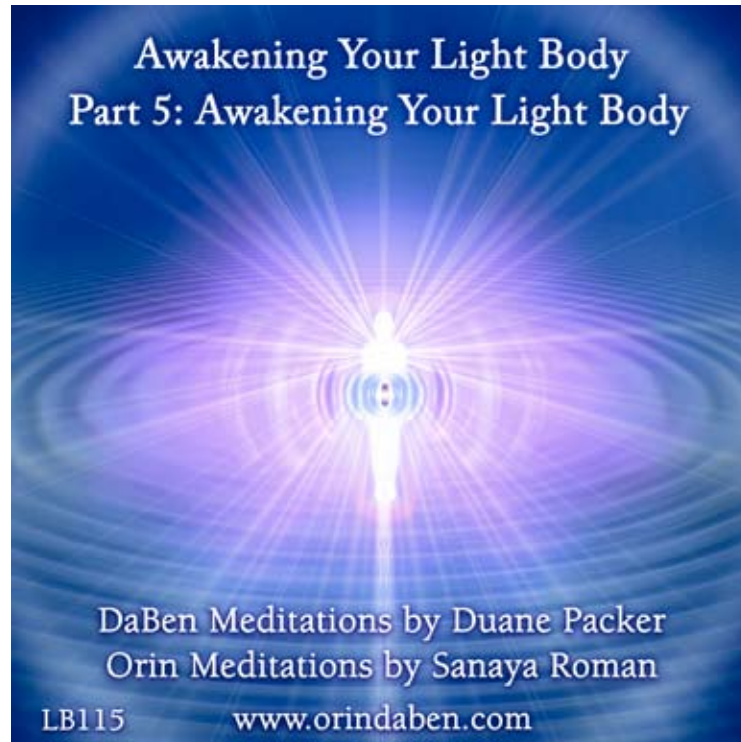


Awakening Your Light Body Part 5

Awakening Your Light Body



DaBen Meditations by Duane Packer
Orin Meditations by Sanaya Roman

Written Material to Accompany
the Audio Course

Includes Transcripts

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LB115P PDF v1.01

DaBen and Orin's *Awakening Your Light Body Course*
Part 5: Awakening Your Light Body (LB115E)

Part 5 *Awakening Your Light Body Course*

Awakening Your Light Body

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: Fullonia Introduction <i>Music: Sacred Ceremony TH057E</i>	21:08
Program 2	DaBen: Second Fullonia Journey <i>Music: Ever-Unfolding Expansion TH066E</i>	21:06
Program 3	DaBen: Fullonia, Saha Introduction <i>Music: Temple of Healing Love TH009E</i>	20:41
Program 4	DaBen and Orin: Meeting the Planetary Logos <i>Music: Spiritual Sun Lifting TH047E</i>	24:28
Program 5	DaBen: Fullonia – Intensity <i>Music: Initiation TH024E</i>	20:36
Program 6	DaBen: Transmission <i>Music: The Master of Light TH029E</i>	20:32
Program 7	DaBen: Fullonia – Waving <i>Music: Emotional Flow Calm TH052E</i>	20:55
Program 8	DaBen and Orin: Soul-Linking <i>Music: Solar Light Transmissions TH026E</i>	25:17
Program 9	DaBen: Fullonia/Saha – Power <i>Music: Emotional Flow Being TH043E</i>	20:30
Program 10	DaBen: Fullonia/Saha and the Vibrational Energy Bodies <i>Music: Cellular Evolution TH015E</i>	21:10
Program 11	DaBen: Fullonia/Saha and the Renawre Cocoon <i>Music: Solar Contact TH006E</i>	20:31
Program 12	Orin: Journey to the Temple of the Masters <i>Music: Illumination TH061E</i>	27:11

Next Course in This Series and Related Audio Courses

[Awakening Your Light Body Part 6: Becoming Radiant LB116;](#)
[Orin's Creating a Soul Relationship SL106](#)

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 5

Awakening Your Light Body

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

Getting Started

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

Vibrational Energy Body

Visualization Aid for Renawre Cocoon



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

Journal Notes

Program 1 Fullonia Introduction Journey by DaBen:

Record your experiences including any sense of movement, pulsing, light, or physical sensations.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

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

Awakening Your Light Body

Fullonia

You have now worked with the first light body center, the Fullonia. The light body centers are a quantum leap above the vibrational energy body centers in the range and depth of experiences possible. To experience the light body centers you will need a greater ability to observe, passively wait, and concentrate than with the vibrational energy bodies. To hold the Fullonia steadily you will need a good level of emotional flow and mental fluidity in your vibrational energy bodies. The greater your precision, emotional flow, mental fluidity, ability to quiet your thoughts, observe without judgement, and all the other skills you have been learning, the more profoundly you will experience these centers.

The Fullonia is located above the Ranthia in the middle of your chest, two to three finger widths behind the breast bone. The Ranthia, at its smallest, is below the Fullonia. However, the Fullonia and the Ranthia may at times occupy the same space. Their energies pass right through one another and do not interact in any particular way. As with the upper vibrational energy body centers, you cannot control what the Fullonia does. The way to have a more complete experience of the Fullonia is to observe at more and more levels what is happening. You may find in the Fullonia, as well as the other light body centers, that nothing happens for periods of time. Play with the Fullonia in a state of active waiting. If you do not experience anything, just wait. Do not make something up. Observe what you are feeling or thinking. Go back and touch up your Nu'a, or sit in the Renawre space and adjust your vibrational energy bodies. You can only experience the Fullonia when you have the necessary degree of harmony in your vibrational energy bodies. When you notice something happening, such as a sense of traveling or floating, or emotional feelings such as peace, joy, and so on, focus on that experience. Become it. Each experience will usually open up into another and then another. You are not using your imagination to create or make things happen. You are using your imagination as a sense, like hearing or tasting, to sense and follow what is happening with greater awareness. Do not try to make logical or rational sense of your experiences or interpret them. Just enjoy them and they will increase.

The Fullonia may not bring the intense visuals or insights that occur in some of the other centers. It is more often experienced as a felt-sense, and the visual patterns are more often oriented around geometric patterns, colors, lights, and other nonspecific forms. There will almost always be a sense of movement in the Fullonia space. Seeing colors or other images will be an individual experience and may or may not occur.

The light body centers are not as singular in their possible experience range nor as distinct from each other as the vibrational energy body centers. As you continue to explore the Fullonia you may find you can divide your experience into three stages that blend into one another. The first stage comes as you look for the Fullonia, the dot of light in your chest. To prolong and amplify this stage, as you approach the dot of light in the center of your chest with your awareness, you might also imagine yourself getting smaller and smaller. Keep getting smaller until you find this intense dot of light. As you put your awareness on this dot, you will begin to feel a sense of expansion and contraction, or some form of movement that is like a pulsation. You may spontaneously feel your energy expanding outward, then inward, then outward, then inward, over and over. You have gotten small enough with your awareness to capture the essence of the Fullonia's energy. You do not always have to experience this stage; you can go straight to the next stage. There comes a point when the Fullonia "explodes" and no

longer pulses. You may feel this explosion in different ways. Some people do not feel an explosion, but simply feel a shift to a different state of consciousness. It is a transition that you are not in control of—it just happens, and suddenly you are along for the ride. It may feel as if your awareness is not on the pulsing anymore, but is everywhere, as if you have grown immense. What is important is not the explosion but the states you reach afterward and where they carry you.

After the first stage, the pulsing, you may experience the explosion as a second stage, and then the openness and places you go as a third stage. In its later stages the Fullonia begins to merge with the last light body center you will be learning, the Vee. As you play with the Fullonia, see if you can notice some of the in-between or intersection points where you shift into another stage of the Fullonia. Notice what is happening during this transition or shift as the Fullonia changes. This is one way to draw yourself deeper into the experience of the Fullonia. An indication you are beginning to enter the Vee is an increase in the intensity of your inner pictures, a sense of upward movement, a gaining velocity, speed, and more concrete visual images. The Fullonia is the doorway into the Vee.

It may be somewhat difficult to describe your feelings in the Fullonia, because there are not many words in our vocabulary to describe subtle, inner feeling-senses. As an analogy, assume you had a language that had a separate word for all the different states of snow—powdery, crunchy, icy, wet, dry, and so on. You would be able to describe skiing or traveling conditions much more usefully and people who received your communication would have a more detailed and accurate picture of actual snow conditions than if you only had one word to cover all the possible states of snow. In addition, you would have to be much more observant of the condition of the snow or else you would not be able to pick the correct word to describe it. It is the same with these subtle energy spaces. Many of you describe a floating feeling. Yet, there are hundreds of subtle variations in the floating feelings that occur each time you run the energy. Our language simply does not yet contain the words we need to describe these subtle nuances.

Most of us receive much more training in noticing visual differences than in developing our awareness of subtle inner feeling states. Our language has many more words to describe visually-oriented than feel-oriented experiences. Thus, the difficulty of describing the experience of the Fullonia is compounded because for most people the Fullonia is more a felt-sense experience than a visual one. As you continue to work with the Fullonia your ability to sense the subtle nuances of these inner spaces will increase. Your developing sensitivity to these subtle inner states will be one of your greatest assets in your everyday life as well. It will allow you to be much more aware of when you are in the flow, monitor your energy, and continually use all the energy about you to go higher.

With the light body centers you are centering your consciousness in the higher dimensions of your soul. Navigating in these higher dimensions is different than in your normal reality. Your mind operates in new ways because you are using your higher mind. Time and space work in new ways. In the beginning you may not have a definite sense of the light body centers, just as when you first learned the Nu'a and Dinia. Each time you work with these centers your experience of them will be different, and you will gain a growing skill at experiencing the subtle, expanded states they offer. You will be learning to recognize and navigate in the higher planes of reality these centers are a doorway to. Continue increasing your skill with the vibrational energy bodies as this will increase the intensity and range of the experiences you can have with the light body centers.

Another important skill you will want to practice with the Fullonia is landing or coming back from your journeys in a way that allows you to be functional in ordinary reality; alert and able to do whatever you need to do next. You might think of the vibrational energy body centers as a vehicle. They can take you to many wonderful experiences. If the vibrational energy body centers were an airplane then the light body centers would be a rocket. In an airplane you rely on atmosphere to fly and go higher. You are still influenced by gravity and air flow, for your airplane is designed to use the air flow to move about and to land well. As you move to the light body centers, you are moving to a higher plane of consciousness than the normal reality you live in. The light body centers can take you there much as a rocket can boost you up and out of the earth's atmosphere. Above the atmosphere you are still influenced by gravity, although less, but now you need a propulsion system to move about because you can no longer use the atmosphere.

As you awaken your light body you may find you have a very wonderful rocket for riding above the atmosphere, and indeed the universes beyond. From above the atmosphere—above the earth plane—you gain a perspective that for a previously planet-bound consciousness is unique and awe-inspiring. You will find that by consciously experiencing your light body centers you will have brought back new ways to experience and use your vibrational energy bodies.

In these higher levels of consciousness you may have experiences that are beyond your ability to make "logical" sense of or find a way to describe. Part of working in these higher dimensions is learning to trust what you experience and who you experience yourself to be. It is learning to use your awareness to sense reality at many levels beyond what you call ordinary reality. Part of your challenge in these higher spaces is to find a way in which these experiences translate from one space to another, and to gain the wisdom to know in which ways they do not. With the light body centers you have the tools to put together matter and energy in ways that allow you to gain new perspectives and play at many new levels of higher consciousness in an ever-broader universe. This will come into your daily life as more choices about how to live your life. You will gain an ability to observe the choices you have made and be able to change, undo, remake or enhance them so that the decisions and choices you make more fully support who you are.

These centers give you building blocks that allow you to create anything you want. You are working with essence energy in the light body centers, energy before it comes into manifestation and takes on form. The more you work with these energies the clearer, more harmonious, radiant, light-filled, flowing, fluid, and pure your essence energy becomes. Everything you create will reflect your increasingly beautiful essence energy.

Below are some of the ways people attempted to use words to describe their first experience of the Fullonia:

"It felt like love and compassion, but not as emotional."

"There was a feeling of perfection, emotional perfection and beauty."

"I felt so peaceful, I did not want to come back."

"It was spacious, like in a void. I felt a sense of surrender."

"All my nerve endings came alive, I was intensely aware of my body."

"I felt like I was in a bubble pushing through a membrane."
"There was an explosion of light—then I became one with
the universe."
"The cocoon of my Renawre took on a clarity."
"I went so far out I almost lost consciousness."
"I am not sure I felt anything except a floating feeling."
"I felt so good—almost invincible!"

Below are some of the questions and comments people had after their experiences of the Fullonia. You may or may not have had the same experiences. Your experiences of these energies will be unique to you.

Comment: In order to get smaller to find the Fullonia, my Ranthia got really huge. I could not get all of me into that little space, so the space had to get bigger.

Reply (Duane): (All responses by Duane unless otherwise noted.) You had to shift the way you organize the matter that is your body, thin it out, so there was more pure energy available. As you "thinned" yourself out you had a broader field of energy that could collect more light frequencies and thus allow you to experience the Fullonia more completely. The size of the Ranthia was showing you the change in perspective and scale of your own consciousness.

Comment: My experience of the Fullonia was emotional. I felt so much love and compassion. All of a sudden my troubles seemed very small and insignificant.

Reply: The Fullonia can definitely create a sense of love. It is somewhat different than the sense you have in the Ranthia. It can feel more complete, less emotional, and have a larger perspective to it than in the Ranthia. Things can become less important, but it is not because they have lost their importance. They have become a smaller part of a bigger picture.

Comment: It was a slow start, nothing was happening, then slowly it felt like I got higher and higher. At one point it felt like this thing was burning a hole in my chest and light was coming out of my whole body.

Reply: Many of you might experience something like this in a variety of ways, because from the Fullonia center you are beginning to radiate. You can experience radiance as that pulsing state as well.

Question: How long was that journey? It seemed like you ended a few minutes after you started.

Answer: The journey was at least 25 minutes! The Fullonia somehow allows you to see space and time in what DaBen calls the second dimension of time. Time still has a sequential nature, but you can choose to view tiny increments of it or large blocks without any confusion. You can tune into a microsecond or years, either at the same time or independently. The Fullonia can change the way you experience time.

Question: Does the Renawre regulate the Fullonia in any way?

Answer: Regulate is not quite the right word, because you cannot directly control the Fullonia or the upper vibrational energy body centers. However, the Renawre cocoon and all your vibrational energy body centers are part of your vehicle for experiencing the Fullonia and light body centers. The more harmonized, flowing, and fluid your energy

bodies, the more intensely you will experience the Fullonia space. How you use your vibrational energy body centers will also determine whether or not you will be able to radiate, as well as the degree to which you will be able to radiate light.

Question: Sometimes when I do these journeys I have an intense experience of the Fullonia. Other times I feel almost nothing. Why is this?

Answer: You can only experience the Fullonia to the degree your energy bodies are harmonized and flowing. If you are not feeling much with the Fullonia, go back to your Renawre and adjust your lower centers until you have a degree of flow in them. Then, come back to your Fullonia. Some days when you work with the Fullonia your energy is fairly flowing when you start. On other days you might need to work for some time with your vibrational energy body centers before you experience your Fullonia. DaBen has given you a certain amount of vibrational energy body setup for each journey. Some of you may need more, some of you may need less. If you are not able to experience the Fullonia, stop the journey and spend time harmonizing your vibrational energy body centers until you are ready to go further. The Fullonia is usually not as visual an experience as some of the other centers, so you may experience it more fully by focusing your awareness on subtle feelings. Some people never experience the pulsing, but go straight into the second and third stage of the Fullonia, the explosion and a feeling of openness that follow.

Question: Do I have to go through all the vibrational energy body centers to find the Fullonia, or can I just find the energy of the Fullonia and be there?

Answer: Sometimes one doorway is available and at other times another doorway is available. All you need to experience the Fullonia is a level of harmony in your vibrational energy bodies. If you have that degree of harmony you can find the Fullonia in a moment. Sometimes you cannot easily find the Fullonia, or instantly create that degree of harmony in your energy bodies, so you will want to work with the images of your vibrational energy body centers to get there. The Fullonia space is not difficult to find, you do not need to work your way to it, just as you do not need to work your way to any of the vibrational energy body centers. All you need is a clear enough experience of the frequency patterns that each center is composed of so that you can remember how to recreate those patterns at will. You may have noticed that each of the vibrational energy body centers has a fairly distinct state of consciousness associated with it. The more aware you become of the subtle aspects of each center—the feelings you have there, the subtle inner felt-senses, the patterns of energy—the more easily you will be able to return to the states each center creates without using the setup you have learned. In fact, some of you will be using the images of the centers less and less, and simply returning to the spaces they create by your memory of them. As this happens, perhaps the only times you will work with the images of the centers will be when you want to discover new spaces with those frequencies and have new experiences. That is really the goal—to learn these spaces well enough so that you can reach them at will because they are now a part of your consciousness.

Question: I got very disoriented about where my Fullonia was. It seemed like my sense of spatial dimensions was confused. I could not find where my Fullonia was after awhile, it seemed like it moved to places it was not supposed to be.

Answer: After the Fullonia has done the explosion—or increased its size whether you felt the explosion or not—there is no particular importance to the location of the Fullonia.

It becomes just pure experience of a particular type. It is hard to put words to it, but the feeling-sense of the Fullonia is distinct from the other centers.

Question: As I was looking at all my vibrational energy body centers, it seemed to me they all became integrated and disappeared. Does that make sense?

Answer: Yes, the energy centers can all blend. As they become harmonized enough your awareness becomes the shimmer in your Renawre cocoon. You cannot find the centers individually anymore. You all may notice that once you start into the Fullonia it becomes more difficult to find the vibrational energy body centers.

Question: I get to the place where I can imagine getting smaller and smaller until I find this small point of light, then I lose consciousness and I am just gone. What can I do to stay more conscious?

Answer: You can do several things. First, fill the area of the point of light with your awareness. Do not try to experience anything, simply find how much of that area you can put your awareness into. Then your experience will expand to fill all the places you have put your awareness. If that does not work, come back to the Fullonia and make your awareness as small as possible. You can reach many expanded states by bringing your awareness to a smaller and smaller point. It is as though we have to bring our awareness to a smaller and smaller point until we find the light body, and then we notice that it is much larger than we ever suspected it could be. At that point you are really discovering awakening—the awakening of your light body. Do not worry if you are not getting the experiences you think you should have. You do not want to go any faster than you are going. As you continue, you will understand more about how to build enough harmony in your vibrational energy bodies to support you at these higher levels.

Question: I keep losing consciousness when we get to the Fullonia space. What can I do?

Answer: The expanded states of consciousness you reach as you play with these energies is right on the border of the awake/asleep state. This is where these subtle energies exist. Part of your challenge as you play with these energies is to learn to stay awake as you venture into the realms of consciousness that are right on the edge of your normal sleep state. You are learning to consciously remember what you experience in these realms that used to be available to you only in your sleep. During these journeys you may go in and out of the sleep side of the awake/asleep border. As you become more skilled with these higher states of consciousness you will be able to stay more conscious of what you are experiencing. As you get into the Fullonia space, try to be aware of both the Renawre and the Fullonia at the same time. Find the balance between the two. It is fine not to be able to bring much back consciously some of the time, but you do want to be conscious of and remember your experiences occasionally.

Sanaya: One of the things Orin had me practice for years with the guided meditations he made for me was staying right on the edge of the awake/asleep border. One of the ways I did this was to see how much I could remember every time I "woke up" and realized I had crossed over to the sleep side. It is much like remembering a dream. If you find yourself suddenly coming to, not remembering what you experienced, go back inside and see what you can remember of what you were just experiencing. You will begin to realize how rich your experiences are as you play right on the line of the awake/asleep state. You may find yourself going in and out of the sleep side. Higher

states of consciousness are very subtle and slightly more into the sleep side than the consciousness we normally operate at. In all of these journeys we are going to be playing very close to that awake/asleep line.

Comment: I was disappointed at first because I went down, and I thought I wanted to go up. Then I ended up in a void. I thought, "Well, I am just one of those people who is not going to get anything but a void." Then I thought, well, at least it is an interesting void. I started observing the void, and from that point on everything got better and better until I felt I was in another dimension. I did not want to come back it was so wonderful.

Reply: Your experience was enhanced at the point you started observing your experience of the void and were able to see how many layers existed in that experience. This is what DaBen means when he says you enhance your experience of these states by observing them more and more fully.

Question: It felt like all the nerve endings in my body were more alive. I had sensations of tingling. What is this?

Answer: If this is uncomfortable or disconcerting, work with harmonizing your vibrational energy body centers. You can do so by keeping the energy of the centers balanced, smooth, and even, not letting any one center become stronger in your awareness than another. Use the Mumin to let only balancing, smooth energies come through. See how many of your vibrational energy body centers you can hold in your awareness at the same time, focusing on creating balance between all of them. This is one way to harmonize your vibrational energy bodies. (You can work with this on Program 6, LB114, Recharging at Core.)

Question: I experienced some shoulder pain during the Fullonia meditation. (Several people experienced their attention being drawn to their shoulders and backs.) What is happening?

Answer: You are beginning to bring the light body into the Renawre cocoon, but not doing it evenly. Go back to the Renawre and work with all the centers to create more balance between them. Stretching in ways that opens your upper chest before you start can help. Remember you can send your awareness right into the area of discomfort, include it in your awareness, and use the self-healing techniques you worked with on Program 6, LB112. Remember to open the back of your head and neck.

Question: I had trouble with my mind which kept telling me I was not doing it right, I was not having as good an experience as everyone else, that I was not going to get it, and so on. What can I do with these thoughts?

Answer (Orin): It is important to love where you are at, and to love any experiences or thoughts you are having. The next time any of those thoughts come into your mind, say to them with compassion and gentleness, "I love you. I accept you." Keep sending love to those thoughts or feelings. If you want to go even further, invite any similar thoughts to come forward to receive love. Tell all your thoughts of doubt, lack of trust in your experience, and so on that you love all of them. Treat your thoughts like children who simply want your love. Do not argue, resist, or judge them negatively. Simply love them and they will transform.

Question: I really had trouble quieting my thoughts. They were not negative, but they just would not stop. I kept thinking of one thing after another. I could not concentrate on what we were doing. I did not have this much trouble with mind-chatter with the other centers. How can I work with this?

Answer: How many of you had trouble with mind-chatter? (Many people raised their hands.) Your ability to concentrate becomes increasingly important in the light body centers as a way of enhancing your experience. It may be that you have more mind-chatter with the Fullonia, or that you become more conscious of how active your mind can be. Work with harmonizing the Traeo and Dinia as you learned on Program 1, LB114. As you harmonize the Traeo and Dinia you should find a significant reduction in your mind-chatter.

Question: Everything I did seemed tied to my breath. It felt like the air around me changed in its texture and substance. I could feel it going throughout my body, but it was more than my breath and air that was circulating. Somehow my breathing felt connected to the universe, as if the universe was breathing too and we were in harmony, breathing together. Is this normal?

Answer: Yes, the Fullonia can enhance your awareness of your breathing and prana, the circulation of life-force energy throughout your body. There is also a "breath" that takes place at an energy level. It can have a similar rhythm to your physical breath, or it may be different. This larger breath is independent from your physical breath in its immensity.

Comment: When we came back through the Renawre at the end of the journey, I noticed the cocoon seemed clear. I remember thinking that I had thought the cocoon was already clear, but it was definitely "clearer" with a clarity that is hard to put into words. I feel like I did not know what clear was until I saw and experienced this clarity.

Reply: This clarity just keeps increasing. As far as I can tell, there is no limit to the degree of clarity that is possible. Everything we are doing is adding qualities like clarity, harmony, balance, flow, and so on to your aura. As you add these qualities to your aura, you will see them start manifesting in your life. You are setting up an "essence energy model." As you make your energy more flowing, beautiful, clear, and so on, it will change what you manifest and draw to you. It will change your circumstances, relationships, thoughts, feelings, perceptions, and more. Everything will begin to reflect the higher level of clarity, harmony, and balance you are becoming at an energy level.

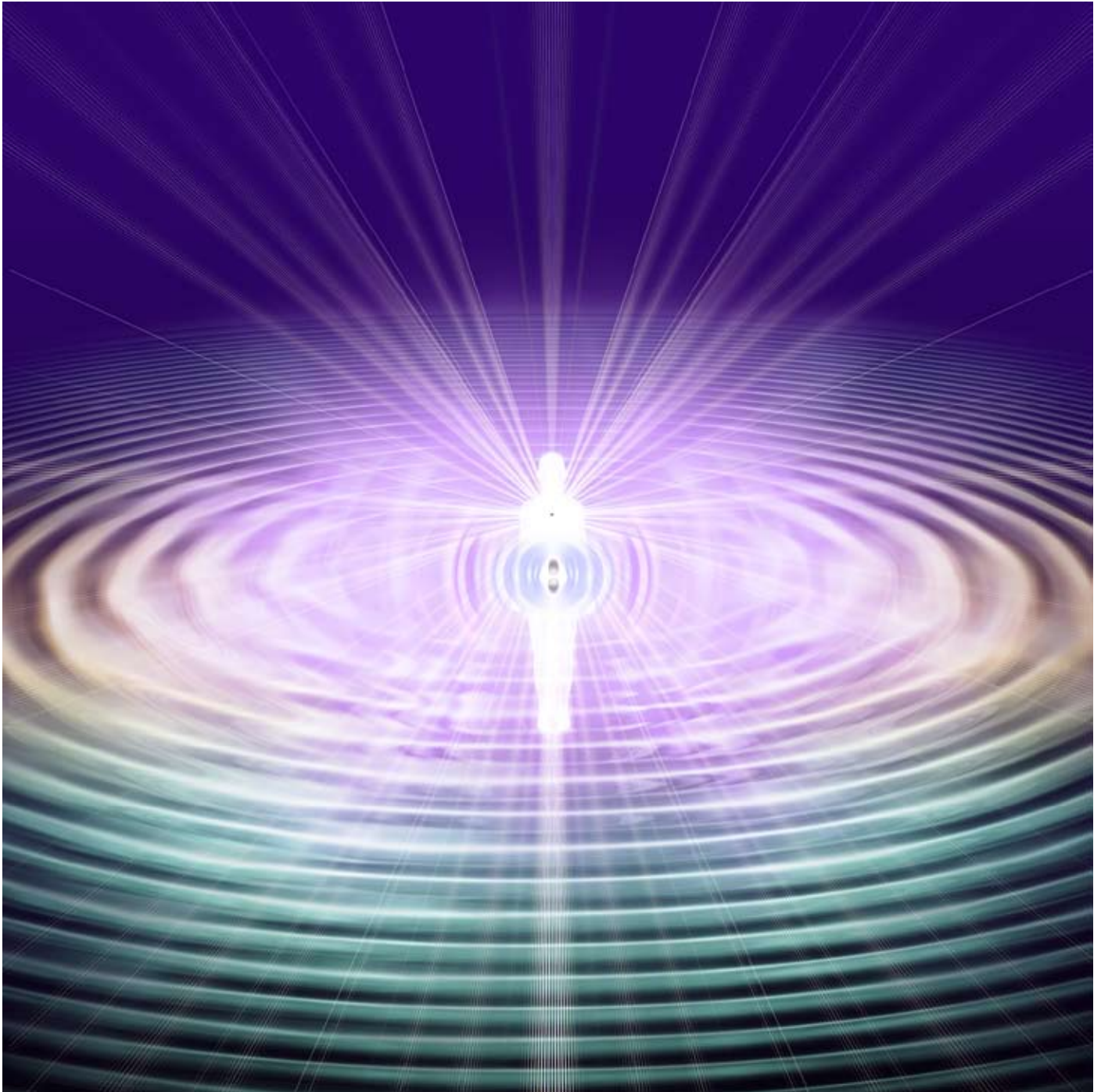
Question: Why are we coming back through the Renawre and Ranthia? Do we need to come back through the vibrational energy body centers as we leave the spaces of the Fullonia?

Answer: We are coming back through the vibrational energy bodies to help you come more fully back and "land" gently without any disorientation. It is often easier to come back in stages if you want to operate in an intellectual, left-brain way fairly soon after you return. It is not so important to do this from the Fullonia, but it will take on more importance as you work with the Vee. If you feel "amped" up or spacey after you come back, go to the Ranthia, then return through the Nu'a.

☛ **Listen now to Programs 2 and 3 by DaBen and record your experiences in the Journal Notes that follow. When you finish Program 3, read the information on the Saha.**

Vibrational Energy Body

Visualization Aid for Fullonia



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

Journal Notes

Program 2 Second Fullonia Journey by DaBen:

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

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 3 Fullonia, Saha Introduction Journey by DaBen:

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

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

☛ **READ ONLY AFTER LISTENING TO: Program 3**
by DaBen.

Saha

The Saha is a very important light body center. Although you may not initially have as distinct an experience of the spaces the Saha can create, it has a very important role in the light body. Much as the Nu'a brings energy into the vibrational energy bodies, the Saha acts as a "pump" to intensify your experience of the Fullonia and the next light body center, the Vee.

The Saha, like the Dinia, has two locations in the body: the Sa, and the Ha. To locate the Ha, move about three finger-widths below your navel and inside the abdomen to the front of the backbone, about the center of your torso. For those of you who study Tai Chi or martial arts, this is also the location of the Hara. To locate the Sa, move about two to three finger-widths above your navel and inside the abdomen to the front of the backbone, about the center of your torso. You may notice that this area is a little more tender than you think it should be. Both the Sa and the Ha can be large or small spheres, although it is not critical to experience them as spheres.

It may help to think of the Sa and Ha as if they were magnets. If you try to put the same pole of two magnets together, you cannot get them to touch no matter how hard you try. Their resistance grows exponentially the closer together they come. You might describe the energy generated by the attempt to move the poles together as a tension, created by the force that is keeping them apart. You are creating the same tension when you move the Saha spheres closer together. They never quite touch, just like the magnets. The closer you bring them together, the more tension you create and the more energy that is released. Even moving them closer together by a fraction of a millimeter can create a quantum difference in the amount of energy that is released.

You can consciously influence the Saha, unlike the Fullonia and upper vibrational energy body centers. You influence it by how close you bring the spheres together. The closer you bring them, the more energy you release through the building tension between the spheres. You will want to play with what is the right amount of tension for you. You can use the Saha to increase the intensity of your experience of the Fullonia. As you move the spheres together, then apart, then closer together, and so on, it may feel as if the space of the Fullonia has suddenly gotten amplified, as if the volume has been turned up. You do not want the volume too high. Find the right amount of tension between the two spheres that most enhances your experience of the Fullonia. More is not necessarily better.

In this course we will explore the Saha's effect on the Fullonia. The Saha has many functions and experiences of its own, which we will explore a bit more in Part 6, Achieving Radiance. As you find the right tension or balance between the two spheres your sense of being one with the flow will increase. Notice what happens to your experience of yourself physically and as an energy body. Observe the degree of experience you are having with the Fullonia as you play with the Saha in some of the following journeys.

The following are questions and comments from people after they first experienced the Saha.

Question: When we first focused on the Saha, I saw them like ping-pong balls. They kept moving up and down until they almost hit each other. Then I felt like I was actually going to do a back flip. It was like a surge of enormous power.

Answer: You are dealing with raw power in the Saha. Many of you may have felt that the experience you were having in the Fullonia became more intense as you worked with the Saha. Use the Saha at whatever level of power is comfortable for you that adds strength to your experience of the Fullonia. This is not power in terms of manipulation, but power in terms of the strength of the flow you are stepping into. The Saha contains all the power you could ever want. Do not try to figure out where it is coming from. It is inexhaustible. The amount of power that is released goes up exponentially the closer you move the two spheres together. For instance, if you move them one millimeter closer, you have ten times more power, but if you move them another millimeter closer together you have a hundred times more power.

Comment: My Fullonia started out as a tiny light. Then it got so big it was almost like a shield that gave me the power to dissolve anything that came at me. It could dissolve my mind chatter. Any experience I did not want would just fade out. As we kept working with the Saha my Fullonia got brighter and brighter. I felt invincible.

Reply: How many of you felt invincible? All powerful in your experience? A number of you. This is another aspect of the power that is generated in the Saha. That feeling should keep growing. It is a feeling of, "Yes, I can do this. I am powerful in my environment." This feeling of power will begin to manifest in other areas of your life as greater feelings of self-confidence, a sense of self-worth, and a greater conviction that you can handle things in your life.

Question: I felt a sense of movement. Even after we came back it felt as if I was still traveling. What is this?

Answer: There are several key words with the Saha. One is power, and one is movement. Some of you mentioned that you felt like you were still accelerating or moving even after we came back. It could be compared to being on a boat for several hours. When you come back to land you may feel like you are still rocking or moving with the waves of the ocean. From your experience of the Fullonia and the Saha you have come back into ordinary reality, but residuals of the new and increased energy flows remain as you integrate your experience. This sensation should go away within a short time.

Comment: As I worked with the Saha, it felt like energy came up to my Fullonia then out through my third eye. I felt like a blind person who could suddenly see in the higher dimensions. I asked for a guide, and one met me. I told this guide I wanted to know how guides experienced these realities, so I blended with him. It was an incredible experience. Beyond words!

Reply: You can always ask for a guide in these spaces and they will assist you. We will be talking more about your experience with guides in these spaces as you work with the Vee. Enjoy!

Question: I had a couple of strong energy shifts. I did not have any visual experiences, but my ears started ringing. I was in my body and very aware of physical sensations. I became really aware of the spaces within my body. There was a very spacious and large feeling to my body. My body is tingling now. Why?

Answer: Probably a lot of you have had that tingling. The raw power of the Saha you have been playing with can expand your energy systems. It can create physical sensations as it expands your vibration at a physical level. The tingling is the physical body experiencing that higher vibration you are bringing through it.

Question: I felt nauseous as we were working with the Saha, then it went away. What was I doing wrong?

Answer: You were not doing anything wrong! The Saha creates more flow of energy through your body than many of you are used to handling. Most of you limit or confine your energy flow and are not used to handling the amount of energy that the Saha can generate. The Saha can create more physical sensations than the other centers because you are dealing with raw power. After awhile that power takes on a pattern. Some of you may see planes, helixes of light, or a spiral of light that encircles your body coming from the place where the two spheres almost touch. We will work with this in more detail in Part 6. One of you commented that you saw a swirling pattern, then you had spinning sensations and felt like the room was spinning around. If you are feeling nauseousness, dizziness, any uncomfortable physical sensations, or feel the experience is too intense, go to the early stage of the Fullonia, then to the Renawre, and find the balance between the Fullonia and Renawre cocoon. Those of you who experienced spinning or swirling sensations are seeing or sensing a heightened, new aspect of your emotional flow that you have not experienced before.

Question: Everything seemed so beautiful, I felt like crying. I still feel very emotional. Why?

Answer: As you play with the Fullonia and Saha you are creating a much greater emotional flow than you may have experienced in the past. This flow can create an emotional release as it opens those places where your emotional body has been closed. The release of these emotions contributes to your ability to have an even more flowing emotional body.

Comment: I really did not experience that much. Everything seemed sort of grey. I felt all right, I was not worried that I was not experiencing much. This center did not seem to do anything for me.

Reply: Initially, the Saha does not have as distinct an individual experience as the other centers, but rather influences your experience of the Fullonia. As you explore the Saha more, you will develop the sensitivity to experience its unique energy patterns. It does have functions separate from the Fullonia and Vee, but until you have worked with the Vee it will be more difficult to experience these aspects of the Saha.

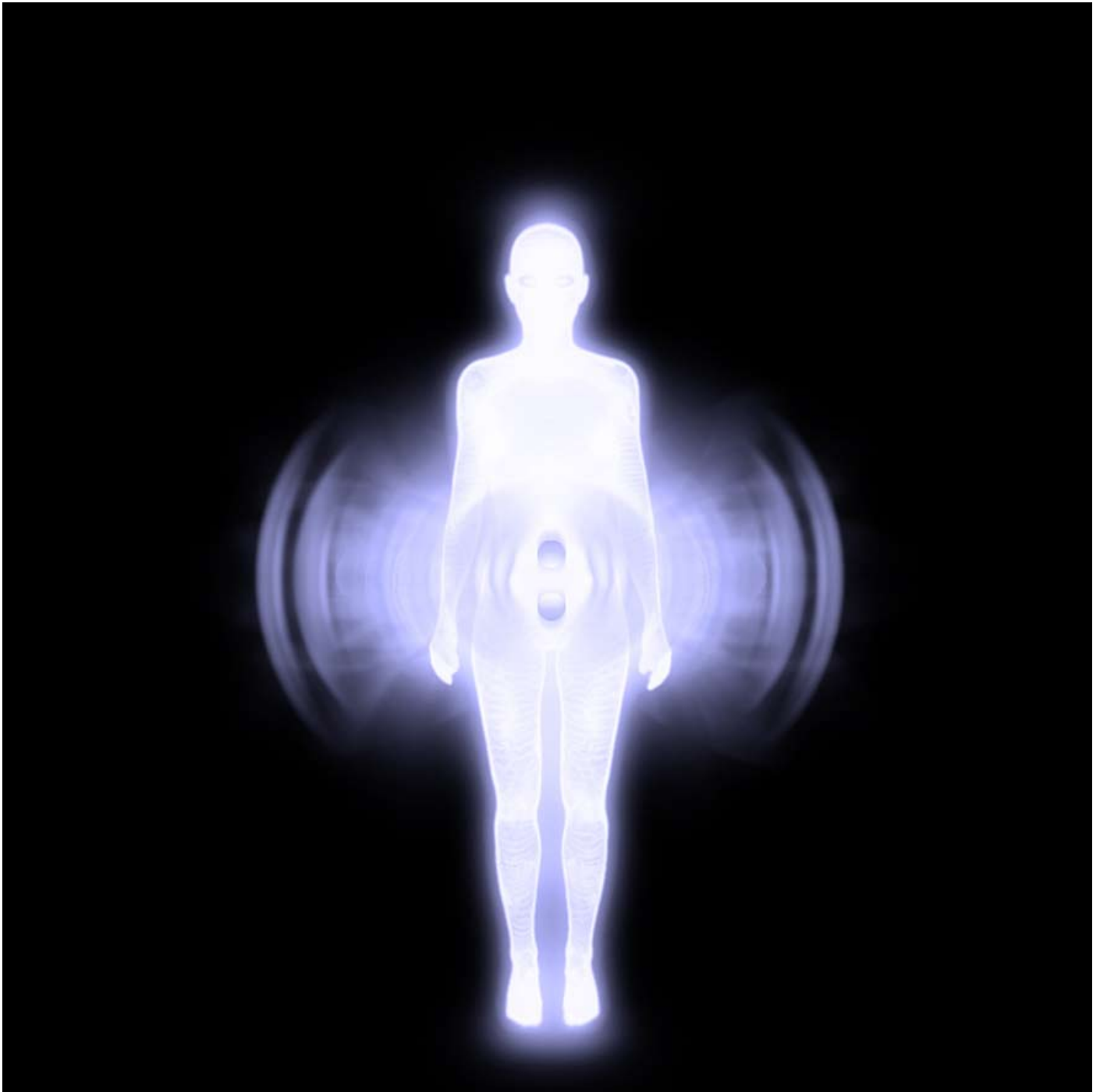
Question: I could not see the Fullonia. I cannot visualize the Saha. But I do get a feeling of great peace in these spaces. It is like I am in a big, empty, peaceful void. Is this all right?

Answer: What you experience each time with the light body centers will be unique, even more unique than with the vibrational energy body centers. You were in a white void. Just observe as though you are waiting for something to happen. You are experiencing much in this place, you just have not found a way to organize it in your rational, logical mind and bring it back through your consciousness. It is like you have seen a glimpse of this space but you have not yet learned how to bring it back into your consciousness as pictures or anything other than a peaceful state. Many of you commented you felt incredibly peaceful. If you experience nothing more than peace, you have still reached a state of consciousness that you probably only felt occasionally in the past. And you probably called that level of peace a peak experience! Enjoy what you are experiencing. As you gain more awareness of these new, higher frequencies of the light body your experiences in these spaces will increase.

- Listen now to Program 4 and record your experiences in the Journal Notes. Work with Programs 1 through 4 at least two to three times each before going to Program 5.
- After you have a good recognition of the Fullonia space work with Programs 5 and 6. After listening to Programs 5 and 6, record your experiences in the Journal Notes and read the information on Transmission that follows..

Vibrational Energy Body

Visualization Aid for Saha



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 4 Meeting the Planetary Logos Journey by Orin with DaBen:

What was the Planetary Logos like? What new insights did you receive? What gift did the Planetary Logos give you? Did you receive any messages? Record your experiences.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 5 Fullonia—Intensity Journey by DaBen:

This journey is to explore various aspects of the Fullonia space. One way to explore is to notice the way the intensity of your Fullonia experience varies. The intensity may grow, peak, then fade. As it fades it may make the transition into another set of Fullonia experiences that grow, peak, then fade. Note the transition between your experiences. Focus on these transitions by putting your awareness on the transitions between intensities. The transition points are a doorway that will take you to new places and open you to new experiences of the Fullonia.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 6 Transmission Journey by DaBen:

Who did you transmit to? Were you able to hold the Fullonia and Ranthia at the same time as you held this person in your awareness? Record your experiences.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

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

Transmission

Transmission is setting an energy space so that the energy you are focusing on—people, plants, animals, an injury, any area or energy—have the opportunity to find a higher order and vibration. Transmission requires only that you be in a high space and aware of the energy area you are focusing on at as many levels as possible. For instance, if you were transmitting to a person, you would want to focus on them at a physical, emotional, mental, and spiritual level as you set the energy space. The more levels and energies you can find of those you are transmitting to, the more powerful your transmission. Transmission is similar to what you learned in setting a healing space for others in Part 2: Opening Your Heart Center. Although transmission implies that you "send" something which is then received, in actuality transmission happens through the principle of resonance. If you had several identical crystal glasses with equal amounts of water in them, and you got one to vibrate by tapping it or swirling your finger around the top, the other glasses would start vibrating at the same rate, even though they were not physically touching. With the skill of transmission you can work with people more effectively at their soul level, assist them in awakening, transform your environment, change group and individual energy you are around, and much more. You can learn to transmit the energies of the vibrational energy body centers to others so they can experience and learn them.

Transmission has many aspects that you will learn more about as you develop your skills with these subtle energies. All aspects involve enhancing your energy flow and using your awareness to discover the energy of who or whatever you are transmitting to on as many levels as possible. As you work with self-healing or setting the space for another person you use your awareness to find the energy of the area of discomfort or the energy of the other person at as many levels as you can. The process of holding the energies of the vibrational energy body and light body centers so others might experience them, as DaBen has done for you, involves these aspects and others that we will begin exploring in this course.

To transmit the frequencies of the vibrational energy body centers so that others might learn or experience them you need to hold the pure frequency of the center you are transmitting. While you are holding it you need to be at a place yourself that is stable enough to enhance your own experience and large enough to encompass all the energies you are holding in your awareness. Transmitting from the Fullonia space allows you to do all of these things. In the journey you just experienced, you went to the Fullonia space and held the Ranthia space at the same time. Whatever vibrational energy body center you hold with the Fullonia will be the frequency pattern you transmit. Transmitting different centers creates different results. The Fullonia/Ranthia space is a powerful one for joining with others at a soul-level.

After you hold the Fullonia and the particular vibrational energy body center you are working with in your awareness, you then include the other person in your awareness at the same time. To do this you find the other person at as many frequencies as you can. You do this by scanning or observing his or her energy with your inner eyes and inner senses, letting the impressions flow. You do not "fall into" who they are, or bring their energy into yourself. You only observe their energy at as many levels as you can; physical, emotional, mental, spiritual, and so on. Find their frequencies or energies that you feel most aligned with. If at any time you feel you are taking on their energy,

bring your attention back to your own energy and continue to run the energy as you enhance your own experience.

You transmit by doing all of the above simultaneously—holding the Fullonia space and the vibrational energy body space, including the other person in your awareness—and also enhancing your own experience of the energies. As you transmit you want to keep making your own energy more beautiful, creating more flow, harmony, balance, or whatever else feels appropriate. As you do you make it possible for whomever you are holding in your awareness to go higher; they can resonate with the frequencies you are emitting, adding their own unique energy to it.

The Fullonia space is the beginning of your radiance. As you transmit from the Fullonia space you are "sending out" your radiance. We want to point out that radiating, transmitting, emitting, and other words we have available in our vocabulary all imply linear movement—that the energy starts somewhere and goes to another place. However, transmitting, emitting, radiating, sending, and other words as we are using them mean one person sets up the energy and the other person, through the principle of resonance, instantaneously or simultaneously begins to vibrate at the same frequency. Like the crystal glasses, the other person simply starts to vibrate with you, adding their own unique patterns to the patterns of energy you are holding.

As you become more radiant you will want to learn to transmit your radiance and send it out as a way to continue to increase your own radiance. You may be noticing an increased desire to get your work out, or to telepathically send light to others or to world situations. You may feel drawn to heal and awaken other people by working with their souls. Your radiance must have places to go before you can increase it, otherwise your radiance will build an intense internal energy that has no place to go. Your radiance will expand and take on even more shimmer and light as you increase your world service. You can serve humanity; the plant, animal, mineral kingdoms; or the earth itself by transmitting to them in your meditations and through whatever else you are doing.

DaBen and Orin have us transmit to you by holding the Fullonia space, combining it with their energies, holding you in our awareness, and linking with your souls as we enhance our own experience. DaBen and Duane spend time almost every night finding you who are taking this light body course. They hold you in their awareness as they transmit various frequencies to you who have requested this transmission and are open to receive it. DaBen works with the group patterns of light you are all forming. He focuses on the energy patterns you make as a group, adding light to the group patterns of light so each of you can have your own experience of these energies enhanced by the power of the group if you choose. In addition, he finds any of you who are having difficulty with these energies, or whom he can assist in any way, and works with you individually if you have requested assistance and are open to receive it.

When DaBen is transmitting the vibrational energy body centers to you in these courses, he is transmitting from the Fullonia space. You might remember that in the beginning we asked you not to teach these centers to others until you had completed this course. When you can hold the Fullonia space, include the precise frequency of each of the vibrational energy body centers and the other person in your awareness while you simultaneously enhance your own experience, you are ready to sponsor others. Until you can do this your transmission would not be stable, constant, or precise enough for the other person to feel or experience the distinct energies of the centers. As you continue to work with transmission as you have just done, you will be able to assist others in awakening their vibrational energy body centers.

We also asked that you not share your courses with friends until you could sponsor them as we have sponsored you. DaBen and Orin have been soul-linking and working with you, holding you in their awareness throughout this course. If when you finish you decide to share your courses, you are now assuming the role of sponsor. You will want to soul-link, hold your friends in your awareness, and work with them in this way on an ongoing basis as they learn the centers. As a sponsor you will need to be aware of them at these subtle energy levels, and work with them through your Fullonia and at the soul-level to assist them as they awaken their light bodies. Remember to only transmit with their soul's permission, when they are asking for your light transmission, and are open to receive it.

Learning to transmit these frequencies to others so they can learn them will greatly enhance your awareness of each center and the energy frequencies it contains. Whether or not you ever want to teach these centers to others, practicing transmission by holding the Fullonia and a vibrational energy body center simultaneously while also holding people or things in your awareness will teach you much about your vibrational energy bodies. You will gain a precision with and recognition of the energy frequencies of the vibrational energy body centers that will greatly enhance your ability to use and experience these centers yourself. Transmission will enhance your awareness of the pure frequency patterns of each center, as well as teach you how to hold each one steadily. As you increase your awareness and precision with each vibrational energy body center you enable yourself to have broader, fuller, richer, and more recognizable experiences of the light body centers. This will allow your radiance to grow by giving you places to put it.

Below are some questions and comments from people after working on transmitting the Fullonia/Ranthia space. People were paired up and one person transmitted while the other person received the transmission.

Comment: I felt as if the Fullonia was the very center of my soul. It looked like a sun. While I was transmitting I felt so much joy.

Reply: You will notice that transmission can amplify your joy and other good feelings. It is definitely not a sacrifice to transmit—you gain as much as the person or persons you are transmitting to. You are not sending out your energy; transmission does not take energy away from you. In fact, you now have somewhere to put your radiance. The more you work with these energies the more you will want to transmit them to other people, world situations, and so on as a source of your own joy and growth. The higher you go the more you will discover the joy in transmitting to others, serving, assisting them in awakening, making soul-contact, and bringing the light you are becoming into the world. You said you felt like you were in the center of your soul. How many others of you felt that there is something, some distinct property in the Fullonia space that you can identify as your soul? (Many hands.) You are becoming aware of the energies and frequencies that are the energies of your soul. This will allow you to operate as your soul in this reality with greater awareness.

Comment: The more I transmitted, the higher I got. I thought, "I never need to feel lonely again. I can reach people anytime I want at this level." I felt so connected, so expanded. It was hard to separate and come back.

Reply: You are beginning to radiate as you transmit. The more you learn to radiate, the larger you become, and the more dynamic and beautiful your own energy becomes.

You are making soul contact with others. You will find this is a powerful, effective, and wonderful way to work with other people.

Question: I was transmitting to my friend here in the class, and the experience got so intense I almost lost consciousness. What happened?

Answer: When the other person is able to hold similar spaces to what you are transmitting, you may find more mutual resonance building up than you were prepared for. It is as if your energy combines with their energy and something happens that is bigger than both of you. To adjust to this larger flow bring your awareness back to yourself, then put your awareness on a smaller area and open to an increased energy flow. If you do not open to the flow you may find yourself taking on a greater energy flow than you can consciously handle and becoming unconscious yourself.

Question: I seemed to be picking up some of the thoughts that the other person was having. Is this normal?

Answer: As you transmit your clairvoyant abilities can increase. You may pick up mental images, thoughts, feelings and so on as you include the other person in your awareness. You find people automatically at many levels as you run the Fullonia, include them in your awareness, and enhance your own experience.

Question: My Renawre cocoon seemed different when I saw it as I was in the Fullonia/Ranthia space. I also opened my eyes and it seemed like I could see the other person's aura as I was transmitting. Why was this?

Answer: As you gain more harmony in your vibrational energy body centers and combine them with the Fullonia space, you will be able to experience yourself and your energy in many new ways. Clairvoyant sight is one of the skills you can develop by learning to play with these energies as you transmit.

Comment: I loved how steady my Fullonia felt as I transmitted.

Reply: It is important in transmitting to have a sense of steadiness. Each time you are in the Fullonia notice what was steady there, what felt even. It may be beyond words, or hard to describe, but develop your inner sense of that feeling of steadiness. This is an important quality to develop.

Question: Is there anything to look out for when I transmit? Can I get "whacked" by the other person's energy?

Answer: There is nothing to look out for in that sense. You might be surprised at how responsive people are to this energy. If you are transmitting to a group you might notice people in a new way. Some people will be more visible while others will be harder to find. You will particularly notice people who are calm, centered, and peaceful. Your increased sensitivity to people's energy in these spaces does not open you up to their energy. In fact, when your energy is harmonized and calm, you will probably view them from a new level of love and compassion. You will be able to be around a greater variety of people and find what is beautiful in their energies, using all the energy around you to enhance your own experience.

☛ **Listen to Programs 7 and 8 and record your experiences in the Journal Notes. After you have listened to Program 8, read the information that follows on Soul-linking.**

Journal Notes

Program 7 Fullonia—Waving Journey by DaBen:

You are beginning to play with various aspects of radiance in this journey. Notice anything different from your earlier Fullonia journeys—note the patterns, sensations, shifts in the patterns, your ability to recall, your perspective, the qualities of the energy present. One way to discover new places you can go to in the Fullonia is to pay attention to the waves and pulses. Watch the pulsing of the Fullonia. Right before the next pulse starts, grab that space with your awareness. It will carry you right out into new experiences. With this journey on waving, notice that the waves bring "packets" of energy with them. Focus on those energy packets and notice that they have a pattern of their own. The pattern the incoming energy packets make will carry you out into other higher states of consciousness. Waving is an aspect of radiance; how your light is modulated and sent out.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 8 Soul-Linking Journey by Orin with DaBen:

Who did you soul-link with? What images or patterns did you see? What insights did you have? As you enhanced your own experience, how did their energy grow more beautiful? Record your experiences below.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

☛ **READ ONLY AFTER LISTENING TO: Program 8 by Orin and DaBen.**

Soul-Linking

You have now experienced transmitting to and soul-linking with another person. We would like to share with you some of the comments people made after working with this meditation.

Comment: I saw a really interesting energy pattern in the person I was working on. It seemed like their energy was split. I just expanded their pattern so it merged. The image of a magenta heart then appeared, and I used that color to enhance and make their pattern of energy more beautiful.

Reply: There are an infinite number of images and patterns that may come to mind when you work at this level. I have yet to see any two that are the same. The patterns change each time you work with someone. One thing I would like to be clear about is that you are not "sending" energy to other people. You are including them in your awareness, seeing or sensing their energy, then enhancing your own experience. In this way you may observe their energy becoming more beautiful. You can bring a lot more power to the shift that can happen as you are creating the space by keeping track of and enhancing your own experience.

Sanaya: Even though it may seem as if you are making it up, I and others who have worked with people at this soul-level have had feedback that people we worked with felt a shift in their energy at the time we worked with them. Comments like, "Everything just seemed to get lighter," or, "I felt a shift in my energy and saw a solution," or, "I had been feeling low, and things started to lift. I decided to make some changes," gave us feedback that our energy work had been received. Of course, you do not want to soul-link just for the feedback. We were often able to confirm that the time of the change in the other person occurred around the time of our soul-link. You cannot be result-oriented for you will never know what results soul-linking will create. You do not want to do this with a picture of how you want things to turn out. People will use this energy in whatever way is best for them.

Comment: It did not seem like I had to do anything. As I observed the other person's energy, their patterns just got more beautiful on their own as I continued to run the energy.

Reply: Yes, that is the experience you are looking for.

Question: I did not get anything at first. Then I remembered what you said about active waiting. Rather than trying to make something up, I just waited, and kept the other person in my awareness. I realized I was seeing lines of light, and I wondered if that was the other person's energy patterns. The lines looked like they needed to have more space in them, to move more. So I kept running the energy and the lines began to do different things as I observed them. Is this working on someone's energy?

Answer: Yes, this is what people are like at the soul-level. You will usually get images, patterns, geometric shapes, colors, gridworks, nonspecific forms, and so on.

Sanaya: Orin and I spend much time transmitting to you who are taking this course and to people who are working with our books or courses. Of course, we only transmit to those of you who ask for our transmission of light and are open to receive it. Although I have not personally met many of you, I love seeing the beautiful energy patterns of your soul and meeting you on the soul planes. There seems to be an infinity of patterns, feelings, and so on as Orin and I work with you at this level.

You can find people's energy at different levels. Sometimes Orin will transmit to assist people in opening to their Higher Selves if they are requesting assistance for this. Sometimes he will find people at their physical vibration level and transmit to bring light into their cellular level if they have requested this. One of the keys to this work is to be playful and creative. You will learn much as you work with other people at this level.

Comment: I worked with my husband. At first his energy looked bottled up, like he was ready to explode. It felt too contained, like it could not get out and needed to burst free. I kept reaching out to him, but his energy felt like a hot stove. I could not touch it and I could not get to it. So, I remembered what you said about enhancing my own energy rather than sending my energy out. I stopped trying to change his energy by working on it directly, and I did what I could to make my own energy flow. At the point my energy felt really good, I once again observed my husband's energy. I noticed there were now openings in it, and his energy did not look so bottled up.

Reply: You brought up a good point. You cannot change the other person's energy by working directly on it. You can only enhance your own experience and include the other person in your awareness. You are discovering at another level the same principles that you have already begun learning in your life: that you can only create the space for others to grow, you cannot make them grow. They will do with the space you create what they choose to do with it, when they choose to do it, and not a moment sooner! Yet, if they experience the space you are creating for them even once this will often make a real difference in the way they view the world.

Question: Am I controlling or influencing people against their will when I transmit to them?

Answer: You are always transmitting to people; every time you think of someone you are holding them in your awareness and sending him or her energy. Ask for permission from this person's soul before you transmit energy to this person, and do not transmit unless you get a sense that it is fine. When you transmit you are sending this person light. Each person is free to use your energy, not use your energy, or do whatever they want to do.

- **Work with Programs 5 through 8 until you have experienced the Fullonia as indicated in the Journal Notes and have transmitted and soul-linked at least once with and without the programs. Record your experiences in the Journal Notes provided.**

- **When you have worked with Programs 5 through 8 at least two to three times each, go to Programs 9, 10, 11, and 12. You may listen to Programs 9 through 12 throughout the third week of this course.**

Journal Notes

Program 9 Fullonia/Saha—Power Journey by DaBen:

How did it feel to hold the Sa and the Ha together? What was the feeling of power like?

Record your experiences below.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

Program 10 Fullonia/Saha and the Vibrational Energy Bodies Journey by DaBen:

Note your experiences below, including your observations of your emotional and physical vibrational energy body fields. Were you able to affect them as you enhanced your experience?

**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 Fullonia/Saha and the Renawre Cocoon Journey by DaBen:

This journey will show you some ways you can combine the second and third stages of the Fullonia, the explosion (Stage 2) and openness (Stage 3). As you let your awareness float between the void and open space and include the Renawre in your awareness, you will be able to travel to many new places. Depending on where your awareness is most centered, Stage 2 or 3 of the Fullonia, you will have different experiences of the Renawre cocoon. There is the possibility in this space of seeing your spiritual shimmer with your inner eyes. You may be able to observe your Renawre cocoon as a luminous egg, and you may even become the cocoon. In this case the cocoon becomes a vehicle for your awareness and you can travel to many places as you are the cocoon.

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

Journal Notes

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

Date of practice with journey:

Experiences:

Date of practice with or without journey:

Experiences:

Date of practice with or without journey:

Experiences:

What's Next?

Congratulations! You have now completed Part 5.

Practice with these centers either with the journeys, without the journeys, or both. It would be beneficial for you at this point to go back and review the vibrational energy body centers to strengthen your ability to hold the Fullonia space.

You are ready for Part 6, Becoming Radiant, when you meet the following criteria:

- You have listened to all 12 journeys in this course.
- You have located the Fullonia and felt the pulsing.
- You have been able to experience the shift point at which the pulsing of the Fullonia ceases and the next stage begins.
- You have located the Saha and been able to observe or experience the increase in power as you move the spheres closer together.
- You have been able to experience and work with the Fullonia and Saha at least once without using the journeys.
- You have transmitted the Ranthia space to at least one person, and you have soul-linked with someone.
- You have practiced running the energy of the Fullonia and Saha at least 3-5 times a week.

The last light body center of this course is the Vee. The Vee takes you to states of consciousness that are a quantum leap beyond the Fullonia, so you will want to have a good ability with the Fullonia before continuing to Part 6. Continue working with whatever journeys you are drawn to, and practice running the energy without the journeys as well. You do not need to "master" these energies to be ready for Part 6. We suggest you read the information on the Fullonia at least two to three times, as each time you run the energy you will have experiences that will make the information even more meaningful.

- ☛ **Before beginning Part 6, please complete the sixth "Growth Snapshot" Journal Notes that follow.**

Part 6: Becoming Radiant

In this part, you will learn the final light body center that works together with the first two you learned in Part 5, to take your next step into becoming radiant. In Part 6, DaBen transmits to you the energies that awaken the final light body center. This light body center is one that opens you to experiences of incredible bliss and beauty. This center connects you directly with light, and brings in light from the higher dimensions. It regulates, filters, and integrates light as you bring it in. You can become a radiating source of light as you open and work with this center. This light body center enhances your ability to experience the oneness.

Using the light body centers, you will journey into the void and explore other dimensions. You will learn how to build the cord upward to your soul so you can

experience more of your soul's reality and experience your soul in new ways. You will travel into the Mind of God, the All-That-Is, to explore the nature of the universe. You will work with your personality to help it hold, in a balanced way, the enormity of the perspective you are gaining of the universe, your soul, your purpose, and the many insights you may have as you experience the universe in new ways.

With the awakening of this center you are taking an evolutionary leap and your personal power, ability to change your environment, positively affect others, and exist in higher states of consciousness is increased.

Part 6 contains 12 DaBen and Orin audio journeys approximately 25-30 minutes each. Please visit website for information on audio formats that are available. [LB116](#)

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 5

Awakening Your Light Body

Transcripts of the Audio Journeys

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

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

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

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

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 5 Awakening Your Light Body Transcripts

Program 1 DaBen Fullonia Introduction

Welcome. And as you find that posture and relaxation that enables you to become more and more aware of these subtle energies, let us congratulate you on having reached a level of mastery of these subtle energies that you are able to find quite a high level of harmony in the vibrational energy bodies.

It is upon this harmony that you will begin to be able to experience the light body, the vibrations that use that harmony, and will indeed encourage you and make it possible for you to gain even greater degrees of harmony in the vibrational energy bodies, as you explore these vibrations and frequencies.

Good, and so as you follow these centers, enhance your own experience as we explore yet another way of combining and using these frequencies.

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

Din nin eee ah. Din nin eee ah.

Leee ow. Leee ow.

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

Muuuuuu min. Muuuuuu min.

Ran thee ah. Ran thee ah.

Tray eee oh. Tray eee oh.

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

Ree nah ree nah ree.

Good, now from the Renawre, adjust each of the lower centers to enhance your experience even more, perhaps changing the angle on the cone of the Nu'a, or lengthening the cone. Or follow the Diania wave out as far as you can in all directions. Good, and observing the Ranthia and the Traeo. And becoming more and more your experience.

Good. Now, expanding your awareness, following these energies out a little bit further. Good, and follow these shifts now.

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

Good, now bring your awareness to a point right at the center of your chest, behind the breast bone, the center of the breastbone, two to three inches in from the breast bone, the very center of your chest. Bring your awareness to a smaller and smaller point there. As small a point as you can find, a small point of light.

Good, following these energies, and making that point smaller now. Smaller, as small as you can find with your awareness. And being your experience but finding this point of light, as small as possible. And then just become your experience.

Full lo nee aah. Full lo nee aah.

Good. Just being in your experience now. You may find that it begins to pulsate, sending light rapidly out and then coming back in, then out, and in. Or you may find that somehow you are just drawn in to that point. Or, you may find that you have already expanded from that point, as though you are carried way out beyond the volume that you ever experienced before, as you ride upon these frequencies, becoming your experience more and more.

Full lo nee aah. Full lo nee aah.

Good. Just observe now. Being your experience. Good, and if you feel that nothing has happened, just draw all your awareness into that point again, smaller and smaller, and just look around you. Observing. Floating on these energies, being your experience. Observing all about, in all directions.

Full lo neee aah. Full lo neee aah. Full lo neee aah.

Good. Just being your experience now, more and more fully. Following these shifts of energy.

Full lo neee aah.

Good. Being your experience now.

Full lo neee aah. Full lo neee aah.

Good. Now, bring your awareness slowly and easily back to the Renawre, integrating all you have experienced here. Letting your energy shift slowly and easily, as you bring your awareness to the Renawre.

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

Good, now bring your awareness to the Ranthia, slowly and easily.

Ran thee ah. Ran thee ah. Ran thee ah (faster than usual).

Good. Now, at your own time and pace, let yourself come back to the time and space of the earth plane. At your own pace, integrating all your experiences, and noticing who you are now in the time and space of the earth plane. And with that we bid you most pleasant journeys.

Program 2 DaBen Second Fullonia Journey

Welcome. And as you find a posture and relaxation that allows you to be more and more aware of these subtle energies, be aware also of all the ways in which you can find your energy so that you might discover, as it were, all of the signatures of your energy. Good.

And now, as you notice the frequencies of each of these centers, find the signature of your energy, and use the awareness of your energy and of these frequencies to enhance your experience. And as you do, be your experience more and more fully.

Nuuu yah (very fast release).

Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah.

Leee ow. Leee ow.

Letting the Mumin be transparent to all lifting energies.

Muuuuuu min. Muuuuuuu min.

Good, and following these shifts now.

Ran thee ah. Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah.

Pi eee eee yah.

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

Reee nah reee nah reee.

Good. Being your experience more and more fully now. Adjusting each of the lower centers. Enhancing your experience.

Reee nah reee.

Observing each of the upper centers now.

Reee nah reee nah reee.

Good. Now, bring your awareness to the point in the center of your chest, to the Fullonia, to that smallest possible point in which you can bring your awareness, that point of light, smallest possible point you can bring your awareness. Be your experience as you bring your awareness to the smallest possible point in the center of your chest.

Full lo neee aah. Full lo neee aah. Full lo neee aah.
 Good, and just following these frequencies now, being your experience.
 Full lo neee ah.
 Good. Just being your experience more and more completely now.
 Full lo neee aah. Full lo neee aah.
 Good. Just being your experience, more and more completely.
 Following this shift. Observing all about you, just observing as you be your experience.
 Observing more and more, more and more levels; patterns within patterns.
 Full lo neee aah. Full lo neee aah.
 Being your experience, as fully and completely as you can.
 Full lo neee aah.
 Good. Now, slowly and easily bring your awareness back to the Renawre.
 Ree nah ree nah ree nah ree (nah ree).
 Ree nah ree nah ree nah ree (nah ree).
 Ree nah ree.
 Good, and now bring your awareness to the Ranthia.
 Ran thee ah. Ran thee ah.
 Good, now slowly and easily, bring your awareness to the time and space of the earth plane.
 As you integrate your experience now, notice who you are, having had these experiences. Good. With that we bid you most pleasant journeys.

Program 3 DaBen Fullonia, Saha Introduction

Welcome. Good, and find that posture and relaxation now and use the patterns of frequencies for each of the centers to enhance your own experience of the centers and your experience of your vibrational energy bodies as we explore other levels of harmony that you might reach.

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

Din nin eee ah. Din nin eee ah.

Lee ow. Lee ow. Lee ow.

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

Muuuuuu min. Muuuuuuu min.

Ran thee ah. Ran thee ah.

Good. And just experience these energies for a moment now, adjusting the Nu'a and Dinia.

Tray eee oh. Tray eee oh.

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

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

Good, and being your experience now, observing each of the upper centers, perhaps adjusting the lower centers to enhance your experience even more.

Good, now bring your awareness to the Fullonia, that smallest point in the center of the chest, smallest point of light possible. As small as you can focus your awareness. And just follow on the frequencies.

Full lo neee aah. Full lo neee aah.

Just observe and be now.

Good. Now, being in that experience to the degree that you can while you also listen and just observe your experience, as you bring your awareness to your abdomen, to a point or small area. You might visualize it as a sphere, a small sphere, perhaps the size

of a small marble or perhaps as large as a golf ball. About three finger widths below your navel, in the center of your torso.

Good. This is at the point that some philosophies and martial arts have called the Hara. We will use the word ha.

Good, now bring your awareness to a small sphere the same size as the one you chose for the ha, and this time two to two and a half finger widths above the navel, again inside the body, in the center of the torso. Good, and we call this sphere the Sa.

Good. And these two spheres work together. The forces that they bring to your awareness you might visualize as playing with two magnets. Taking the same poles and attempting to bring the magnets, those two poles, together. They will naturally want to repel one another. The harder you attempt to bring two poles together, the greater the resistance to actually touching.

And as you bring these two spheres together, they will resist touching as well. Good. Now, follow these shifts of energy, while we explore these two spheres.

Full lo neee aah.

Good, and holding in your awareness the Fullonia, bring your awareness also to the two spheres. Letting them come together and move apart. Come together and move apart.

Bringing them together. Feeling the tension there.

Sa ha. Sa ha. Sa ha. Sa ha.

Full lo neee aah.

Sa ha.

Just observing now the energy all about you, and your energy.

Sa ha.

Following these shifts in frequency.

Full lo neee aah.

Sa ha.

Full lo neee aah.

Sa ha.

Good, and bringing the two spheres together again, holding them together at a comfortable distance, but holding them together, feeling that energy.

Sa ha.

Full lo neee aah. Full lo neee aah.

Sa ha. Sa ha.

Good, and just being your experience. Just experience. Observe and experience.

Full lo neee aah.

Good, now bring your awareness slowly and easily to the Renawre, integrating your experiences as you go to the energies of the Renawre.

Reee nah reee nah reee.

Reee nah reee.

Good. Now bring your awareness to the Ranthia.

Ran thee ah. Ran thee ah.

Good, now at your own time and pace, bring your awareness back to the earth plane, to the time and space of the earth plane. And as you do, let your experiences integrate and become a part of who you are in this time and space. And with that we bid you most pleasant journeys.

Program 4 DaBen/Orin Meeting the Planetary Logos

Welcome. And as you find that relaxation and posture now that allows you to be more and more aware of these subtle energies, follow on these frequencies.

Nuuu eee yah. Nuu eee yah.

Din nin eee ah. Din nin eee ah.

Lee ow.

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

Muuu min.

Ran thee ah. Ran thee ah.

Tray eee oh.

Pi eee yah. Pi eee yah.

Ree nah ree nah ree.

Ree nah ree.

Good, now adjusting each of the lower centers to enhance your experience even more. Observing the upper centers. Bring your awareness to the Fullonia, to that smallest point of light at the center of your chest.

Full lo neee aah. Full lo neee aah.

Good. Now become your experience even more, just experiencing for a moment.

Full lo neee aah. Full lo neee aah.

Sa ha. Sa ha.

Good, now expand your awareness out. You may notice perhaps as you do, spirals or a spinning, or perhaps another sort of movement. And as you expand your awareness also observe and notice that movement.

Good, now as you observe that movement and expand your awareness, follow these shifts in frequency.

Full lo neee aah.

Good, now observing your experience even more fully. Finding all the movements that you can be aware of right now, all the movements all about you in your experience. And follow yet another shift now.

Sa ha. Sa ha.

Full lo neee aah. Full lo neee aah.

Good. Now. Just being your experience, include also in your awareness the Pieah.

Pi eee eee eee aah.

Full lo neee aah.

Good. Holding both the Fullonia and the Pieah in your awareness, follow on these energies and enhance your experience, being more and more your experience, as you follow the tapestry of energies as Orin weaves for you a journey.

Orin: The Planetary Logos is the soul of the earth. It exists at many frequencies and dimensions, and has agreed to be here with you now. So in this space, feel this magnificent being drawing you toward it. It has agreed to extend its frequency into ranges that you can feel and sense and know, for you are expanded now as well.

Feel this being as you approach it. It is much vaster than the earth, and very radiant. It has an enormous aura that spans many dimensions. The Planetary Logos is in front of you right now. Attune yourself to the frequencies of this being. Feel the Planetary Logos' energy, however it appears to you. Sometimes it will appear as a human, or a radiant ball of light.

Feel yourself being greeted. You are now recognized by this being. Feel yourself greeting this being back. The Planetary Logos has agreed, working with you, working

with your guide, DaBen and I, to let you share some of its consciousness—to let you merge with it, and to experience the planet and all life on it through its eyes. So when you are ready now, let the process of merging or sharing consciousness with the Planetary Logos begin.

You might notice that you are changing in time or scale. The planet earth is now your body, but you are vaster than that. You reach out into space, into many dimensions. You are infinitely wise, intelligent, and deeply loving.

You are aware of the stars and the other planets. You can hear the singing of the hydrogen atoms in space. You are a giver of life. You have a richness and an intricacy of life forms on your being. You support life at many levels.

Now, with the Planetary Logos, you are centering your consciousness on the earth, on the physical expression of your being. See the earth now through the eyes of this great being—the mountains, the oceans, the lakes.

You are vast. See the love you have for each tree, each plant, all the animals, the sea animals, the dolphins, the humans. You are absolutely loving. You are love itself. Each expression of life force is dear to you. It is so special and precious. You rejoice in every bud that opens into a flower, in every child that opens its eyes into the world. You rejoice at all life.

The good and the bad has no meaning for you, for you are above polarity. Let the waves of love wash over you as you feel this level of love, for the Planetary Logos is a master of love. Let yourself experience love at these all-new levels, feeling what it is like to give life, to support life, and to love.

Expand into love. Expand into all the higher frequencies that this Planetary Logos is, letting them pour through your body. Align with this great being.

This great being is going to give you a gift. Open to receive it. Ask if there is anything you can give back.

Ask if there is a message for you.

As this great being, extend your consciousness to the sun, to the radiance of the sun. Observe how good it feels to sit in that great light as you take that light and transmit it to all the life that you support.

Imagine that you yourself now in your everyday life are supporting all of the life force around you, sending out that radiant light that is you, that you are able to absorb and now radiate, nurturing everyone about you. All life force is enhanced, all the plants in your environment, all the animals, and all the people. Everything is enhanced by your light. See yourself as a source of radiance and light to those around. Just as the Planetary Logos is a source of light to you, and the sun as well.

You are sending out love to everyone you know, unconditional love, letting go of any judgment or pictures of how they ought to be. You are simply loving everyone and everything around you, so that you are becoming that pure vibration of love, radiating outward. Feeling that love now that you are.

Notice what it feels like simply to be a center of light, emitting light, enhancing all the life force energy about you. Everything about you reaching a higher potential simply by your presence, by your radiance, by your love. The Planetary Logos is joining you, and assisting you in strengthening that vibration of love that you emit.

Now you are going to come back, but this time you are coming back with a higher vibration of love and the connection that you now have to the Planetary Logos, that you may call upon any time you wish.

So coming back now, easily and gently, feeling that expanded sense of love as you come back and begin now to broadcast that love even more, and having a wonderful day.

Program 5 DaBen Fullonia—Intensity

Welcome. And now as you relax and find that posture that enhances your ability to sense these subtle energies, let us explore some of the ways in which you can observe a varying experience with the Fullonia. The first way that we are going to explore, you might call intensity.

As you observe your experience in the Fullonia, and we will go through each of the centers to reach the Fullonia, you might observe any variations in intensity. And it is in that observing the variations, the transitions, as it were between the various intensities, that you might direct your awareness. And you might notice that your experience is quite naturally drawn to those sort of transitions.

And so, when we reach the Fullonia, follow the shifts. And notice your experience of the intensity of the transitions between various states of intensity. And with that now.

Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah.

Leee ow. Leee ow.

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

Muuuuuu min. Muuuuuu min.

Good, and following those shifts now.

Ran thee aah. Ran thee aah.

Good. And expanding your awareness, adjusting perhaps the angle of the cone of the Nu'a. Enhancing your experience. Expanding your awareness.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

Reee nah reee nah reee.

Reee nah reee (extended).

Reee nah reee.

Good. Now adjusting the lower centers to enhance your experience even more. Good, now bring your awareness to that smallest point of light in the center of your chest.

Full lo neee aah.

Sa ha. Sa ha.

Good, and bringing the spheres of the Saha close enough together to feel that tension, to sense the power that is there. And bring your awareness fully to the Fullonia, and follow these shifts.

Full lo neee aah.

Full lo neee aah (staccato).

Observing the intensity of your experience. Following on the shifts. Letting your awareness and consciousness be carried on this energy.

Notice underneath that feeling of being carried, patterns and rhythms of the intensity there. And follow those transitions, being your experience. Falling into, as it were, these energies.

Good, and following this shift now.

Full lo neee aah. Full lo neee aah.

Good. Noticing those shifts now, being your experience. As completely and fully your experience as you can possibly be, as you can bring to your awareness.

Full lo neee aah. Full lo neee aah. Full lo neee aah.

Just observing now, observing your experience as you be your experience. Both being and observing. Being carried by your experience. And observing your experience.

Full lo neee aah.

Good, following that intensity of your experience, just observing the variations in intensity. Good. Observing the richness here, the transitions.

Full lo neee aah.

Notice how those shifts can almost become as though they were a substance of some sort to your awareness.

Full lo neee aah.

Good, and just experience now. Observing your experience. Being your experience.

Full lo neee aah.

Good, and bring your awareness back to the Renawre.

Reee nah reee. Ree ree nah ree.

Then, at your own pace, to the Ranthia.

Ran thee ah. Ran thee ah.

Good, and at your own time and pace, bring your awareness to the time and space of the earth plane, integrating all your experiences into who you are now. Good. We wish you most pleasant journeys as you explore.

Program 6 DaBen Transmission

Welcome. Now, as you find that relaxation and posture that makes it easier and easier for you to be aware of these subtle energies, you might also begin to find those frequencies of each of the energy centers. Good. Let us talk for a moment about transmission.

In your vocabulary, transmission implies a sending and receiving. And for our purposes, we would like you to think of transmission rather as resonance. Much as you might have a crystal glass in one part of a room, and then an identical crystal glass in another part of the room, and by creating in some way a tone of one of the crystal glasses, the other begins to resonate with it. The stronger that you make the tone for the one glass, the stronger the tone becomes for the glass that is resonating with it.

And so it is with transmission of these energies. A resonance is set up. The stronger you enhance your own experience, the more you are aware of your experience, the stronger the possible resonance becomes for the others about you, and the person you are resonating with or transmitting to.

Good. So now, as you continue to move into these energies and follow these shifts, think of a person you enjoy being with. Good. And now, let that thought go; we will use this person in your transmission after you have experienced your own energies as fully and completely as you can.

Good, and use these vibrations now of each of the centers to enhance your experience, to make it possible for you to more and more completely, indeed, be your experience.

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

Din nin eee ah. Din nin eee ah.

Leee ow. Leee ow.

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

Muuuuuu min. Muuuuuu min.

Ran thee ah. Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee eee yah.

Reee nah reee nah reee. Ree ree nah ree ree.

Good. Now adjusting each of the lower centers, enhance your experience even more. Observing the upper centers. Good, now bring your awareness to the Fullonia, to that smallest point of light in the center of your chest, as small as you can bring your awareness to.

Full lo neee aah. Full lo neee aah.

Sa ha. Sa ha. Sa ha.

Good, now just be your experience for a moment, observing all that you can.

Full lo neee aah.

Good. Now, while staying in this space of the Fullonia, being your experience here in these vibrational and frequencies, include also in your awareness also the Ranthia. The energy of the Ranthia.

Good, for it is the Ranthia energy that we are going to transmit. We are going to become fully and completely the Ranthia energy in our experience, as we also are the Fullonia.

Good. Now, just include in your awareness for a moment the person you have chosen, the person you enjoy being with. Just include them in your awareness for a moment, finding as much of their energy as you can in your experience. Good, now bring your awareness back to your own energy fully and completely.

Full lo neee aah.

Good, now including also the Ranthia. Good. Following these shifts. Good, include also in your awareness this person you have chosen, this person you enjoy being with.

Good, you may notice that your energy changed. Use those changes to enhance your experience even more. Or you might choose to change the lower vibrational energy centers to balance and bring to a comfortable evenness your energy as you continue to enhance your awareness and your experience of your energy more and more. Still including this person you have chosen in your awareness.

Noticing how dynamic it is. Good, and just continue for a moment to experience. Continuing to enhance your own experience. Noticing that in some way you can be aware of the degree to which the resonance has been received. By the strength of your own resonance, for that resonance begins to set up a resonance in you as well. Back and forth, enhancing the energy all the while, enhancing your awareness and your experience, being your experience.

Full lo neee aah.

Good, now bring your awareness fully and completely back to your own energy. Fully and completely back to your own energy, to the Fullonia.

Full lo neee aah.

Good, now bring your awareness to the Renawre. Integrating all that you have experienced into who you are.

Ree nah ree nah ree. Ree nah ree.

Good, now bring your awareness to the Ranthia.

Ran thee ah. Ran thee ah.

Good, and slowly and easily, at your own pace, bring your awareness to the time and space of the earth plane. And as you do, recall as much of your experience as you can, to find words for it perhaps. For these will assist you in making this process conscious. And know that you can transmit, find a resonance for, create the resonance for anyone in any time and space. Good, and with that we bid you most pleasant journeys.

Program 7 DaBen Fullonia—Waving

Welcome. Good, and finding that relaxation and posture now. Finding indeed perhaps the frequencies that you are most familiar with of the vibrational energy body centers. And using these frequencies as we go to each of the centers to enhance your experience.

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

Din nin eee ah. Din nin eee ah.

Leee ow. Leee ow.

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

Muuuuuu min. Muuuuuu min.

Ran thee ah. Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

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

Good, and bring your awareness to each of the vibrational energy body centers, adjusting the lower centers, and observing the upper centers. Holding as many in your awareness at the same time as you can.

Ree nah ree. Ree nah ree.

Good, now bring your awareness to the Fullonia, that smallest point that you can focus your awareness on at the center of your chest; that point of light.

Full lo nee aah.

Good, becoming your experience even more completely. And follow these shifts.

Full lo nee aah. Full lo nee aah.

Good, following those shifts, noticing that pulsing has within it a pattern, a constancy. Again, a constancy within the pattern of pulsing, transition, in the pulses now. And from that pattern, it is as though each of the pulses contains waves that continues out beyond even the pulse.

Just be your experience and follow these shifts; observing, finding those transitions. Being alert to, with your awareness, those waves that occasionally move out beyond, as though they somehow came from those transitions themselves.

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

Good. And following those waves, being your experience; alert, observing actively. And those waves appear from the transitions. Letting the Fullonia carry your awareness, further and further out.

Full lo nee aah. Full lo nee aah.

Good, just being in your experience now.

Full lo nee aah.

Good, now following this shift, observing, actively waiting, actively waiting, observing all about you.

Full lo nee aah.

Good. Now, observing even more, finding this frequency shift, and observing yet underneath all that is going on. Finding the patterns, the texture, as it were, of your experience, as many levels and layers as you can.

Full lo nee aah. Full lo nee aah.

Good. Now, bring your awareness fully and easily back to that point at the center of your chest, as small a point as possible. Good, and notice also that you can maintain your awareness out at those dimensions, noticing all that is between all the transitions.

Good, now bringing your awareness fully and completely to that point of light.

Full lo neee aah.

Good, and bring your awareness to the Renawre. Integrating your experience, finding the Renawre.

Ree nah ree nah ree.

Integrating and enjoying that integration, enjoying all that you learned, all that you experienced, all that you are.

Good, now bring your awareness to the Ranthia.

Ran thee ah. Ran thee ah.

Good, and now at your own time and pace, bring your awareness back to the earth plane, to the time and space of the earth plane, fully and completely. Good. Now, with that we bid you most pleasant journeys. Remember to enjoy this process of exploring yourself as energy and as light.

Program 8 DaBen/Orin Soul-Linking

Welcome. And now as you relax and find that posture that makes your awareness of these subtle energies more and more enhanced, let us explore ways in which you might use your abilities.

Good, and follow on these energies.

Nuuu yah. Nuuu yah.

Din nin eee ah.

Good. And following that wave out, letting it lengthen. Adjusting the cone of the Nu'a, at just the right angle to enhance your experience even further.

Din nin eee ah.

Leee ow. Leee ow.

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

Muuu min.

Ran thee ah. Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah.

Pi eee eee yah.

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

Good, now adjusting each of the lower centers to enhance your experience even more, and observing the upper centers.

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

Full lo neee aah.

Sa ha.

Full lo neee aah.

Good. Now, follow the energy that Orin weaves for you as you go on a journey. And remember to enhance your experience of the Fullonia more and more.

Greetings from Orin. Let the image of someone come into your mind who can most receive your soul work with them at this time.

As the image of this person comes into your mind, imagine that you are talking to their soul right now, and ask, "Is it appropriate for me to work with you right now?"

When you feel a sense of "yes," begin by imagining that you are looking at this person's vibrational energy body centers. Notice if there is anywhere in their vibrational

energy bodies, as you scan it, that could use more flow, more light. Just notice what center draws your attention, and notice anything about it.

Now what you are going to do is enhance your own experience and hold this center, wherever you are drawn to, in your awareness as you do. So begin now to make your own energy more beautiful. Harmonizing, lifting, and balancing, including this energy center, or whatever you noticed in your awareness of the other person.

You are observing if there is any change in the pattern, if the center changes in any way or this person's energy changes. Just observe.

You can work with people at many levels telepathically and create many positive shifts. You are looking now at this person's soul. This person has an energy pattern. Just get quiet for a moment, and imagine you are connecting with this person's soul. Perhaps you are seeing them as sparkles of light, patterns, or images. Let an energy pattern come into your mind that represents this person at the soul level.

Again, enhance your own experience, and include this energy pattern in your awareness. For when you work at the soul level, you are often working with pure energy. Simply wait until you see a pattern, if you do not see anything in the beginning. Certain things might come to mind as you observe.

You might feel drawn to add more flow or more light to assist this person in opening it up or making the pattern more beautiful. All you need do is find a pattern, something that comes into your mind, something that calls your attention that could be more beautiful. Enhance your own experience, as you include this pattern in your awareness and watch it change.

Look at this person's level of radiance. How clear, how pure, how vibrant or transparent is his or her energy? Find an aspect of their energy that deals with light, such as clarity, purity, transparency, or radiance. Hold that in your awareness, and notice if you can add any of these qualities of light as you enhance your experience and include their light in your awareness.

Notice if their pattern changes, if their radiance grows. Or, if there is a clarity or a beauty that was not there before. You are linking with their soul, and you are assisting this person in awakening. There are infinite patterns that you might see, infinite things to do. It is your inventiveness and creativity that will assist you. You can work with this person at a physical, emotional, or mental level.

Imagine right now that you are connecting with this person's physical energy. Notice if anything is called to your attention, any area.

Again, all you need do is hold that area in your awareness as you make your own energy more beautiful and enhance your own experience. Do so now.

Each time, bring your awareness back to yourself. Put your awareness on the other person, and then back to yourself. This time scan their emotional energy. Is there any pattern or flow, any feelings that call to you? Again, include this area in your awareness as you enhance your own experience.

You may want to scan this person's mental gridwork. How fine is their gridwork? Is it radiant and sparkling and clear? Notice anything about their gridwork that calls to your attention that could be made more beautiful. Hold this area in your awareness as you enhance your own experience., noticing if there is any change in their gridwork.

Notice if there is anything else that comes to your mind as you have the intent to work with this person at the soul level. Ask their soul to show you if there is anything else—any energy pattern, any thought pattern; helping them to open the channel upward—anything that comes into your mind. Receive now. It may simply be a

feeling sense. So once again, include that in your awareness as you enhance your own experience.

Notice if there is any shift or change in what you are including in your awareness. You are creating a shift when you work at this level. What you are doing is real. You are working on the inner planes, making soul contact to assist others in their awakening and growth. Every time you do this you will gain more radiance and light yourself. For every gift you give to others is a gift that comes back to you.

Bid this person goodbye. Feel that contact of love between you. You may want to try this exercise with another person, so that you might see the difference, in your experience of another soul at this level. This is a very powerful way to work with others. Transmitting and working at the soul-level is how the masters work.

So now, when you are ready, bring your awareness back to yourself. We would like you to spend a moment just with your own energy now, making it as beautiful as you can imagine it to be. Ask your soul to work with you, so that you are enhancing your own energy patterns, bringing out what is beautiful and light and sparkling within you. If there is any part of you at this level that needs more light, let that part come into your awareness right now. Include it as you make your own energy more beautiful.

Good. And when you are ready, coming back through the Ranthia, until you are fully present, wide awake, and centered in this reality.

Program 9 DaBen Fullonia/Saha—Power

Welcome. And as you find that relaxation and posture, notice your ever-increasing ability to be aware of these subtle frequencies. Indeed, to be and travel upon these subtle frequencies and energies. And you may, as we work through each of the centers, notice as precisely as you can observe all the frequencies contained in each.

Nuuu eee yaahh. Nuuu eee yaahh.

Din nin eee ah. Din nin eee ah.

Leee ow. Leee ow.

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

Muuuuuu min. Muuuuuuu min.

Ran thee ah. Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

Pi eee eee yah.

Good, and following these shifts now.

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

Good, now adjust each of the lower centers to enhance your experience. Finding that harmony. Level upon level of harmony as you enhance your experience.

Reee nah reee nah reee.

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

Full lo neee aah. Full lo neee aah.

Sa ha. Sa ha.

Good, and just experiencing for a moment now. Enjoying the sensations, the feelings—perhaps the images—as you follow on these energies.

Sa ha. Sa ha.

Good, and bring your awareness to include also the Saha, the two spheres moving closer together. And hold them in that tension. Notice any shifts in your breathing. Experience that; holding them in tension, closer and closer together.

Sa ha. Sa ha.

Good, now let them move apart. Notice your experience now, any additional heightened sensations, or new sensations.

Now, let's make the next shift in energy of the Fullonia, following on these frequencies.

Full lo neee aah. Full lo neee aah.

Sa ha.

Moving the two spheres closer and closer together, holding them there, experiencing that vibration, that tension. Now bring your awareness also to the Fullonia.

Full lo neee aah. (Fast release).

Sa ha.

Full lo neee aah.

Sa ha (very fast).

Good, just experiencing that now, following upon those sensations, those feelings, expanding your awareness out. More and more out now. Good. Following these shifts.

Full lo neee aah.

Good, being your experience now, more and more completely.

Full lo neee aah.

Good. Now, bring your awareness again to the Saha. Move the spheres closer together, and then let them move apart, and then together, and apart. Then together, and apart. Together and apart. Experiencing now all that you can observe. Together and then apart. Together, and hold them closer and closer, feeling that tension. Experiencing the power building, and follow these shifts now as you let them move apart.

Full lo neee aah. Full lo neee aah.

Good. And just experience that for a moment now.

Full lo neee aah. Full lo neee aah.

Good, and now, just for a moment, open your eyes and look around you with a soft focus. Noticing how things appear, their edges and colors, their depths. Good. Now, just close your eyes and let that image go. And just experience now.

Good. Now bring your awareness slowly and easily back to the Renawre. Slowly and easily. Level after level.

Ree nah ree nah ree.

Good. Now, at your own time and pace, back to the Ranthia, and then to the time and space of the earth plane.

Ran thee ah.

Good. Now, open your eyes and look around you, soft focusing. Noticing the boundaries and colors. Notice any differences now as when you were in that Fullonia space.

Good. Now, letting yourself integrate your experiences into the time and space of the earth plane, at your own pace. We wish you most pleasant journeys.

Program 10 DaBen Fullonia/Saha and the Vibrational Energy Bodies

Welcome. And as you enhance your awareness of these subtle energies, fine tuning, as it were, your relaxation and posture, and indeed also your senses. So that you are aware at many, many levels of the subtle energies all about you. For you have developed a quite refined skill. And it is now that we can look at, in more precise ways, the frequencies

of each of the vibrational energy body centers and their association with the emotional vibrational energy body, mental vibrational energy body, and the field of the physical vibrational energy body.

And so with your increased abilities as we go through each of the vibrational energy body centers, notice as precisely as you can, the frequencies associated with each of your centers. And follow the shifts as precisely and closely as you can with each of the centers.

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

Din nin eee ah. Din nin eee ah.

Leee ow. Leee ow.

Muuu min. Muuu min.

Ran thee ah. Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah.

Pi eee eee yah.

Ree nah ree nah ree.

Good, and following these shifts as you adjust the Nu'a angle, and follow the wave of the Diania further out, letting it lengthen, lengthening the wavelength. Observing the Ranthia. The float and the ease of the Traeo.

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

Good, and again this shift.

Ree nah ree. Ree nah ree.

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

Full lo nee aah. Full lo nee aah.

Sa ha. Sa ha.

Good. Now just be your experience for a moment, more and more completely. More and more completely your experience.

Full lo nee aah.

Good, now bring your awareness, while including this experience bring your awareness also to the Ranthia. To this shift now.

Good, now bring your awareness to the Diania. Still including the Fullonia, just the Fullonia and Diania.

Din nin eee ah.

Good, now including in your awareness the Fullonia, this space, and your awareness also to the Traeo. Following this shift.

Tray eee oh. Tray eee oh.

Good. Now bring your awareness to the Nu'a. Including the Fullonia. Being your experience more and more fully.

Nuuu yah. Nuuu yah.

Good, just being your experience now, more and more fully your experience. Now, notice the completeness of this experience, the involvement of all the senses. Observe all the senses.

Good, now bring your awareness back to the Fullonia.

Full lo nee aah.

Good, now from the Fullonia experience, notice your emotional flow. The flowing vibration and energy of your vibrational energy body, the emotional body. Notice that as you more and more completely are able to be your experience and to take on the light of the Fullonia, that there is an expression that this emotional body flow begins

to take on. You might experience it as a finer vibration, as a vibration that begins to somehow acquire a lightness, acquire a constancy. Good. Now, bring your awareness to the Fullonia. Observing, being this experience now.

Full lo neee aah.

Good. Now notice also the Renawre.

Ree nah ree.

Notice the fluidity of the mental body. And how as you take on more light, that fluidity gains a connection, a function, a purpose, bringing it a richness, a fluidity.

Good, and bring your awareness to the Fullonia.

Full lo neee aah.

And just be aware. Be observant of that physical ease. Good, and as you continue to explore here, just experience the light that you have gained that you now are.

Full lo neee aah.

Good, stay and explore as long as you would like, and when you do choose to come back to the time and space of the earth plane, do so through the Renawre and Ranthia, gradually and slowly at your own pace. I bid you most pleasant journeys now.

Program 11 DaBen Fullonia/Saha and the Renawre Cocoon

Welcome. Now, as you find your increased awareness of these subtle energies, your relaxation and posture, let us look at how light becomes an expression of all that you are. So as you experience each of the centers, do so as precisely as you can.

Nuuu eee yah. Nuuu eee yah.

Din nin eee ah. Din nin eee ah.

Leee ow. Leee ow.

Muuu min. Muuu min.

Ran thee ah. Ran thee ah.

Tray eee oh. Tray eee oh.

Pi eee yah. Pi eee yah.

Ree nah ree nah ree.

Good. Now, adjusting each of the lower centers to enhance your experience even more. And observing the upper centers. And finding that harmony as you follow the energy of the Renawre up and as it falls back. Follow it as far as you can, along the edges and boundaries of the cocoon. Experiencing that energy fully and completely.

Notice how your experience of this cocoon has become enhanced. Has indeed become an expression for that light you have begun to explore with the Fullonia. And so follow these shifts as you experience more and more of the cocoon.

Ree nah ree. Ree nah ree. Ree nah ree (very long).

Just being your experience now, more and more fully, holding your awareness on that experience, on this Renawre cocoon. Also include now, as much as possible, while still holding the Renawre cocoon in your awareness, the Fullonia.

Good.

Full lo neee aah.

Ree nah ree.

Full lo neee aah.

And observe now the cocoon. You might notice that it has acquired a finer vibration, a shimmer perhaps. An increased substance in your felt-sense.

Ree nah ree.

Full lo neee aah.

Good, now expand your awareness. And bring your awareness fully and completely to the Fullonia.

Full lo neee aah. Full lo neee aah. Full lo neee aah. Full lo neee aah.

Sa ha. Sa ha.

Sa ha.

Full lo neee aah.

Now, bring your awareness back to the Renawre and the Renawre cocoon, expanding your awareness out, finding the energy of that cocoon, pure energy. Further and further out now. Increasing your awareness to more and more subtle levels.

Good.

Full lo neee aah. Full lo neee aah.

And follow each shift now.

Full lo neee aah.

Further out, expand. Follow this shift now.

Full lo neee aah.

Good, and notice the Renawre cocoon, the shimmer that is taking on; the substance to the felt-sense, the closeness, yet also the infinity. And just be your experience now. Riding upon this energy on this suspension-like sensation.

Bridging, as it were, the energies of your vibrational energy bodies. And the energies you are acquiring, that you are awakening in your light body.

Full lo neee aah. Full lo neee aah.

Good. And now, you may choose to stay here as long as you would like, or you may choose to come back. When you do come back to the time and space of the earth plane, do so slowly and gradually, easily through the Renawre, and then the Ranthia. Finding who you have become in the time and space of the earth plane. So enjoy now as you travel here awakening more and more your light body.

Program 12 Orin Journey to Temple of Masters

Greetings from Orin. Spend a moment now to run the energy. I will hold a focus with you while you make your energy as beautiful as you can imagine it to be, finding that harmony and balance and flow. Add even more harmony now. Notice your breathing. Perhaps you want to straighten your spine even more. Going straight up now, into the light.

As your energy grows more and more beautiful, imagine that you are journeying to the Temple of the Masters. Your Renawre cocoon is the bubble of light all around you. It is growing even more beautiful. Imagine now that you are approaching the Temple of the Masters, a place of great beauty.

A master is coming to meet you, the master that you have been working with. The master greets you with love. You are led inside, into a courtyard. The master sits with you for a moment and puts his hand over your heart, just communicating to you now, energy, and opening your heart even more. The master puts his or her hand on your third eye, to awaken even more your inner vision.

Coming into the courtyard, joining you now are all the others who are awakening their light body with you, those who are part of your soul group. Become aware of all of these beautiful beings, all of those who are working as you are right now, and playing in the higher dimensions, awakening their light bodies.

The courtyard can be as large as you want it to be. Imagine that you are now looking around you with your inner eyes. You are meeting soul to soul with those who are on a very similar path to yours. Feel the strength of this group, a very great group of light.

Meet the other light body students on the inner planes. For all of you, as you play with these energies, are becoming more and more visible in the higher realms. It will be easier to find each other as well through the inner work that you are doing.

The master, a great master, is now calling everyone to attention. The ceremony is going to begin. You have all come together to feel the power of the group, to generate a great light together that will carry you forward, and each one of you forward even more as you tap into the power of this group. Then begin to send this light out, using it to call to you your students.

Many high beings are joining you, many beings of light who have fully developed light bodies who are radiant in many dimensions. First they are going to join together, showing you how it is done. So imagine that all of the high beings who are present are creating a gridwork among them—a grid of light, a very beautiful, refined grid of light.

Each one of them is adding power and light to the grid, adding clarity, harmony, and flow. Then, all at once, they are going to include you in their awareness. Feel this happening now as you are brought into this greater grid of light.

Notice your own gridwork, and allow it to link up to this greater gridwork so that you can receive light, radiance, and energy from this greater gridwork that is now being held around you—a boost of energy for you. You are being drawn into the grid of light of the very high beings that are around you now.

If there is any energy you would like purified or released, simply allow it to be released into this gridwork of light. Opening up and allowing an even finer gridwork now to exist all around you. Notice that your energy can expand outward even more easily in this beautiful space that is being created.

Now you are being asked to make a grid of light between you and all the other light body students that are here right now. So imagine that you are reaching out at the soul level to each other, creating a grid of light. For you have now been able to send your awareness to be conscious in a higher realm. As you create a grid of light between you, you will make it possible for others to be conscious at this level as well, others who might not be able to without your assistance, without you being first and opening the energy.

Feel the group gridwork being established now. Each one of you is putting your highest and best into it. You are beginning to generate much power, as if the gridwork is humming with light and energy. Now allow the group gridwork between all of you to extend upward into the group gridwork of the beings of light.

You will feel a click when it is in place, an extra charge of light, so that there is light running through your body. You are being charged with light right now. You are in a great gridwork of light. The higher beings are stepping it down, putting out just the right amount for you. You and all the light body students together are generating more and more power in this higher plane you are in, calling more and more souls to you.

Now imagine that all of those who will be learning the light body throughout time, bringing these people into the group as well. Noticing as more people join that your energy can go even higher. For this is one of the principles of growth, that the more people you bring up with you, the more rapidly you can evolve, the higher you can go.

So you have extended that gridwork in time now. Let us extend it in another way. Imagine now that you are connecting with your students, those that you might heal, teach, or assist in some way. For you would not be called to this if you were not a healer or a teacher or leader, for those are who we have called to this course.

So imagine now that you are reaching out to your students, those who are closest to you in time. You are literally humming with light right now, a power source of light, as you are part of this great gridwork. You are extending that gridwork to all of your students, all of your students in the next year, in the next five years, all the way out into time. Everyone in the group is extending this gridwork to their students.

All of the students between all of you are being linked up with this gridwork. Notice that their radiance is coming straight back up to you. You are becoming a greater and greater source of light. Feel this grid of light becoming stronger and stronger, as if it is taking on a life of its own. You are calling and awakening thousands of souls.

For each soul that awakens, energy comes back to you. It is easier for you to go higher. You expand. You are able to hold more light. Now your students extend the gridwork to the students of your students. Notice that you have stepped down a few levels in the coarseness of the gridwork, but that as you do, as you bring these gridworks into the greater one, they are beginning to transform with light.

So that it is not just your energy that transforms your students, but you are learning how to call upon the energy of the group, all of those who are working with you in these realms of consciousness. Charge yourself with light right now, let yourself just absorb the light of this enormous group. Remember that the masters and enlightened beings are also with you.

Feel your students radiating back to you, as they grow brighter and brighter, as they bring their students into the group. Notice that the group energy is beginning to change, that the grid of light is becoming even more refined.

Notice that even those who are having trouble are being brought along by the energy of the group, and that everyone is going higher together. For at the levels of light you are now playing with, there is great power in the group. There is great power in the oneness. You can tap into this power to enhance your life work, to increase your world service, or anytime you need.

You are a source of light. We would like you to include your family and friends in this gridwork, but only to the degree that it is appropriate for them. I will be silent while you think of various people that you would like to connect with this group gridwork. Notice how much they want to be a part of it. Extend that light to them, just as much as they are capable of holding.

The master comes to you right now, looks you in the eye and says, "We want you to know that your commitment to your growth has been recognized. Your request for more world service has been heard, and it is on its way. We recognize your intent to be a lightworker, to bring light to the world. There are many who are working with you right now, even if you are not yet aware of them. We want you to know how much we love and appreciate you. We know what it takes on the earth plane to reach this level, the years of commitment, of reaching upward. We are with you. If there is anything you need right now, ask for it, and all will be done to assist you."

All right, you can tap into this group energy whenever you want, simply by thinking of it. When you are ready, bid the master goodbye. You are going to leave the temple and return to the room you are in right now, generating light, transmitting light, filled with light. Whoever you are with today will receive this light. You will feel yourself radiating light to everyone you are with. As you come back now, gently, lovingly and easily, returning to full consciousness in the earth reality. Stretching your body, and having a light-filled day.