what to do. I had my husband and children hold a vision of the house that would be best for us. I magnetized, visualized, and finally surrendered to asking for the best house for us to appear and let go of any concrete form. Within the week a perfect home appeared, for half the rent we expected to pay, and closer to my husband's office."

Lastly, people became much more aware of the potential they had for growth and expansion. Many said they saw many new possibilities that spiritual growth and living in higher consciousness made possible. Their excitement continued to grow as they became aware of the opportunities that were opening up. People reported their perceptions were changing. They said they were experiencing expanded states of consciousness, inner peace, bliss, and harmony they had only dreamed possible in the past. Some said that things that used to be important had lost their meaning, and other things gained a new meaning. One man wrote, "It does not seem as necessary to have my own way any more. Little things do not have the meaning they used to."

As they realized the enormity of the path that was opening up and the changes that might mean in their lives, some people found their mind and ego reacting. The ego, or personality self, became aware that it was undergoing transformation and at times fought back by telling people the changes were not real, the energies did not exist, or what they were doing was not really valuable. These reactions of doubt were usually temporary, and never stopped anyone for more than a few days. If you should find your mind telling you that perhaps this is not real, that these energies do not exist, or that you cannot create profound changes simply by achieving energy states of flow, harmony, and fluidity, love these thoughts. Do not worry about them, do not resist them, just love them. You can thank them for what they are trying to do for you, show them a vision of who you are becoming, and give them a new role. Many people found that working with Orin's Subpersonality journey (Program 4, *LB111*) very useful during these times. Your personality is changing, and knows that it will never be the same. It may feel as if a part of yourself is dying as the new self is being born. Some people even reported thoughts of dying, detachment, and of letting go. Throughout history, spiritual literature talks about the path of enlightenment starting with the "death" or transformation of the ego-based personality. Often spiritual growth starts with a near-death experience, or something that puts one in touch with their own mortality such as an illness, the death of a loved one, or the letting go of an attachment. Be gentle and loving to yourself if you are going through these feelings, for they will shortly transform into feelings of renewal, rebirth, and opening to the new.

As you awaken your light body you are bringing higher frequencies of light and energy to the earth plane. You are becoming a source of awakening for others and accelerating your own spiritual growth as you follow this path. You are opening the doorway for many people who will follow. Each time you work through your doubts, resistance, and other obstacles to reaching higher, you make it that much easier for those who follow. We look forward to hearing from you about your experiences as you awaken your light body.

What's Next?

Congratulations! You have now completed Part 4. Continue to increase your skill with the Nu'a, Dinia, Leow, and Ranthia as you work with the upper centers! The stronger your power base and heart center, the more easily you will be able to experience and open your Traeo, Pieah, and Renawre, as well as the light body centers that follow. If you are having any trouble experiencing the upper centers, go back and work with the lower ones. We would suggest that as you finish this course you find several of your favorite DaBen journeys from Parts 1 and 2, and work with them. Notice that you now have a new awareness of the lower centers from the finer, higher gridwork you have now created.

You are ready for Part 5, Awakening Your Light Body, 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.

Practice the upper vibrational energy bodies and allow enough time to integrate the changes that working with these centers will create, as well as to build power and strength in these centers, before going to Part 5. However, you do not need to "master" these energies to be ready for Part 5. You will need a level of harmony and flow with your vibrational energy bodies to work with and experience your light body centers. Work with whatever journeys you are drawn to, and practice running the energy without the journeys as well.

☛ **Before beginning Part 5, please complete the fourth "Growth Snapshot" Journal Notes that follow.**

[Part 5: Awakening Your Light Body](#)

Congratulations on awakening your 7 vibrational energy body centers! You are now ready to awaken your 3 light body centers. In the first four parts of this course you learned the physical ease, emotional flow, and mental fluidity - you learned how to create enough harmony in the Renawre cocoon to make this step possible. This next step represents a fairly large vibrational shift from the experiences you had with the vibrational energy bodies, and the spaces that open up. As you work with the Fullonia in this part, DaBen leads you into new, higher and more expanded spaces, and further develops your ability to sense subtle energies in ways that are possible only because of all the work you have done in the previous parts of this course. Enjoy!

You have learned the 7 vibrational energy body centers and now it is time to start awakening your 3 light body centers! In Part 5, DaBen transmits to you the sounds and frequencies that awaken your first 2 light body centers. When awakened, these centers can assist you in experiencing states of joy, inner visualizations, feelings, and sensations that are beautiful beyond words. Orin will guide you to experience and meet the soul of the earth to view life from the earth's perspective. You will learn how to connect soul-to-soul with loved ones to transform your relationships and to radiate light to others. You will "breathe with the universe" and journey into the oneness. You can learn how to exist both in this dimension and also be aware of other dimensions you exist in at the same time as your greatly expanded Self. You will journey to the Temple of the Masters to clear, purify, and add higher frequencies to your aura. Learn how to become a source of light, and call to you those who can respond to the light you are radiating - friends, loved ones, students, and the beings of light. Prepare to become a powerful worker of the light and a spiritual leader, teacher, or healer, if you should choose to do so.

Part 5 contains 12 DaBen and Orin audio journeys approximately 25-30 minutes each. Please visit website for information on audio formats that are available. [LB115](#)

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 notes, and record any changes in your life on this page.

Date:

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

My main concerns right now are:

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

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

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

Awakening Your Light Body Course

Part 4

Aligning Your Vibrational Energy Bodies

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 4 Aligning Your Vibrational Energy Bodies Transcripts

Program 1 DaBen Traeo/Dinia

Welcome. And find that posture and flow now that enhances your ability to be aware of these subtle energies, that relaxation that brings you closer to being able to observe and be your experience. Good.

And now, as we work with the energies of each of the centers, let these energies and frequencies enhance your experience even more as you try these frequencies, and as you notice and observe and become your own observations of these frequencies.

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

Good. Adjust the angle of the cone just right to enhance your experience right now. And follow the waves of the Dinia out in all directions.

Din eee ah.

Din nin eee ah. Din nin eee ah.

Good. Letting the wavelength lengthen. With another long, slow contraction of the Nu'a notice your experience throughout your entire body.

Nuuu eee yah.

Good, now bring your awareness to the Leow.

Leeeee ow. Leeeee ow.

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

Muuuuuu min. Muuuuuuu min.

Ran thee ah. Ran thee ah.

Good. Just be your experience now. Follow this shift in frequency.

Ran thee ah. Ran thee aah.

Good. Now bring your awareness to the Traeo. Just noticing the shift in frequency as you observe, as you sense.

Tray eee oh. Tray eee oh.

Good, now, include also in your awareness as you follow this floating sensation of the Traeo, the Dinia, just the ripples of the waves moving out. Noticing the link and the connection. The way the energy fits together, the way the experience of the Traeo combines and is enhanced by, and becomes a part of your experience as you follow that wave out. Following the Dinia wave out even further, as you be your experience of floating on the Traeo. Just follow these shifts now.

Tray eee oh.

Din eee aah. (long eee).

Tray eee oh.

Din eee aah. Din eee aah.

Become that floating now, even more. Notice as it broadens out. Observe the Ranthia even more. Include it in your awareness also. Adjust the angle on the Nu'a cone, holding all of these centers in your awareness. Now, bringing the Traeo and the Dinia more to your awareness, more and more completely.

Good. And finding that contraction, those places that you can contract on the Dinia now.

Din eee aah. (fast release)

Tray eee oh. Tray eee oh.

Being your experience now. Following these shifts.

Good. Noticing the way these energies somehow combine in your experience. Whether it is that you feel them or sense them in some way, or perhaps even see various energies

or patterns. Whatever your experience is now, just notice as they blend and shift as your awareness is drawn out, easily and effortlessly upon the Dinia, as the wavelength lengthens to harmonize more and more completely at more and more levels of frequency with that of the Traeo floating. Carried easily on the energy of the Ranthia. Opening the back of the head and neck even more. Good, and this shift; following this shift.

Tray eee oh. Tray eee oh.

Din nin eee ah.

Tray eee oh.

Just being your experience more and more completely now.

Tray eee oh.

Din eee aah. (drawn out)

Good. And you may notice now, that as you become your experience more and more, let your sense of the Traeo and Dinia become so harmonized that there becomes a rhythm between them. So that the floating of the Traeo becomes somehow synchronized, enhanced by the wavelength and the flow of energy from the Dinia. That somehow the Ranthia has harmonized and brought together these frequencies for a whole and complete feeling.

So that all of your flow of your emotional energies; that the very rhythm and essence of the emotional body becomes in synchronicity with, simultaneous with, as a part of, the way the Traeo focuses the energy. And indeed the way in which the mental body uses that energy to form and dissolve in perfect rhythm now. Just notice your thoughts as they form and dissolve, following upon these energies.

Tray eee oh.

Din nin eee ah.

Tray eee oh.

Din eee aah.

Tray eee oh.

Din eee aah.

Good. Now, you may choose to come back to the time and the space of the earth plane, or to continue your journey here. When you do choose to come back, do so easily and smoothly at your own pace. And with that we bid you most pleasant journeys.

Program 2 DaBen Renawre/Ranthia

And as you relax now, and find that posture that supports your being aware of these subtle energies, follow on these frequencies.

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

Din nin eee ah. Din nin eee ah.

Leeeeeee ow. Leeeeeee ow. Leeeeeee ow.

Good, and letting the Mumin be transparent to all balancing energies, to all frequencies and energies of balance.

Muuuuuu min. Muuuuuuu min.

Good. Just experience now. Expand your awareness out. Just experience. Observing your experience, your feelings, your felt sense, perhaps what you are seeing. Just being now. Observing and being. Good, and bring your awareness also to the Ranthia, just observing its rotation, its rate. Experiencing now, being your experience.

Ran thee ah. Ran thee ah.

Following this shift now, expanding your awareness even more. Being more and more completely your experience as you focus your awareness upon the Ranthia, on that stability, that constancy, and the evenness.

Ran thee ah. Ran thee ah.

Good, and continuing to be your experience now, bring your awareness also to the Traeo.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

Pi eee eee eee aah.

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

Just being your experience now, following your energy of the Renawre. Noticing the disk. Following the energy from there, up and around as far as you can. Just being your experience and observing.

Ree nah ree nah ree.

Good, now bring into your awareness also, the Ranthia. Being your experience of the Renawre, and bringing to your awareness the Ranthia.

Ran thee ah. Ran thee ah.

Good. Experience now how these energies enhance one another. As though somehow the frequencies and energies of the Ranthia bring your awareness of your energy about you when you reach the level of harmony and organization of the Renawre, that it is all enhanced. That you begin to experience and indeed to be that larger being you are. More consciously you are able to follow these frequencies, these patterns. And notice your vibration all about you. Finding that balance.

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

Ran thee aaah. Ran thee aaah.

Good. And following this shift, and noticing that balance more and more. And the way that your being becomes more of yourself and more of all that about you; of all that energy about you, and all the energy that you are. Being.

Good, and just notice your breathing now, perhaps taking a slightly deeper breath, shifting your posture, so that you are even more aware of these subtle energies.

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

Ran thee ah. Ran thee ah. (faster)

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

Ree nah ree nah ree.

Good, Just being your experience now, following these shifts in energy, in frequency.

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

Ran thee aaah.

Good. Notice more completely these two patterns of frequency balancing, becoming one another now. Let your experience be that balance, that transition point where they combine and become balanced. As though becoming one, but yet distinct, each moment to moment balancing one another. Moving is then a dance with one another. And from that dance comes the fluidity of the mental body and the flowing of the emotional body.

Balanced. Perfectly balanced. And as that dance and balance becomes more and more your experience now as you become that balance, that dance, find yourself expanding and moving out on your experience. Somehow magically, effortlessly, finding all the energy that has become somehow magically yours, that somehow you have joined it. And follow on these shifts as you continue to expand, joining that dance of balance.

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

Ran thee ah. Ran thee ah.

Good. And following this flow, this fluidity. Being your experience. Expanding even more.

Ree nah ree. Ree nah ree nah ree.

Good. You are doing very well. And you may continue to play here as long as you like. When you are ready, bring your awareness to the Ranthia slowly and easily, and then back to the time and space of the earth plane. So as you continue to play here now, we bid you a most pleasant and enjoyable journey.

Program 3 DaBen Renawre/Pieah

Welcome, and as you relax and find that posture that supports your ability to find and travel upon these subtle energies, let us set a pattern that you might use to enhance your awareness of these subtle energies. So as we do, incorporate this pattern, and your own unique frequencies, to enhance your experience more and more.

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

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

Lee ow. Lee ow.

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

Muuuuuu min. Muuuuuuu min.

Ran thee ah.

Ran thee aaah. Ran thee aaah.

Good. Now, just take a moment to observe and be your experience.

Good. Now, bring your awareness to the Traeo, and follow these shifts.

Tray eee oh. Tray eee oh.

Good. And following this shift, bringing your awareness to the Traeo and the Pieah.

Tray eee oh.

Pi eee yah. Pi eee yah.

Pi eee eee yah.

Tray eee oh.

Pi eee yah.

Good, now bring your awareness to the Renawre. Just experience as you observe the Renawre.

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

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

Good, now bring your awareness to the area all about you, to as many frequencies as possible. Good. Just observing and noticing that cocoon of energy surrounding you, its layers of energy decreasing as you move your awareness out away from your body, away from that focal point. Just being your experience now. And following these shifts.

Ree nah ree nah ree.

Good. Now, bring also to your awareness the Pieah by bringing your awareness to a small point in the center of your head. Just observing and experiencing now. Observing the cocoon, observing the Pieah, finding a way to hold both at once. Finding a way to move your awareness back and forth and somehow magically let it include both. It is a balance, and yet it is not a balance, for it is seemingly a complete experience simultaneously, a full and complete experience simultaneously of each of these frequencies of these centers.

Pi eee eee eee aah.

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

Pi eee yah. Pi eee yah.

Good, now moving out on that energy. Notice that now your awareness can be directed more easily, and where it falls, where it is directed, you experience more completely. For you are finding that space of no space and time and yet fully aware of your cocoon, of the energy that you are.

Ree nah ree nah ree nah ree (nah ree)(almost staccato).

Good. And just be your experience now, more and more completely your experience. Good. Now, notice your openness, the way your thoughts, if there are any, come and go most easily. Open to the energies here. Just beginning to sense that oneness, and yet also somehow, more and more of your energy as an individual, as a part and yet also identifiably distinct.

Ree nah ree.

Good. Now follow on that stable set of frequencies as you expand your awareness further and further out, holding that element of the Pieah, and your Renawre, and the cocoon, as you expand out on this stable frequency now, this set of frequencies. Expanding out, expanding your awareness.

Opening the back of the head and neck, and letting your energy flow, expanding.

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

Ree nah ree.

Pi eee eee eee eee aah.

Pi eee yah.

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

Good. Beginning to slow now, finding that pattern within this space, within this large, large volume. Your pattern, your awareness is drawn to it. Slowly and easily finding it, discovering it, experiencing it. Indeed, being that pattern, being that experience.

Good, and you may explore here as long as you would like. And when you do choose to come back to the earth plane, to the time and space of the earth plane, do so at your own pace, easily and slowly. Perhaps moving to the Ranthia, and then back to the room. With that now, we bid you most pleasant journeys here.

Program 4 DaBen Drinia/Dinia

Welcome. And now let us explore ways in which these frequencies that you have become familiar with can be very dynamic. With your inventiveness, you can begin to experience these frequencies as though somehow as you can become the frequency, the source of that frequency, your experiencing it. And being and observing, all completely, all simultaneously.

Good. And relax even more and find that posture that opens your ability more and more to be aware of these subtle frequencies. Good. Now, we are going to play with the Nu'a and the Dinia. You may find yourself being drawn in your awareness to other centers, and that is fine. Notice how these centers are all connected and contain many of the components or aspects of the frequencies of the Nu'a and Dinia.

And just play now. Let yourself be inventive. Be observant. Remembering that you can influence your experience of the lower centers, of the Nu'a and Dinia and the Leow. And so observe the upper centers if it comes to you, or just play as we explore.

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

Good, now keep that rhythm.

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

Move your awareness now also maintaining that rhythm in the Nu'a, move your awareness also to the Dinia, those two balls. Good. Now, begin the contraction there as well.

Din nin eee ah. Din nin eee ah. Din nin eee ah (fast rhythm).

Nuuu yah.

Din nin eee ah. Din nin eee ah.

Nuuu yah.

Good, so keeping each in rhythm now, the Nu'a and the Dinia, the contractions.

Nuuu yah.

Din nin eee ah.

Nuuu yah.

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

Nuuu yah. Nuuu eee yah. Nuuu eee yah.

Good, just maintaining that now, noticing your experience, following your experience. Noticing its richness, following on all of the sensations.

Good. Now, as you notice the wave move out on the Dinia plane, adjust the angle of the Nu'a cone so it is most comfortable to you and enhances your experience the most. Perhaps lengthening the cone.

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

Din nin eee ah. Din nin eee ah.

Good. Now, following on that experience, begin to move to contract first the left Dinia ball, and then as that one is expanding again, contract the right one.

Din yah.

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

Good. One then the other, one then the other, alternating in the same rhythm, in the same pattern. First one side and then the other, one side and then the other, right on following, following this rhythm.

Nuuu yah.

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

Good, and following that, now bring them both back together in the same harmony.

Din eee aah. Din eee aah.

Nuuu eee yah. Nuuu eee yah.

Good. And notice the frequency and the vibration; notice the aliveness, the alertness in your body, this vibration at a very physical level, just experience it now. Enjoy it.

You might begin to explore by lifting the front of the Dinia plane and lowering the back to experience all the aspects of these energies, all that you can find.

Nuuu eee yah.

Good, now following on that energy that is there, slow the rhythm down.

Nuuu eee yah.

So the contraction begins very slowly, and is held for almost an equal amount of time, and released very easily.

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

Good, and as you continue that rhythm now, bring your awareness to the Dinia plane. And let your awareness follow that wave out, as long, as far as it can in all directions.

Nuuu eee yah.

Din nin eee ah.

Good, now at this pace, just bringing your full awareness to the Dinia, to those two spheres, to the plane moving out, to the wave that creates that plane. Finding the subtlest contractions, those spaces now.

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

Dra nin eee ah.

Good. One, then following right after with the other.

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

Following those waves out now, following the way they interact. Notice your experience, how it is different, how the energy is somehow brought to a higher pitch. Good. Now, bring the Diania back to its usual pattern, both together now, simultaneously.

Din eee aah. Din eee aah.

Good, and just observe now. Observe your energy. And notice your energy to gain new awareness of the possible frequencies available here by exploring and playing. And with this new insight, bring your awareness to the Leow and follow the balls and their spin about their own axes and about each other as long as you can.

Leee ow. Leee ow. Leee ow.

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

Muuuuuu min. Muuuuuuu min.

Ran thee ah.

Good, and just observe your experience now, observe perhaps the new richness, a new awareness, additional frequencies that you had not noticed before being available to you, to your consciousness.

Ran thee aaah.

Tray eee oh. Tray eee oh.

Pi eee ah. Pi eee ah.

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

Ree nah ree nah ree.

Good. Bring your awareness to each of the centers while being in the Renawre, holding your observation at the Renawre, and also observing the Nu'a, adjusting it perhaps. The Diania, adjusting it, following the wave out. The Leow, and observing the Ranthia, Traeo, Pieah.

Ree nah ree.

Good, and just be in your experience now. Noticing all the new aspects, all your new awareness. For as you gain more and more skill of awareness of these subtle energies, and gain more and more skill at precisely finding these frequencies, you will be able to travel here easily, to find these frequencies easily. Perhaps moving directly to them without any awareness of any of the centers.

For it is your experience, and being your experience that brings you the sense of skill and awareness, the conscious ability. And it is the experience, and all the gifts it brings with it that you are after here. So just enjoy your experience. And following this shift, enhance your experience even more.

Ree nah ree.

Good. When you are ready, at your own pace, let yourself come back to the time and space of the earth plane, perhaps through the Ranthia. You may travel here as long as you like, enjoying and playing; and being all that you are, experiencing the wonders that you are. And enjoy your travels now.

Program 5 DaBen Experiencing Centers as Planes

Welcome, now as you find that relaxation, the posture that supports your ability to be aware of these subtle energies, let us look at patterns of these centers—of the frequencies of these centers that allow you an even more energized and harmonized

experience. And as you play with these energies, notice what level of intensity is most comfortable for you. For in playing with these energies, it is what is comfortable and enhances your experience that is best.

As you perhaps have already learned, more is not necessarily better. Just the right frequencies, the right intensity, are what are best for you. And so as we play with these energies, explore with us and then find the level that is most comfortable for you.

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

Good. Now increase the angle of that cone. Make it slightly longer until it is just right for you.

Din nin eee ah. Din nin eee ah.

Following the waves out now.

Din nin eee ah.

Leee ow. Leee ow.

Good. And following these shifts in frequency now, letting the Mumin be transparent to all expanding energy.

Muuuuuu min. Muuuuu min.

Ran thee aah. Ran thee aah.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

Pi eee eee eee aah.

Reee nah reee nah reee.

Good. Now, just experience for a moment.

Now, from the Renawre, adjust the Nu'a, increasing the angle of the cone, following along this rhythm, observing all the centers to the degree that you can, with your awareness most focused on the Nu'a. And just follow these shifts as you increase the angle of the cone, lifting the sides of the cone all about you higher and higher now, on this frequency. Good. Until it forms a plane. Forming a plane.

Nuuu eee yah. Nuuu eee yah.

You may find that that plane begins to spin. Experience now, just experience as you hold that plane up, letting all that energy through, experiencing, and increasing the energy. Good. And bringing your awareness to the Diania, to that plane there. Find the synchronization between the Nu'a plane and Diania plane, each enhancing one another's energies. Moving faster and faster. A shift in these frequencies.

Good, and bringing your awareness to the energy of the Leow. Just noticing that the waves of energy are spreading out, perhaps as though on a plane. Now bringing your awareness to the Ranthia, just observing as the energy is increasing. The Ranthia begins to radiate more and more. Just observing, experiencing, whatever is there for you.

Good, bring your awareness to the Traeo. Just experiencing. Perhaps you notice that the petals are higher, will move higher, almost forming a plane perhaps. Just observing now. Whatever it is doing is fine. Just observing. Good, bringing your awareness to the Pieah. Observing energy radiating out perhaps along a plane. Just experiencing, spreading out now, expanding your awareness. Opening the back of the head and neck to allow for this higher flow. Bringing your awareness to the Renawre, and holding all the centers in your awareness.

As the Nu'a plane begins to spin, faster and faster. Noticing the Renawre, the waves moving out from it perhaps; the cocoon, all energized. Good, just experiencing now, following these shifts.

Reee nah ree nah ree.

Nuuu eee yah.

Din eee aah.
Reee nah reee nah reee.
Reee nah reee.
Good.
Reee nah reee.

Good, just staying with that energy, experiencing, following these shifts. And if at any point the intensity becomes too great, just bring the angle of the Nu'a cone down. Experience now as the energy increases, as your ability to hold a larger and larger space and greater and greater consciousness improves. As though somehow you truly were experiencing an entire universe, your beingness of energy, larger. Exploring and expanding.

Reee nah reee nah reee.
Pi eee yah.
Ran thee ah.

Notice how the further out you go these planes somehow remain distinct, but yet begin to behave as one. The frequencies, the patterns still preserved, but so harmonized they behave as one.

Reee nah reee nah reee nah reee (nah reee)
Pi eee yah.
Nuuu eee yaahh.

Good, now if you have not already, bring the angle of the Nu'a cone down to a shallower angle, slowly and easily. Noticing that the spin subsides as the angle gets less than horizontal. Bring it down to 45 degrees or so, and then adjust it from there to a place that is most comfortable for you, a space of ease and comfort. Notice the way the energy shifts throughout your entire body.

Ran thee ah.
Good, just observing and experiencing.
Din eee aah.

Good. Continue to adjust the Nu'a cone to an angle that is most comfortable, perhaps at a shallower and shallower angle.

Reee nah reee nah reee.

Good, just let yourself experience now as the energy smoothes, as you begin to float, easily and effortlessly, as the intensity of the energies becomes more and more comfortable. As the frequencies shift now, follow. Good, and bring your awareness to the Ranthia.

Ran thee ah. Ran thee ah.

Good. Now, slowly and easily let yourself return to the time and space of the earth plane, enjoying the vibrancy. Good, and slowly and easily, at your own pace, returning to the time and space of the earth plane, and spend a few moments now recalling your experiences here. What did it feel like? What does it feel like now, having been there, having experienced this? And with that we bid you most pleasant journeys.

Program 6 DaBen Recharging at Core

Welcome. And as you relax now, and find that posture that supports your finding these energies and subtle frequencies with your awareness, let us talk for a moment about core energy. The energy that you are using, that you are exploring is available for you. And all that you need be is in the flow of the energy about you. And being in the flow does not use your core energy per se, in that it does not use it up, or in any way diminish it. In fact, it increases it quite substantially to the degree that you are in the flow of who you are.

And, it is your core energy that you are using, that you are sensing as it were, to be the energy about you, to explore. So that as you move from area to area, environment to environment, as moment to moment passes, it is your core energy that gives you the ability to sense the energy about you and to use it.

But again the energy about you is not being used up. You are refining it perhaps, you are adding your own unique flavor perhaps, your own frequencies. You are adding light to it, but that but increases the energy about you. And so you might have gathered already that the energy does not have the same rules as you might think of energy as a physicist on the earth plane would. But as a traveler to these dimensions and these subtle energies, if you are in the flow, the energy is being increased all about you.

And you may have experienced times of not being in the flow. The energy begins to dissipate, to become scattered. The light of it begins to disappear. And if you have been out of the flow and you feel that you are lacking that energy, that core energy with which you can begin to take advantage of, to use the energy about you, then all that you need do is at whatever level you are able to experience your energy, is to begin to join its flow, to begin to follow its direction.

And let us play now. Exploring how we might begin to sense the direction, the qualities of your core energy. And in so doing, also explore how we might become more and more aware of the flow and thus enhance and increase our energy and the energy that we use moment to moment.

Nuuu eee yah. Nuuu eee yah.

Good, and as you do the contractions on the Nu'a, experience your energy even more. Bring the cone down to a cylinder. Then move it out slowly, until you find just that place that is most comfortable, then move it in just a little bit, and let it move back out to the place most comfortable. Decrease its angle just a little bit. Then let it move out to that place most comfortable.

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

Now, just experience the frequency of the Dinia. That wave, find the way that wave interacts with the Nu'a frequency. Just experiencing. Beginning to explore how those two waves interact, how those two frequencies complement one another. And finding the places that they do, be there one or many that you can find with your awareness. Just hold that in your awareness, those places, as many as you can where they complement one another.

And bring your awareness to the Leow, just experiencing and following with your awareness as long as you can as they begin to spin. And noticing also their interaction, places they complement the frequencies of the Nu'a and Dinia.

Leee ow.

Good, take a moment to just experience.

Good, and from those places that you can experience these energies complementing one another, begin to explore in a direct way the experience; your experience of the qualities of your core energy at this moment.

Good.

Nuuu eee yah.

Good. Now bring your awareness to the Mumin. Let it be transparent to all harmonizing frequencies, all harmonizing energies. As you begin to notice and experience all the ways in which these energies and frequencies complement one another.

Muuuuuu min.

Ran thee ah. Ran thee ah. Ran thee ah (long eee).

Just observe now, observing the Ranthia. Experiencing your energy, becoming your experience. Following moment to moment the dynamics of that flow of energy, of the

transition between these frequencies, the way they complement one another. And you might notice your breathing and your posture. Just observing your breathing now and perhaps shifting your posture to enhance your experience of these energies even more. Make it more and more easy to bring these subtle energies into your awareness.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

Ree nah ree nah ree.

Good, and just take a moment to experience now. And as you experience, observe the way all the frequencies fit together, complementing one another. And in so doing, find that level, those places that you experience that working together, that harmony, most strongly. And adjust the Nu'a cone, increasing or decreasing the angle, which enhances your experience the most. Being very aware moment to moment, for this energy is dynamic.

Good, and very quietly and easily, take a deep breath. And on your exhale, open the back of the head and neck even more. And find that balance. Find that place within your experience of the balance between the Renawre and the Ranthia.

Ran thee ah. Ran thee ah.

Good. And finding a place that each frequency, each center shifts as you follow these shifts in energy now.

Ree nah ree.

Ran thee ah.

Nuuu eee yaahh.

Good, just be your experience now. Just observe your energy. Observing your experience of each of the centers. And bring your awareness to a smaller and smaller area as you just float upon this energy.

Ree nah ree.

Good. Know that you may return here to this experience anytime you wish by experiencing more and more levels of your energy as it moves, as it is in transition from moment to moment.

Good, and you may stay here for as long as you like. And when you do return to the time and space of the earth plane, do so easily and gradually, with full awareness of your unlimited and infinite potential, and of your wonderful, magnificent energy. And with that we bid you most pleasant journeys.

Program 7 DaBen Working on Relationships Issues as Energy

Welcome. And let us now, as you find that relaxation and posture which allows you to be aware of these subtle energies more and more fully, let us talk about your developing skill at observing the things about you as their energy, rather than their form, or your reactions to their form, or even your thoughts about them or your judgments about them. And as you notice and are able to be aware of your own energy more and more completely, you will find that you will also be able to observe the energy of others and the energies about you more and more fully.

And as you do, you will find that you have a great ability to work with this energy, an intuitive knowingness. Indeed, beyond that, a profound skill at working with this as energy, to make it more beautiful, more harmonized, to find just the right frequencies or shift to make in the patterns of energy so that it becomes more beautiful. And you will find as your skill increases, that the form will change, perhaps quite quickly, perhaps quite dramatically. Although it is often best that it moves slowly and easily, and that the form evolves from the energy changes that you have made in a very smooth and harmonious manner.

Good. And let us explore an issue that you might have with a relationship. It does not matter what the relationship is, or even what the issue is, although we would suggest that to begin that you choose an issue that is not the most difficult one that you could imagine. Choose one that is intermediate, that is real, that is important to you. One that you are willing to work with at an energy level right now.

Good. Let yourself relax even more. And as you do, keeping that issue you have chosen in mind now. Letting it evolve as you do. Re-stating itself, as it were, to its most concise statement, its most accurate statement.

Good, now just let that thought go, let that issue go for a moment and follow as we build the energies through each of the centers now, and use the way and the patterns that we use to enhance your own experience. And remember as always that it is your experience, and becoming your experience that you will find most rewarding.

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

Din nin eee ah. Din nin eee ah.

Good, and following that wave out, adjusting the cone of the Nu'a, enhancing your experience as you do.

Lee ow. Lee ow.

Good. And let the Mumin be transparent to all lifting and harmonizing energies and frequencies. Lifting and harmonizing. And follow these shifts now.

Muuuuuu min. Muuuuuuu min.

Ran thee aaah. Ran thee aaah.

Tray eee oh. Tray eee oh.

Good, and just float on that energy now. Observing the Ranthia, and just floating on the Traeo. Good, and following these shifts now.

Pi eee eee eee aah.

Good.

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

Good. Now, enhance your own experience even more, observing the Ranthia and the Renawre. A long slow contraction of the Nu'a.

Nuuu eee yah.

Observing the Traeo. Being your own experience.

Good. Now, very briefly, include in your awareness the person and the issue you are looking at. Just include that person and issue in your awareness.

Good. Now bring your awareness back to your own energy, completely and fully back to your own energy. Good, and enhance your experience even more. Good, now include this other person in your awareness, and the issue as you see it as energy right now. However you see it as energy, include this issue in your awareness as well. And this other person as energy in your awareness.

And if you find that you are too drawn into their energy, bring your awareness back to your own energy, just briefly, and then enhance it, and then include them in your awareness again. Finding this issue, this person as energy, at as many levels as you can.

Good. Now, just follow these shifts as you enhance your own experience. Just observe this energy as it changes, if it does, as it does, as you enhance your own experience.

Ree nah ree.

Good, now notice the beauty of this energy, of this issue as energy. And as you enhance your own experience, observe it now, observe this issue. Find that beauty emerging as you do. Find the way in which this energy moves and is fluid and is flowing as you are fluid and flowing. And enhance your own experience more and more now.

Ree nah ree nah ree.

Good. And if at any point this issue seems to become so harmonized it disappears, that is fine, just let it do so, and just be your own experience. And continue to observe all that you can now, all about you, observing, following these shifts. Expanding outward.

Ree nah ree.

Ran thee aaah (extended).

Ree nah ree.

Good, and continuing to enhance your own experience. And include more aspects of this other person's energy in your awareness. More aspects of this issue if it is an issue you can find any more as energy.

Tray eee oh.

Good. Now, bring your awareness back to your own energy. Fully and completely back to your own energy, and enhance your experience.

Nuuu eee yaahh (very long).

Ree nah ree nah ree.

Good. Now. Let yourself move slowly and easily back to the time and space of the earth plane, perhaps through the Ranthia. And as you do, notice how this issue is now. Let it be as it is now, as you observe it now. Perhaps it is gone or changed, or shifted. If it is changed or shifted ever so slightly, then you have found it as energy, and been able to work with it as energy.

And as you increase your skill in using energy in these ways, you will find your life becoming more flowing and fluid, perhaps even moment by moment. And with that now, we bid you a most pleasant journey.

Program 8 DaBen Working on Abundance Issues as Energy

Welcome. And as you relax now, and find that posture to increase your ability to be aware of these subtle frequencies and energies, let us look at abundance, abundance as energy. In some ways you have but only potential for abundance. In that all is a potential for you, and you need but organize it as energy and in so doing assist it in manifesting as form. For you have easily available to you all of the energies and forms that you might ever want or desire to create all that is on your flow.

Good. Now, follow these energies, through each of the centers and enhance your experience. And as we do we look at abundance as energy.

Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah.

Following the wave out as far as you can with your awareness, noticing that upon this frequency, there is an abundance of frequencies, of energy, of patterns.

And for just a moment, increase the angle of the cone on the Nu'a just a bit, and notice the additional frequencies easily available here. Good. Take a moment just to notice more and more levels now. Good.

Leeeeee ow (ow like a whisper).

Let the Mumin be transparent to all lifting and expanding energies and frequencies. Lifting and expanding.

Muuu min. Muuu min.

Good, and notice all the energy available to you here. And notice that from this abundance of potential—that it is in finding just the right balance, just the right amount of energy, the right frequencies of energy, that suits you right now at this very moment—that creates for you that sense of abundance, that sense of flow and fluidity, that ability to experience this as ecstasy. To experience this bliss.

Ran thee ah. Ran thee ah.

Good. Just being your experience now. Good. Experiencing these frequencies as their potential, and as their actuality. They are your reality right now. And recognize as you bring them into more and more of your consciousness, able to find more and more of these frequencies with your consciousness, that a part of that potential, as it were, is released. And becomes easily and effortlessly available, to be molded by your flow into the energies and forms that flow naturally moulds and contains.

Good. Now. Following these shifts, bring your awareness also to the Traeo.

Tray eee oh. Tray eee oh.

Pi eee yah.

Pi eee eee yah.

Pi eee yah.

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

Good. Notice the abundance of potential around you now. The energy that is present as you enhance your experience even more.

Ree nah ree nah ree.

Good. And experience more and more of that potential. Noticing all the layers and layers of frequencies, all the range of frequencies, all the patterns. And all the potential patterns, more than you could ever explore; an abundance.

Good. Now. Pick an area of your life that you at your day to day personality level might have identified as an area in which you would like more abundance. Be that in sense of well being. Be that in what you identify as connectedness, or money.

Good, now, include this area that you have chosen in your awareness, and begin to fill in all the frequencies that you have manifested here in this experience, doing so ever so carefully and wisely. Remembering that there is just the right amount of intensity and the right combination of frequencies forming just that pattern for you right now at this moment.

And in that area, as you hold it in your awareness, add just those frequencies, just those intensities that are easily contained in the flow. Do not attempt to find anything related to form, but just the frequencies. And as you do, your experience should be enhanced more and more. That floating, that awareness, that consciousness, that smoothness should increase.

Good. Now expand your awareness out, further and further. Letting that area go, bringing your awareness fully back to your energy now.

Ree nah ree nah ree.

Expanding your awareness further and further, riding this energy, this abundance of energy here. Good, now bring your awareness back to that area that you just looked at. And harmonize all the energies present there, all the frequencies, all the levels of intensity. Creating even more beauty.

Ree nah ree.

Good. Just bring your awareness back to your own energy. And just enjoy this space for a moment. Following that floating wherever it might take you. Being your experience. And following these shifts.

Ree nah ree.

Good. Now, bring your awareness to the Ranthia, and begin to pull together, as it were, to integrate. And as you integrate, notice your energies and all the enhanced frequencies that are there, all the beauty that is present.

Ran thee ah. Ran thee ah.

Good. Now, at your own pace, bring your awareness to the time and space of the earth plane, letting yourself integrate all these new energies into who you are in this time and space right now. And you might, as you slowly and easily come back to this time and space, begin to observe all the abundance around you, all the abundance that is yours. And to begin to observe how it is that these energies that you have brought from potential begin to manifest in form about you. And with that we bid you most pleasant journeys.

Program 9 DaBen/Orin Running a Finer Gridwork Through All Centers

Welcome. And bring your awareness to your posture and relaxation, so that as you move more and more into that state of being that you are able to be aware of these subtle energies, you find yet new ways to relax. And find adjustments to your posture to increase your sensitivity.

Nuuu eee yah. Nuuu eee yah.

Good. And follow these energies now to enhance your own experience.

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

Leee ow.

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

Muuu min. Muuu min.

Ran thee ah. Ran thee ah.

Good. Just become more and more your experience as you bring your awareness also to the Traeo, following these shifts.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

Reee nah reee nah reee.

Good. Now, adjusting the cone of the Nu'a to enhance your experience even more, perhaps adjusting the angle of the plane of the Dinia up in front, or down in front, and letting it move to enhance your experience even more as you observe the Ranthia and the Pieah.

Good, now following these frequencies, notice the grid all around you, a finer gridwork; planes intersecting perhaps as points of light, or as waves, layer upon layer.

Good. Now, follow upon these energies, as Orin weaves for you a tapestry and a journey on these frequencies.

Greetings from Orin. Observe your gridwork right now. Notice the qualities of energy that it contains. How clear is the light, how rich, how fine, how many layers. Notice the shimmer, the purity, the harmony, for you are now in a harmonized state.

As you continue to learn the light body and work with it, you will have a finer and finer gridwork that represents your mental body and you will connect with higher and higher aspects of the Universal Mind as you do.

For a comparison, with your inner eyes, ask to see your normal gridwork. You might imagine yourself throughout the day with a fluctuating gridwork, depending upon what you are doing and who you are around. It is as if you were looking over your day, notice what your gridwork is like, how refined and beautiful when you are meditating, when you are around different people; when you are working.

Now imagine that you live in a world that is composed of even higher frequencies than the one you live in now. Many of you have been wanting to live in the higher energies and frequencies that are available. You can do so here on the earth plane. You can move into those higher, finer frequencies.

So let us pretend now that you live in a universe where the energy is very refined, very harmonious, very beautiful. So that as you take in energy through your Nu'a, you are taking in a much more refined energy than what you are living in now. The gridwork is finer, more beautiful, and more radiant.

Begin now with your Nu'a to bring in that refined gridwork. Notice the angle of the cone of your Nu'a. It may be more open in this level of refinement.

Bring this refined energy into your Dinia, notice the angle of the plane. Notice the beauty of the waves. Perhaps as you bring in this refined energy, you might even notice new details of the Nu'a and Dinia.

Let the Leow amplify this beautiful, refined light.

Notice the Mumin as it lets through a whole new level of refinement, of balanced and harmonious frequencies.

Notice your size and scale and the level of detail you can observe in these first centers.

Bring in that refinement into your Ranthia, a fine gridwork. Notice the flow, the evenness.

Bring this into the Traeo, then up to the Pieah, and all the way up to the Renawre. Observe the difference in the Renawre cocoon at this level of refinement.

From this level, look at your life. If you were living at this level of harmony and flow, at this level of the gridwork, of radiance, what would be different about your home or your environment? What new level of order, harmony, and beauty would you bring into your daily life?

Think of a relationship in your life. What would be different at this level of light, of flow and harmony, in the gridwork around you? You may simply experience it as energy or a shift, or you may receive insights.

What would your body look like at this level of refinement?

Would you wear different clothes?

Look at your career and world service. See your radiance touching others, everywhere you are.

Now you are going to meet your future self. A self that is even more refined, a self, a probable self that is your highest possibility right now in this lifetime. So feel this self greeting you, perhaps sitting in front of you.

Notice the gridwork around your future self. Notice the light, the clarity, the flow and the harmony of energy. How many layers there are to the gridwork. How smooth, or whatever else you observe.

Let this future self show you at an energy level your potential, or what your gridwork will look like as you reach this enlightened state, this unfoldment of your highest potential.

Let your gridwork begin to take on right now everything that you can observe about your future self.

Ask if there is a message for you right now.

Now that you have connected with this future self, this future self has sent you energy back through time. You are capable of reaching an even higher path.

So let this future self-image dissolve. You have absorbed many of the lessons and much of the growth that will unfold for you now even more easily and joyfully and rapidly. You are now capable of creating an even higher future in this lifetime.

So imagine that sitting in front of you now is another future self, one that is even higher. Just observe the patterns of energy of this future self.

As you observe, your future self is holding you in its awareness, enhancing its experience, transmitting to you. So that your energy is now taking on the radiance, and the expression of this future self; taking on the clarity, the brilliance, the purity, the harmony, and the light. Expanding outward.

You are opening the channel between your future self and your present self. Ask if this future self has a message for you.

Now thank this future self. You can do this as often as you want. You will feel a “click” when you have gone as far into the probable future as is appropriate for you right now. You may want to work with this future self for a bit, letting it show you at many different levels who you might become. Showing you the manifest potential of the essence you now are.

You can use this anytime you want to change your reality. For every time you imagine living in a finer gridwork, or meet your future self, you absolutely change your present, and put yourself on a higher path. So now remembering all you have experienced, letting that light of your future self permeate every cell, come back into the room. Feeling so wonderful, so vibrant and alive. As you come fully back now.

Program 10 DaBen Expanding Your Aura

Welcome. And now, as you relax and find that posture that allows you to more fully and completely be aware of those subtle energies that you have been exploring, let us look at the part of your energy that many have called your aura. The vibrational energy bodies make up a part of that energy, as well as the electromagnetic components of your organization of matter on the earth plane.

Good, and as you continue to find that awareness now, continue also to increase your harmony of these vibrational energy bodies, for in so doing you increase your ability to be aware of your aura, and you add components of harmony, components of smooth and easy flow to your aura.

Good. Now, just notice if you can feel an area three to four inches from the surface of your skin outward. If you can with your awareness, sense the energy present there, almost as though you could sense if someone were touching you, and you could feel that touch as though it were very similar to someone lightly touching your skin.

You might feel the aura influenced by the places that you are sitting, your body against a chair or floor or cushions. Good, now bring your awareness, your full awareness to the Nu’a, just remembering what this felt like.

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

Din eee aah.

Din nin eee ah.

Good, and bring your awareness to the Leow, and follow these shifts.

Leee ow. Leee ow.

Just experiencing your energy for a moment. And letting the Mumin be transparent to all harmonizing energies, all harmonizing frequencies.

Muuuuuu min. Muuuuuuu min.

Ran thee ah. Ran thee ah.

Good, now just experience your energy for a moment, just observe the Ranthia and experience your energy as fully and completely as you can. Finding your energy as you look inward, to finer and finer scales and outward, to larger and larger scales. Doing both, keeping your awareness simultaneously, increasing and getting finer in scale. Finding that balance where you can maintain an awareness of both. Good. Finding yourself buoyed up, as it were, by your awareness, maintaining both. Experiencing

the energy of the Ranthia, observing the energy of the Nu'a and Dinia. Observing the amplification of the Leow. Good. Harmonizing.

Good.

Ran thee ah.

Good. Now for just a moment, notice your energy, the energy next to your physical body, within three to four inches all throughout your physical body. Notice your experience, as though there were a light touch upon that area. Notice how it feels now, any differences from before.

Good, now bring your awareness back to your energy, back to the Ranthia. And then slowly shift your awareness to the Traeo and follow these shifts in energy.

Tray ee oh.

Good. And again, follow the shift.

Tray eee oh.

Pi eee yah. Pi eee yah (like sigh).

Pi eee eee yah.

Pi eee eee eee aaah.

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

Good. Now expand your awareness out, following your energy out. Now bring your awareness to the Renawre, and follow the energy from the top of your head up and then back around as far as you can, perhaps through the whole cocoon, but just as far as is easy and comfortable, as you can easily observe. Do not invent where you cannot experience or observe it, or feel it in some way. Now, following these shifts, continue to observe that energy, the cocoon.

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

Ree nah ree (staccato).

Now, bring your awareness three to four inches away from your physical body, sensing the energy again there. Noticing if it is shifted at all and how it is shifted. Good. Now bring your awareness back to your expanding energy.

Ree nah ree.

Now from here observe the Nu'a. Perhaps take a long, slow contraction on the Nu'a. Following all of its influence on your energy systems.

Nuuu eee yah. Nuuu eee yah.

Good. Now, from the Renawre, find the energy of the Leow, just the energy, just the frequencies of the Leow. Good.

Ran thee ah. Ran thee ah (fast).

Ree nah ree.

Holding the Leow frequencies and the Ranthia and Renawre in your awareness all at the same time. Including all of them. Experiencing now, expand your awareness out from the physical body, to that area three to four inches away, expand that, noticing, observing your increased consciousness and awareness. As though somehow the energy takes on an ability to sense and to be, as though your beingness somehow expanded and observed itself.

Becoming your energy now, just experience and follow these shifts. Good. And once more, this shift.

Ree nah ree.

Finding that harmony now. Observing the harmony at many levels as you can.

Ree nah ree.

Just experience for a moment now. Good.

And if you would like, you can repeat holding the frequency of the Leow, the Ranthia

and the Renawre in your awareness at the same time. As you experience that energy, that may become more and more physical for you next to your body. Then increase your awareness. Expand it outward. Or, you may choose to come back to the time and space of the earth plane. When you do choose to come back to the earth plane's time and space, do so easily and gently, integrating all that you have experienced here. And with that we bid you most pleasant journeys here.

Program 11 DaBen/Orin Opening Your Channel

Welcome. And as you relax even more, and find that posture that supports you in increasing your awareness of these subtle energies. Follow on these energies.

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

Din nin eee ah. Din nin eee ah.

Good. Now adjusting the angle of the Nu'a cone to enhance your experience. And follow the waves of the Dinia out, letting them lengthen, as far as you can in all directions.

Lee ow. Lee ow.

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

Muuu min. Muuu min.

Good. Now, moving your awareness to the Ranthia, and just observing for a moment.

Ran thee ah. Ran thee ah.

Good, just being your experience now. Expanding your awareness out. Experiencing that ecstasy.

Ran thee ah.

Good, now bring your awareness to the Traeo.

Tray eee oh. Tray eee oh.

Pi eee yah.

Pi eee eee yah.

Pi eee eee eee aah.

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

Good. Now, from the Renawre adjust each of the lower centers to enhance your experience. As you expand and lift your awareness now. Opening the back of the head and neck even more as you expand and lift your awareness.

Good, and from this place now, observe each of the upper centers. Being your experience.

Reee nah reee nah reee nah reee (nah reee).

Good, expanding your awareness even more, feeling that floating, that ecstasy, that infinity.

Reee nah reee nah reee.

Good, continuing to enhance your experience, follow the energy shifts that Orin creates as he takes you on this journey.

Greetings from Orin. While you are in this energy state, from the depth of your being decide if it is appropriate now to channel either a guide or your Higher Self, or the master.

Begin now to prepare to channel either verbally, or receive messages or energy directly into your mind. Your energy is very harmonized right now, very beautiful. For the higher you go, the more aspects of your guide or Higher Self that you will be able to hold and experience.

So begin now to call upon your guide or Higher Self, asking for the very highest guide. If you are going to channel your Higher Self, ask to meet an even higher level of your being than you have yet met.

Imagine now your guide or Higher Self are coming toward you. Notice in this space any subtle change. You are acquiring the sensitivity now to feel the guide's energy, or your Higher Self's energy.

Your guide or your Higher Self is getting closer and closer. Take a moment to greet them. Feel the warm greeting coming back to you—waves of love, light and caring. Your Higher Self or guide is coming closer and closer. You are beginning to feel them in your aura, either one that you have chosen to channel.

You might notice if there are any changes in your Renawre cocoon, or any changes in the way you feel as you begin to blend, to merge, to share consciousness.

Feel yourself expand now as your own light is being boosted. Feel yourself growing calmer and more peaceful. Feel this wonderful joining, as if you can breathe more deeply, for your guide, or your Higher Self, or the master will give you a boost of energy, to assist you in making your own energy more beautiful. Observe even the slightest, subtlest change—perhaps you feel more open—until you are completely merged, at whatever level is appropriate to channel with your guide or Higher Self.

You are going to suspend any judgment, and let whatever comes through flow freely. Your guide may use your thoughts, words, and images. The advice may seem quite obvious, something you have already thought of. But notice if there is an extra richness, a feeling or conviction that comes with the information. You may get images, or pictures, or symbols.

So for now, just play like a child. Have fun! Explore what channeling is for you. For every time you open this channel, you make it easier to receive guidance from the higher realms, guidance that will assist you in your everyday life to live in higher consciousness. The information may be simple, or it may feel as if you have simply become very wise, just as you did when you became the master and advised yourself.

However, you might notice that your guide or Higher Self has a slightly different feeling than when you became the master. Now that you are learning to sense these subtle energies, you are becoming better and better at recognizing the energy signatures of beings who live in these higher realms.

If you are channeling your guide right now, let your guide show you, in any way possible, how you might recognize that your guide is present—a sense of inner light, a feeling of energy, more openness or expansion. If you are channeling your Higher Self, let your Higher Self show you how to open your energy even more to receive this level of guidance.

Welcome your guide. You might even ask if there is a name you might call your guide by if you are channeling a guide.

Ask your guide if there is anything he or she might want to do, or your Higher Self, to adjust your energy right now so that your reception will be clearer, your channel more open. Notice if you want to make any adjustments in your posture or your breathing.

Your guide, or your Higher Self, has merged with you now even more fully. You are now sitting as your guide. You are now wise, all knowing, and compassionate. If you are channeling your Higher Self, you are now sitting as your Higher Self. As we begin the process of channeling, if at any time you would like the answers to be clearer, go back to your Renawre cocoon, and adjust the lower energy centers. Be creative and play, and come back to your guide's energy, and notice if there has been a shift. Do this as many times as you enjoy, noticing which adjustments open your channel even more.

Now feel your guide or Higher Self, just feeling that wisdom as if *you* are wise now. You are the guide. You are your Higher Self. You are going to give yourself advice from this level. If you would like you may receive the answers in your mind, and we have left space after each question for that.

Or, you may simply receive energy, sensations, images, or whatever is appropriate. Ask your guide now to strengthen the connection even more. Begin by receiving information now, remembering *you* are the guide or Higher Self.

Begin now with this question: What is the most important thing you are focusing on right now that represents your higher purpose in the outer world? How can you create more time for it? Begin now to give yourself advice as your guide or Higher Self.

What can you do right now to create more emotional flow and mental fluidity?

What soul qualities or quality are you developing right now, such as trust, love, compassion, clarity, abundance, transparency, and so on?

What can you do to open your channel even more?

What challenges lie ahead in the next few months? Pick one and channel on how you can move through it with more joy.

How will awakening your light body change your life?

If there is anything else you would like to channel on, do so now.

All right. Ask your guide or Higher Self, or the master, when would it be appropriate for you to channel again.

Would it be appropriate for you to channel verbally, or to receive information directly into your mind?

When you are ready, thank your guide or Higher Self, or the master for working with you right now. Feel the love that exists between you. Say goodbye now.

As you come back, begin now to enhance your own experience, bringing all of your energy back to yourself. Becoming fully aware of your own energy now. Coming back, touch upon the Ranthia. Slowly and easily come back into the room, remembering all that you have received.

Program 12 Orin Journey to the Temple of Masters

Greetings from Orin.

We are going to take a journey to the Temple of the Masters. Right now, spend a moment running the energy, feeling that balance, that flow, that harmony. I will let you do this now on your own for a moment.

Notice how easily you can find these high spaces as you call the light to yourself right now. Light is all around you.

You are in a bubble of light as you travel to the Temple of the Masters, until you are there. It is a place of great beauty. The energy is refined everywhere, so that now the energy you are bringing in through your Nu'a is a much finer gridwork. Let your energy shift now to that finer gridwork.

Relax and feel your heart open. Feel the love that is present for you, and the welcome and the greeting as a very high being comes forward to meet you. You are being led to a very special room, the room of purifying and releasing, the room of preparing to take on a light body. The room is very beautiful.

You are walking into the room now. In this room are three very high beings who will form a triangle of light around you to assist you in what you will be doing. Feel them greet you, and greet them. These beings love unconditionally. They are here for you to assist you in your evolution.

You can choose to sit or lie. These three beings will form a triangle around you. Notice the room in this temple, the room of purifying and releasing. Notice the colors, the light. Find a place; notice that there is a place for you. Now you are ready to begin.

For this journey, your soul will join you. Your soul of course is always present, but your soul will take on a more recognizable form, so that you may symbolically merge with your soul at a deeper level. So imagine now that into the room is coming your soul.

Feel your soul greet you. Now you and your soul are going to begin merging. Symbolically, the merging of you to a new level of being, the awakening and the opening of your awareness to a higher level of consciousness.

Your soul is working with you right now, and beginning to merge with you at a subatomic level, so that from the very smallest particle of your being, your subatomic level, you are being energized by the light of your soul. You are raising the vibration to the atomic level, letting the atoms take on that new, higher spin, the new geometric pattern of your soul. Your soul knows exactly what to do.

These three masters are holding a focus so that all is done in ease, at just the right pace for you. Feel that light of your soul as it reaches into the molecular level, beginning to permeate the molecular level of your being.

You are beginning to organize matter, the matter that is you, in a way that can carry and hold and reflect the light of your soul at an all new level.

Feel your soul organizing all of the components of matter—the atoms, the molecules. Then you are coming into the first level, where life force energy becomes organized into the body, the DNA, the life code. Let your soul's light, or watch, or observe as it pours into your DNA, activating new codes in your DNA. Codes that are simply awaiting this higher light, that have always been present. As if a new signal is going to your DNA.

Notice that your soul is working with spirals of light, energy, patterns, or colors as it begins to move into your body. Your DNA has a consciousness. Imagine that it is awakening now to its next level of evolution. You are easily letting go of old patterns that no longer fit who you are, and bringing in new ones.

If you can visualize a double helix of light, the spiral of your DNA, put a very fine gridwork around it. Hold your DNA in your awareness as you enhance your own energy, until it is flowing and until it fits everything about you.

Your soul is working with you now. See the DNA taking on the light of your soul, and beginning to broadcast that light into the organization of life force that is your cells, for your cells are living organisms. They too are evolving.

Let your soul's light come into your cells, seeing all of your cells working together in more harmony. All of them are seeing and knowing the bigger picture, knowing that you are going to your next level of evolution and that they are going to theirs, bringing more flow, light, and harmony in your body; a greater sense of well being.

See where the cells come together to form organs and everything else that makes up your body. Every part of your body is now coming to its next level of evolution. Your soul is now infusing your physical level, moving into it, energizing it, bringing that quality of clarity and radiance into the cellular structures of your body.

Imagine that your soul is building in lines of light throughout your body. Just as you have a nervous system that reaches throughout your cells, imagine that there is light flowing down through your nervous system, out along all the nerves; that there are now channels of light. From the top of your spine, this channel of light goes straight upward, connecting with a higher source of light, first your soul, then aspects of yourself that are even higher than your soul.

Let that light come down into your spine, traveling between the cells. Hold each organ in light—your stomach, your lungs—each one being filled and surrounded by a membrane of light. Each cell being surrounded by light, just the right intensity, just the right flow, to bring it to its next level of evolution.

Your soul's light is now filling your body. The three beings around you are holding a focus so that everything you do with your soul is just right for who you are, your higher purpose, and your spiritual growth.

Now we are going to clear the emotional body. Your soul is forming a vortex of light, and beginning to spin it throughout your body, clockwise. It goes straight up and straight down. As this spin is there, just the right spin, not too fast, not too slow, it is drawing into it any of the astral energy around you, clearing out lower astral or emotional energies, any feelings of other people that have become attached to your aura. Any of the denser energies, lower emotions are being drawn upward, drawn into this vortex of light that your soul is creating.

Anywhere people have cords coming into you is being cleared. Any energy that has been sent you that you do not want is being sent up this vortex of light, straight upward.

Feel yourself growing clearer and clearer.

Everything you might have picked up on the emotional level from the astral plane that is no longer appropriate, let your soul now clean out your emotional body, to purify it, to bring that clarity to it, that flow.

You are putting up all around you a light—your soul's light. Drawing in now higher energy, so that everything that is removed is filled up with your soul's light. So there is no place for other energies to attach, other than your soul's light.

We will work with your mind. Imagine the mental gridwork that is your mind's mental gridwork, and begin to make it more beautiful. Add more layers to it. Your soul is with you now and moving into your mental body. Anywhere where you might notice that the gridwork is entangled, or that the energy is not flowing and fluid, watch your soul as it clears out your mental gridwork, unentangles any entanglements, opens the space, and whatever else is appropriate so that your mind now reflects the light of your soul.

Thoughts can travel easily. They set up and they release. Your thoughts have the higher frequencies, are new thoughts and beautiful thoughts, positive and expanded thoughts that include the bigger picture of who you are.

Now your soul is going to work with your personality to prepare it for awakening even more. So your soul right now is asking that all of your subpersonalities be present as well, sitting in a circle around you. They are being invited to join you now in this room of purification.

So as all of your subpersonalities join you, your soul is showing them the vision of what enlightenment will be for you—the joy, the peace, the inner harmony, the radiance. You are reassuring each one that it is valuable, that it will be included.

One by one, imagine that your soul is working with each of these subpersonalities. Just as each one sat with the master, each one is now growing as your soul is moving into it, as your soul is loving it, showing this subpersonality the bigger picture of who you are becoming, preparing you for awakening your light body.

If there is any one subpersonality right now in which having more light would make a big shift for you, let it come forward. Let your soul and you right now join together, let it bask in the light of who you are.

If any others at this time need more light, let them come forward to be loved and held, to be bathed and evolved in the light of your soul.

Now let all of your subpersonalities merge with your soul. Take a deep breath and feel the integration as all the parts of you are now working together for your enlightenment.

Now into this room, the three highbeings with you and your soul, are focusing straight upward, up through the column of light to the highest light that you can imagine. That which has been called the Absolute, the All-That-Is, God.

From this connection, begin to notice that there is an emanation, a force, that is a flow, like a current in a river. You can almost feel it. It seems to come in waves. This is called the Higher Will. This is the current, the tide of evolution that carries all life into its higher expression.

These beings are assisting you now in feeling, in finding that higher flow. The more flowing your energy, the more you can capture of this higher flow from moment to moment. It is almost as if you are on a stream or a current. The more your energy is harmonized and you are in this higher flow, the more of the flow you can capture. See it all around you.

Not only can you capture more of it; you can travel further on it, higher into the light. Feel the current. Feel the Higher Will. Imagine you are joining with it more than you have ever joined before. Feeling what it feels like when this flow of the Higher Will is lined up with your flow, and your flow is lined up with its.

Imagine that out of this great light of the All-That-Is, you can see level after level of gridwork, going from who you are now all the way up to the highest, finest level. This is the Universal Mind. See yourself connecting straight upward on that gridwork, so that ideas are coming down from the very highest level, flowing clearly down through the gridwork, down through your soul, down into your mind.

The clearer and more refined the gridwork of your mental body, the clearer and more refined the ideas you will receive. From this level of your soul, adjust the flow in your body.

We would like you now to send energy to yourself six months from today, and to receive energy from yourself six months from today. See the next six months at an energy level, where you are in the flow, following the Higher Will. You need not know where you are going, you need not know how this will manifest. Just picture yourself flowing from moment to moment, finding the current of the Higher Will and see how this opens up in six months. How much more radiant you become.

See yourself living in a more beautiful and refined gridwork that gets more beautiful everyday. Imagine that your soul is moving fully into every level of your being. You are now your soul, expressing through every level of your being.

The three beings around you will be holding a focus of light for you whenever you want. Return now to the room you are in as your soul. For as you open your eyes now you are opening your eyes as your soul. Feel that greater light, returning fully now, as your soul into this reality.