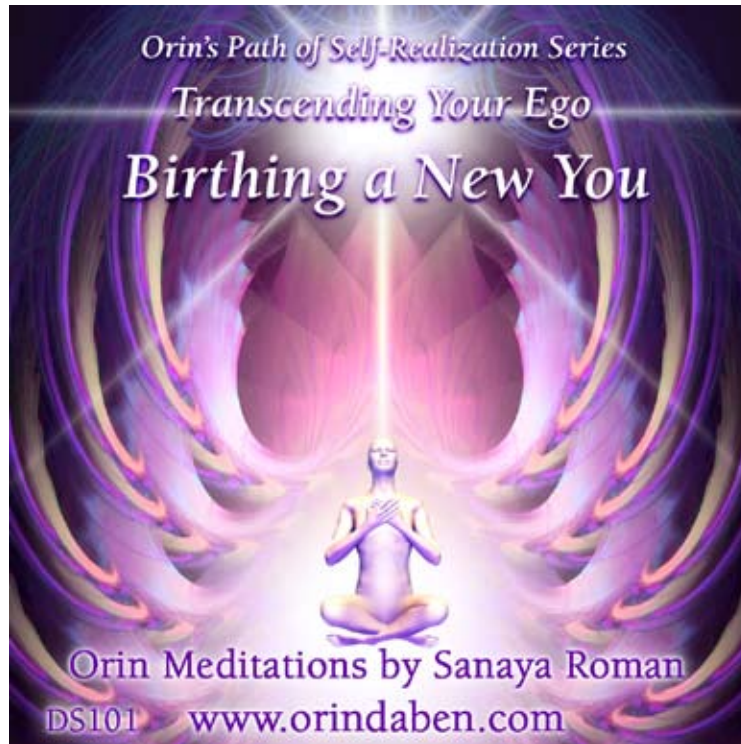


Orin's Path of Self-Realization Series

*Transcending Your Ego
Birthing a New You*



**Orin Meditations
by Sanaya Roman
Music by Thaddeus**

Written Material to Accompany
Orin's Audio Course

Includes Transcripts

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Website Links

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Orin's Path of Self-Realization Series
Birthing a New You (DS101P)

Orin's Path of Self-Realization Series

Transcending Your Ego Birthing a New You

Audio Program Index

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 | Opening to Your Divine Self <i>Music: TH005E Silent Majesty</i> | 27:10 |
| Program 2 | Awakening Your Spiritual Power <i>Music: TH024E Initiation</i> | 28:59 |
| Program 3 | Trusting Your Inner Wisdom <i>Music: TH029E Master of Light</i> | 30:38 |
| Program 4 | Calling Upon Divine Self Inspiration <i>Music: TH021E Divine Spark</i> | 27:16 |
| Program 5 | Transforming Limiting Thoughts <i>Music: TH020E Angels of Love</i> | 29:14 |
| Program 6 | Experiencing More Freedom in Your Life <i>Music: TH047E Spiritual Sun Lifting</i> | 27:36 |
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| Program 9 | Knowing the Peace of Your Divine Self <i>Music: TH066E Ever-Unfolding Expansion</i> | 30:06 |
| Program 10 | Rising Into Divine Consciousness <i>Music: TH056E Sacred Journey</i> | 28:32 |
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Other courses in the *Transcending Your Ego* Series:

[Part 2: Transforming Your Emotions DS102](#)

[Part 3: Evolving Your Desire Body DS103](#)

[Part 4: Illuminating Your Mind DS104](#)

[Part 5: Deepening Divine Self Consciousness DS105](#)

[Part 6: Transcending Your Ego DS106](#)

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

Sanaya Roman

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Orin's Path of Self-Realization Series
Transcending Your Ego
Birthing a New You

Audio Meditations by Orin
Channeled by Sanaya Roman

About Orin's Birthing a New You Course

Are you ready to birth a new you? To experience your life and consciousness in new ways, to open to more joy, love, peace, harmonious relationships, and abundance? Are you ready to transform who you think you are from a limited, separated self to know the magnificence of your Divine Self as who you are?

If you are ready for this transformation, to know more of the wisdom, power, inspiration, and freedom of your Divine Self, to let go of pain and suffering, and to view your life and relationships in new ways, this course will assist you in doing so.

Orin's journeys are uplifting and expansive, guiding you to experience the illumination that reveals your ego and the ways your ego has limited you and caused you to suffer. You will use this increased illumination to transform your thoughts, emotions, and daily life, and to hear Divine Self guidance. You will learn ways to contact your Divine Self to know Its wisdom, strength and abundance; and to receive the energy, blessings, freedom, and peace It is offering you in every moment. You will explore and experience the nature of spiritual power, and what it means to transcend your ego.

Orin's Message About Transcending Your Ego

Many of you have been asking how to reach, explore, and embody awakened states of consciousness. To assist you in doing this, I offer you this series in *Transcending Your Ego*, one of my most transformative courses for those of you who are ready.

Transcending your ego is an important step that happens on the path of Self-Realization. It is changing your identity from believing that you are your mind, emotions, habits, attachments, and desires to a larger perspective, where you know you are your Divine Self. You let go of thinking you are a small, isolated, suffering self and open to the magnificence and grandeur of who you truly are—your Divine Self. Your Divine Self is the part of you that is free, unlimited, and all-knowing. It is infinite, eternal awareness, Divine Love, and consciousness and life itself.

Your Divine Self is always reaching out to you, offering you Its gifts of consciousness that make it possible for you to experience abundance, harmonious relationships, peaceful emotions and thoughts that honor you and reflect true wisdom. However, you must contact the Self and open to It to receive these gifts.

It is through contacting and opening to your Divine Self
that the ego is transcended.

In this course you will link with your Divine Self to dissolve the filters of your mind, emotions, and desires—your ego—that have kept you from hearing the guidance of your Divine Self and from receiving all the gifts It has to offer you. You do not need will

power to transcend your ego. As you open to your Divine Self It will provide you with all the courage, understanding, energy, awareness, enthusiasm, and motivation you need for this shift.

The guided meditations in this course are very expansive, offering you experiences of illumination, expanded awareness, and radiant love and light. This course is immensely practical as you learn how to bring the truth that is revealed in these higher states into your daily life. Your life and everything you experience can change from ordinary to extraordinary when viewed from and experienced in this new context.

As you transcend your ego you begin to recognize that every thing in your life can be a blessing. You relate to your beliefs, thoughts, emotions, desires, and stories in new ways so that you experience less suffering. You realize you no longer need to experience hurt, fear, loss, helplessness, or anxiety.

As you transcend your ego, it can no longer hold you back,
sabotage your goals, or create lack and limitation.

I want to add that your life will not become perfect, having no issues to deal with, or feeling blissful all the time. Transcending your ego and becoming awakened is not about escaping your life, but instead about gaining the consciousness and understanding to live fully and embrace your life. Your growth will continue and likely accelerate, however the way you respond to the circumstances in your life will be different. You will be more able to stay centered and balanced, flow with the universe, understand why things are happening, and deal with them from a higher level.

As you progress through this course, you will find enormous support on the inner. I, your own guides, and many beings of light will be present as you take this leap into the higher consciousness of your Divine Self, transcend your ego, and awaken to who you are. ~ Orin

Transcending Your Ego: Awakening to Your True Identity by Sanaya

Orin's *Transcending Your Ego* courses are life-changing. This series is for you who want to make significant progress in your spiritual growth by learning ways to transcend your ego so you can better know your true identity as the Divine Self. With this shift, you can begin to more fully embody and express your innermost Self in your daily life.

Originally taught to a small group of people, we have watched the changes in their lives and consciousness since they took this course. These people felt that studying this course and the results they experienced was leaving behind old ways of thinking, being, and feeling, and experiencing a new, richer, expanded life and consciousness.

I have personally found that studying this course has brought about a major transformation in my life and consciousness, one that continues to expand and deepen over time.

Orin is holding the door wide open for you
to make a quantum shift into a new identity.

You are already responding to the energy of your Divine Self calling you to Itself for transformation at every level of your being or you would not be drawn to take this course.

As you open to your Divine Self
your spiritual growth will be greatly accelerated
and you will begin to transcend your ego.

As you deepen your contact with your Divine Self and birth a new you through this contact, you can experience deep inner peace, love, wise understanding, spiritual vision, inspiration, and much more. You gain the greatest gift of all—an opportunity to realize your Divine Self as who you are, as your true identity, and to claim Its divine qualities as yours to express and embody.

Taking this step opens the door wider
for all those who are in resonance with you,
and lifts you even higher.

As you reach a deeper level of conviction that your Divine Self is who you are and begin to transcend your ego, you open the door wider for all those who are ready for this step. As you increase your ability to embody and radiate the light of your Divine Self, you offer this expanded consciousness to everyone you know simply by your presence.

You are part of an inner group who will take this illumination out to the world in a much larger way as you experience it yourself. You will help create an enormous shift for humanity. As you do, the energy that comes back makes it possible for you to more fully embrace and embody the consciousness of your Divine Self.

You are a co-creator with the highest light
within you, your Divine Self.

Allow your Divine Self to shine forth into every area of your life as radiant consciousness, love, wisdom, and unlimited abundance. More awaits you than you can even imagine or think to ask for. As you open to the infinite, eternal Divine Self within you and transform your ego, you have access to all that the Self has to offer, which is freely and gladly given. ~ Sanaya

Why Transcend Your Ego?

When your identity and consciousness is based in your ego rather than your Divine Self, you have no true center to help you stay balanced and peaceful in an ever-changing world. You are like a small ship flung about on the waves of the ocean of life.

When your identity is based in your Divine Self, you are no longer a small ship being flung about in the turbulence of the ocean. You are the ocean itself.

You can stay centered in the light and love that you are, no matter what kind of energy you are around. You are no longer a separated self, alone, confused, hurt, or helpless. Instead, you are your Divine Self—a Self that is the essence of spiritual power, wisdom, vision, truth, Will and Love.

As you transcend your ego, suffering is lessened. You let go of the battles and choose peace and harmony. You view the events in your life with understanding, acceptance, and love, both for yourself and others. You recognize that what seem like problems are really blessings and opportunities. Things that happen no longer upset you, or if they do, the upset lasts for shorter times before you center yourself and continue your peaceful path.

Fear and worry about the future lessen. The past loses its grip on you. You experience more gratitude for all that you have. You trust that you will always have everything you need in every moment, for you know that you are your Divine Self, and that you have access to all that It is, to all the abundance of the Universe.

The Divine Self is already shining through you.
You are already hearing Its call.

Your Divine Self is drawing you into Itself, into the consciousness of Oneness, harmony, understanding, and abundance. Take a moment to acknowledge the Self that is always there, waiting for you with love and ready to offer you all It has and is. ~ Sanaya

People's Comments Who Took This Course

This course was originally taught to a group of students over a period of a year. These are some of their comments during and after taking this course. We would love to hear from you about your stories and feedback as well!

- "I sense the love the universe has for me, I trust more."
- "I have been able to stop sabotaging myself."
- "I have less resistance to what is."
- "I have more courage to be myself and speak my truth."
- "Listening to these journeys helps me feel stronger and more confident."
- "I love listening to Orin's meditations before going to work, I always have a better day and things flow more smoothly."
- "I finished the Divine Will courses, and was wondering what was next.
This series has been perfect as my next step of growth"
- "I get to such a high state as I listen. I feel more balanced all day."
- "I get so many insights after listening I just love the journeys."
- "Things have gotten easier. I have less drama and tension in my life."
- "After working with these journeys I feel more certainty about what choices to make. My inner guidance is clearer."
- "My life has gone from ordinary to extraordinary. All events become an opportunity to practice what I am learning."
- "This course has given more purpose and meaning to my life."
- "I have less fear and worry, I feel much more peaceful. I have more trust in myself and the universe."
- "I have fewer feelings of stress and overwhelm, and am actually getting more done."
- "I am more accepting of things as they are. It's OK for people to be as they are, me too, less judgment."
- "I experience love and compassion on a more consistent basis."
- "My thoughts are more comforting and reassuring, not as fearful."

Suggestions for How to Study This Series

In each of the courses in this series, you will have many opportunities to contact your Divine Self and open to Its illumination that reveals aspects of your ego. This illumination builds from album to album, each course progressively revealing more about your ego and how to transcend it. In addition, you will have the opportunity in each meditation to work on various areas of your life to express and embody this illumination. The ability to live the higher truths you contact provides a foundation of experience that makes it easier for you to expand even more into the awakened states of consciousness offered as you progress through these six volumes. While you can take these albums in any order, you will gain much and be richly rewarded by studying the albums in order.

Take this course at your own pace. It is fine to work with it intensely and go right through it, or spend additional time on any album. You may also want to go back and review your favorite journeys in this or in other series. There is no right or wrong way to study this course. Always trust your inner guidance, and be the authority of what is good for you, above all else.

Strengthening Your Divine Self Connection

In these six courses you will be given many opportunities throughout Orin's guided meditations to open to your Divine Self. Besides making this connection in meditation, learn to call upon your Divine Self often throughout your day and affirm that this is *you*. When you finish one activity, stop before you start the next, make contact with your Divine Self in a moment of silence, and open to whatever energy, guidance, directions, or inner feelings come back. Listening within and following inner guidance will always put you in a higher flow. You can do this in any way that works for you. Below is a suggestion for one way to make this Divine Self connection.

Remember, your Divine Self is always trying to reach you, to send you the illumination, love, and wisdom to live as your Divine Self. You can open to all the gifts that it has for you by consciously and frequently making contact with it, opening to it, and asking for Its guidance and assistance. You need to make contact and to have the intention for this to occur. Remember that this Self is who you are, so you are opening to that greater part of yourself.

You do not need to use will power or effort, or to try hard to contact your Divine Self. All you need do is set your intention and then relax and open to this Self and all the gifts of consciousness that await you with this contact.

One way to contact your Divine Self is through silence. This connection happens beyond the mind. Because of this you may not feel you have made contact. Your intention to connect with your Divine Self and your receptivity to It are all that are needed to make this connection and to receive Its guidance, energy, and inspiration. It always responds to your call.

You do not have to spend a lot of time doing this meditation; in fact it is very effective to have frequent ten or twenty second meditation periods during the day. Even pausing briefly during a busy day to get quiet and ask for energy or guidance is a wonderful way to deepen contact with your Divine Self.

1. Start by sitting quietly. Set your intention to make contact with your Divine Self, to open to It and to receive Its energy, love, inspiration, and all the transformation, awareness, and gifts of consciousness It is always offering you.

2. Let go of any thoughts, and imagine that you are the Divine Self of infinite intelligence, unconditional love, and all knowing wisdom, looking out through your eyes. Sense the "I" within you that is always present, that which is pure awareness.

3. Let your mind come completely to rest, to a state of inner stillness, with nothing to do or think about, even if just for a moment. Let go of any thoughts about the outer world and go within, asking for your Divine Self to draw you into Itself.

4. You can make the connection to your Divine Self even stronger by having the intention to release any thoughts or beliefs that may be an obstacle to contacting your Divine Self or to receiving Its gifts.

5. If you would like, ask for guidance, an insight, or an answer as you enter into the silence.

6. It is in moments of silence that the Divine Self can impart to you as much of Its wisdom, power, and love that you can receive. Notice what new thoughts you have after these moments of silence, calling upon your Divine Self. Doing this brings more power, love, wisdom, guidance, abundance, and spiritual vision.

7. Afterward, you may receive an inner message, and it is fine if this feels like you giving yourself a message. Contact may come through a sense of energy, peace, an inner knowingness, an answer, a deeper breath, or in many other ways. It is fine if you do not have any response you can feel or identify; know that contact has been made simply through your intention to make contact. With this, some insight, extra energy, or inspiration has been imparted to you that will unfold at the perfect time.

Your Life as Your Spiritual Practice

To transcend your ego requires having the illumination of the Divine Self that reveals the ego for what it is. To sustain this illumination requires that you express and embody the higher truths you contact in your daily life.

Transcending your ego requires that you use the consciousness you are acquiring as you contact your Divine Self to transform your ego-mind, desires, and emotions. All your ordinary, every day circumstances provide you with wonderful opportunities to practice what you have learned to transcend your ego. As you live your life in new ways, you will discover how much you are capable of, and how much better you can make your life.

As you go through this course
the ordinary becomes extra-ordinary.

You realize that everything in your life is being brought to you just for your benefit. If challenges or problems arise, know that they are coming up for you to handle them. What is in front of you right now is exactly what you are supposed to be working with. The circumstances in your life are about you, even if they seem to be coming from or to be about other people.

Every situation is offering you an opportunity to put the higher truth, the greater wisdom, and new consciousness you now have to practice. You begin to realize that every problem or challenge is truly a blessing coming your way, offering you a new way of being, living, feeling and thinking; offering you the opportunity to create a more flowing, peaceful, harmonious, and abundant future.

Do not worry if your life does not improve overnight. The spiritual path is not always an easy one. You are learning to surrender your personal will to a higher Will, and to allow things to come to you from a higher level of your being that you have no direct control over. In the beginning it may only be your trust and faith that tells you everything is happening for your higher good, even if it does not appear that way. As you progress, you will come to know with conviction that this is so.

As you reach higher levels of consciousness, the issues that arise become more subtle. Your life may already be very peaceful, harmonious, and flowing. Things that arise to work with may be as subtle as finding the words and actions that match the truth you want to express, or how to deepen your experience of the Divine Self in meditation.

The spiritual path has many rewards.

The work you are doing on the inner will unfold for many years to come, even if you work with these journeys only once. However, the more commitment and focus you put into becoming your Divine Self and transcending your ego, the greater will be the transformation you experience.

At first it may seem as if nothing is happening as you open to this higher light. You may only be aware that you have changed your life when sometime later you happen to notice that your life is more peaceful, that you have fewer problems with your relationships, and that things are flowing more easily for you. You may realize that your finances are better, some limitation has fallen away, or some problem has been solved. You may notice that you feel better overall, have fewer sick days, or feel less stress or tension. You may notice that you take life easier, feel peaceful and happy more often, and are not thrown off balance by life's surprises.

Spiritual progress is not usually experienced
as some amazing, event-changing shift.
It is a gradual awakening composed of many shifts and realizations.

Often you will not remember that you ever were limited or had a problem in some area, as transforming into a higher consciousness and transcending your ego comes about so naturally and feels as if it is the way you have always been. Additionally, it can often take several years after you have opened to new consciousness, or had a spiritual insight, for this to become such a part of you that you can express and embody it in your daily life.

Be patient and kind to yourself. For most people, change comes in a gradual and natural way, and feels as if they did not do anything to bring it about. In fact, for most people it feels as if their life is the way it has always been, and they do not even remember what their consciousness and life was like at an earlier time.

Although the rewards of a spiritual life are usually increasing peace and harmony, a greater sense of well-being, more harmonious relationships, and abundant supply, changes in your material life are not the goal of a spiritual life. You do not draw these things to you by going after them directly. Earth plane rewards are the side-effect of living, expressing, and embodying the light and love that you are.

Don't feel as if you have failed
if you see old patterns coming up.

Many people found after they released some aspect of the ego they suddenly became aware of that pattern in many situations in their lives. This is normal and an indication that you are transcending your ego. Half of transcending your ego is simply becoming aware that some way of being is ready to change. Embrace these patterns as you see them arise within you and around you, knowing that this is your opportunity to transcend them. This is how you embody the illumination of your Divine Self and allow it to transform your life.

Do not force yourself to change, do not go into battle with a problem or perceived error in yourself or another person. Surrender this area or challenge to your Divine Self and allow It to transform that area. The more attention you put into a problem, the more you make it real, and it will grow.

It is important to forgive yourself for the past.

As you deepen your connection to your Divine Self and transcend your ego, you will always see better and more loving ways you could have acted in the past. Remember that you were always doing the best you could at that time, given the circumstances, beliefs, and your level of consciousness. Growth becomes much easier when you let go of the past and instead live in the present.

Listening to the Audio Journeys

As you listen to these guided meditations, do not worry if you feel you are not "getting it" exactly as Orin is guiding you to. This is just another way the ego likes to make you suffer! Whatever experience you have is perfect for you. Changes in your consciousness may happen hours, days, or weeks later, and may come about in such an easy and natural way you will not even connect it with the meditation work you have done.

How often do I have to repeat the journeys?

You can listen to these journeys as often as you want, or just one time. We suggest that you listen to them in order the first time, and then afterward select your favorite journeys to revisit. You can listen to each journey over and over and have all new shifts and insights each time. There is no right or wrong way to go through this course, so trust and follow your inner guidance on this.

I can not visualize or see the central pillar of light

Frequently in these journeys Orin uses the symbol of a central pillar or pole of light for you to experience as a way of sensing your Divine Self. Use your imagination or look with your inner eyes, and picture light in the center of your being. Do not try to “see” this light literally. And, if you still do not have a sense of it that is fine as well. Find some way, sense, feeling, or visual that works for you to have a sense of your Divine Self. It is fine if you have no visual or felt-sense as well.

Practice on your own

In each journey Orin guides you to discover spiritual ideas and principles that will assist you in rising into divine consciousness and out of the ego. He provides a few areas to work on in each journey. After listening to the journey, find as many other areas as you can to practice with. The degree to which you put into practice what you learn will determine what you get out of this course and the results that you experience.

What Is the Divine Self?

Orin refers to your Divine Self as the Self that exists at an even higher level than your soul. It is the Divine essence of your being, the source of all light and life within you. Your soul is closer to your personality, and is an intermediary between you and your Divine Self until such time as you are able to directly experience and realize the Divine Self as who you are.

Why Contact Your Divine Self

As you open to your Divine Self, you can receive its guidance, peace, harmony, and illuminating light. You can more easily turn away from the distractions of the physical world, and restore yourself in the light, love, and power of this eternal Self. With Divine Self contact you can transcend your ego and let go of the cause of pain and suffering.

Through this Self, you can play in the world of all potential and manifest your highest path. This Self will reveal the illusions, desires, and attachments that keep you trapped in a lower vibration and on a lesser path. You gain a greater ability to recognize limiting, disharmonious, and restricting energies and forms. Not only will It reveal these limitations; contact with this Self will enable you to have the power, wisdom, and vision to release these energies.

Your Divine Self is always trying to reach you, to send you the power, illumination, love, and wisdom to draw higher forms, thoughts, feelings, and situations into your life. Your Divine Self is wise; it knows all, and is always showing you an easier, better, more joyful way to live.

Some Descriptions and Qualities of the Divine, Eternal Self

Omnipresent (everywhere at once).

Omnipotent (all powerful).

Omniscient (all-knowing).

Eternal, infinite perfection of being.

Infinite Being, love, and wisdom.

Infinite, endless light.

Self that is free from all attachments.

Self that is constant, unchanging, indestructible, and immutable.

Is always the same.

Self that is the observer, the witness of your experience.

Witness of the activities of mind, but not identified with them.

Source of all answers.

A center of consciousness within the One Life.

A center of consciousness in the great ocean of Life.
A center of consciousness upon the surface of the one great "I" .
The consciousness of the whole, manifesting through your point or
center of consciousness.
Consciousness at rest, no thought.

Note that all words or descriptions of the Divine Self are inadequate; the Self can only be known through a direct experience of It and cannot be known through the rational mind.

Your consciousness gradually expands until it realizes its identity with the Whole. Beneath all forms and names of the visible world, there is to be found One Life–One Power–One Existence–One Reality–ONE.

Relationship of Divine Self and Soul

Orin, and many other guides and teachers, refer to the levels of your being using such words as higher self, soul, spirit, and Divine Self. When Orin refers to the Divine Self, also called Spirit, the One Life, and the Presence, he is referring to the source and essence of all life.

Your Divine Self is eternal, infinite consciousness, free from all attachments and beyond all action; it is constant and unchanging, birthless, and deathless. This Self can only be known through a direct experience of It and cannot be known through the rational mind. It is the Oneness from which all life comes, and to which all life returns.

In some of the journeys in this *Transcending Your Ego* series, Orin will guide you to link with your soul. Your soul is an intermediary between you and your Divine Self until such time as you are able to directly experience and realize the Divine Self as who you are. It is the light of your soul that reveals the light of spirit, of your Divine Self.

Your soul is light and its personality is pure love. Orin refers to the source of your being, the essence of you and your soul, as your Spirit or Divine Self. Orin's book, *Soul Love*, has much more information about your soul and spirit.

"Higher Self" is a word Orin uses to define when you, at the personality level, can express your soul and Divine Self through your words, thoughts, actions, and all that you are and do. When your personality is fully developed, integrated, and evolved, when your ego is transcended, it becomes a vehicle of expression for your soul on the earth plane. It becomes more than a personality—it becomes your higher self. However, fusion of your mind, emotions, and body—being your higher self, is not the same as being your soul or Divine Self.

Divine Will and the Divine Self

Orin teaches Divine Will as a way to build a bridge between you and the Divine Self, for each quality of Divine Will embodies a quality of consciousness of the Divine Self. Orin feels that working with Divine Will is a powerful and effective way to open to Divine Self consciousness, and prepares the personality to be ready to transform the ego.

Policies for Sharing Orin's Audio Journeys and Teaching Orin Courses

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.

Sharing Orin's journeys

1. You may play your downloaded Orin journeys for others who are able to listen through using the device (such as your computer or audio player) that you have your download audio journeys on. If you own the CDs of this course, you may lend your original copy to others to listen to. This policy is intended to allow you to share your course with a few people such as special friends or loved ones who you know well and who you think will benefit from learning these skills.

2. Do not duplicate, copy, or transfer any *LuminEssence* audio recordings onto any format, including 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, as they are copyrighted.

3. You are not authorized to record any *LuminEssence* 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 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 Orin's 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.

Our policies are designed to support people who are drawn to this course in being successful in learning what is being taught. We have repeatedly found that when people do not purchase or make an investment in the course, they usually do not value the course enough to finish it. Know that when people are ready for the course, their soul, higher self, guides, and the Divine within will provide them with all the resources they need to take this course.

Teaching Orin's Transcending Your Ego Course Series

This is not set up as a course you can directly teach as Orin's energy is a significant part of the transmissions that are being offered.

We feel that as you move through or take this course, your Divine Self will bring you what you are here to teach, and the group that is ready to receive it. Let your Divine Self lead you to your own teaching topics based on who you are and what is next for you. As you go through this course let ideas arise as to what you are here to teach or do. If you do want to teach this course we ask that you play Orin's journeys for others rather than leading the journeys in your own voice.

If you are teaching students who do not understand English, you may translate the transcripts of the journeys, and have people work with the transcripts without the audio. Translated transcripts can be read by the teacher (please do not record them in your voice or sell them commercially) as a way for the class to participate.

Teacher/Study Group Discounts

To support you in studying this course with friends or with students in a class setting, we offer discounts for additional sets purchased by you for others once you own your own set of Orin's *Transcending Your Ego* course. Contact our office for information and to set this up.

Sharing Orin's journeys in a live class setting

In addition to the above policies for sharing your *LuminEssence* audio journeys, please note these policies for holding live classes:

1. You may play your Orin journeys in a live class setting with the members attending in person. You may not play or post these Orin journeys online for classes conducted through the Internet.
2. You may not make copies of your Orin journeys for students; each class member who wants these Orin journeys will need to purchase and own their own course.
3. Orin asks that you not teach these journeys by leading these as meditations; he feels his consciousness and sponsorship of those who are taking this course is a very important part of the course and will greatly contribute to people's success in transforming their ego.

Transcending Your Ego: Birthing a New You

Audio Meditations by Orin

Channeled by Sanaya Roman

Transcripts of Journeys

Welcome to transcripts of Orin's *Birthing a New You* guided meditations. We have provided these transcripts to assist you in better understanding the material covered.

Program 1 Opening to Your Divine Self

Greetings from Orin. Everything you have done up to now has been setting a foundation for the step that you are taking in contacting your Divine Self and living in the light that It offers. You have already been on a spiritual path, opening your heart, listening to your guidance, and becoming a beacon of light for others. Something within you has been calling to you to open to more light, to take the next steps on your spiritual journey and you have responded.

Look, or reflect upon how far you have come. How fine your mind is. How creative you can be. How much you are already responding to the inner light and the still small voice. How you have been divinely guided throughout your life and aware of It. Reflect on this for a moment.

Your Divine Self has been calling you, drawing you inward. You are feeling and responding to the Divine within you, the core and essence of your being, the source of inspiration, illumination that is always guiding you to fulfill your purpose and speaks to you with the still small voice, the quiet voice of reassurance that shows you the way.

The Divine Self within you is real. It is always there. It is eternal and infinite. It is all knowing and wise. It brings you infinite supply, peace and harmony, and freedom from limitation. It goes before you to clear the path and open the way. It brings you the consciousness and qualities of joy, love, balance, courage, compassion, and forgiveness. Your Divine Self opens the path of Self-realization, the realization of truth, of new awareness, and the understanding of what it is like to live at this level of consciousness that you are opening to, starting right now in this moment.

Set your intention right now to make contact with your Divine Self.

Setting your intention opens the door and puts into motion changes and new paths. As you follow this up with receptivity and openness to what comes back, your growth will be greatly accelerated and the presence of your Divine Self will grow more real.

Even though the Divine Self may seem as just a concept to you, as you continue you will be able to sense and notice the changes in your life, the effects that come about from this contact. Some of these will be so natural that you may not even recognize that the wonderful changes come from contact with your Divine Self.

Some you may notice some new sense of peace, of confidence may occur. There may be some lessening of stress or problems. You may feel more connected to other people and your relationships may improve. You may notice your emotions becoming quieter. There may be a strengthening of your desire to reach upward and you may find that inspiration becomes a normal part of everything you do.

Imagine you can sense an inner light, the light of your soul as it illuminates your entire being with love and higher awareness.

Much as you have a physical body, an emotional body, and a mind, so do you have a soul body. It acts as a bridge to your Divine Self and to the Divine within all life.

You already have a strong connection to your soul or you would not be guided to this course. Your soul is a part of the Divine Self just as is every other part of your being. It may feel like it is you, the love within you, the beauty and light that is who you are.

It is as if you are being flooded with an inner illumination. It has always been there. You are opening to an awareness of this light.

This light of the soul radiates out from you; begins to light up and make visible an even higher reality than that of the Divine Self.

It is as if you have lived in one level of illumination, and you are ready to open the door and walk into another field of light, a higher level of illumination, that of the Divine Self within you.

You might imagine that the soul's light is lighting up and showing you a doorway, an opening, revealing to you the next level of light that you are ready for, no matter what level you have reached. No matter how many times you have walked into this doorway or turned up the illumination. What is being offered right now is an increase, an opening to a new level of light, of truth and all that that light will reveal. Sense this right now. Set your intention and open to this greater light that is there for you; being offered to you.

As you open and experience this new light, you might picture, or imagine, or sense in some way a light within the center of your being, like a pole of light that goes through your head and down through your feet, becoming visible. Sense this inner core of light, like a central pillar of light. Put your awareness on it and feel it expand and become more visible and real.

If it is your intention you may call upon this light to begin to move outward through your consciousness, through your mind. And ask and be open for it to release whatever thoughts, beliefs, concepts, and understandings that are standing in the way of your growing closer to your Divine Self.

As this light moves outward it may reveal and you may become aware of, or you may not of specific thoughts or beliefs as they are being released. Let this happen now with your permission and intention. As the light moves out and begins to open the way for even more light to come in, for you to recognize even more light within you. Do this now.

Open right now to receive the gifts of consciousness that your Divine Self has for you. There is a special gift being offered to you right now in this moment. Open to receive it. It will assist you in having more understanding, wisdom, peace, and balance in some area in your life. Open to this right now and receive from your Divine Self a gift of light and consciousness.

Open to receive the light and awareness of your Divine Self that expands your vision, deepens your wisdom, and brings you the understanding of the world as seen through the eyes of your Divine Self. Give this Self permission to infuse every area of your mind, of your emotions, of all that is within you with Its awareness. Opening you to greater wisdom, a deeper understanding, and a greater ability to live in the world as your Divine Self. Open to this now.

Open to the comfort and reassurance, the peace and harmony that your Divine Self wants to offer you right now. It is embracing you with Its love, Its care, Its reassurance that all is well that you are doing a wonderful job of living your life, of listening to your inner guidance.

You have come so far, and you are ready for a magnificent journey ahead into even greater levels of peace and harmony, freedom, joy and all of the consciousness of your Divine Self as It unfolds within you.

Sense a new and higher path being opened up for you. Your life will be illuminated in a higher light.

As you move into this higher consciousness you will be able to see the way, and you will become a greater light that will light the way for others as well as for yourself.

Receive one more gift of consciousness from your Divine Self right now, just by being open to It and asking in whatever area of your life you would like new awareness, new consciousness and new understanding. Ask for this now and open to receive it.

You have taken a wonderful step in setting your intention and opening to a new realization of the Divine Self within you. Sense your inner light right now.

As you come back, let yourself be aware of this inner light throughout the day; perhaps touching upon it as you wake up or fall asleep.

So coming back now, aware of that light within you of the Divine shining out from within you. And I bid you good day for now.

Program 2 Awakening Your Spiritual Power

Greetings from Orin. Sense the light of your Divine Self within you, like a central pillar or core of light. As you become aware of It, It grows brighter and begins to expand.

Sense how magnetic this inner light is to all that is beautiful, to the Divine within all life. Your Divine Self is aware; It is consciousness Itself; the very essence and source of your being. It is aware that you are tuning into It. And It is reaching out to you to offer you all of the gifts, the infinite supply, the peace and harmony, the freedom from limitation, and much more that It has for you.

Sense your central pillar of light and allow your awareness of Its illumination to increase so that in some way the brilliance, and the power, and the illumination of this inner light is increasing, is expanding. Let this happen now.

With your permission allow this light of pure consciousness to grow even stronger, brighter, and clearer. It has always been there; it is your awareness of It, your inviting It into your consciousness and life that is allowing this light to expand and grow.

If you are open to it, your Divine Self is offering you more understanding and more realization of spiritual power, of the omnipotence of the Divine within you. If you would like this awareness, set this as your intention; such as, "I intend to awaken the spiritual power within me." Do this now.

Open to experience even more of this light within you, in the core of your being, this central pillar of light as It expands.

The power that lies within you is the realization of truth. Spiritual power is not a force. It is not power over. It is the power of consciousness, of the light, to reveal the truth, to reveal the light of understanding, wisdom, and knowledge. And in this light of realization and understanding, the path opens up. Obstacles are no more. Problems are seen in a different light that reveals there is no problem.

This is the power of the light that brings insights and recognition of solutions that opens the path for purpose to be fulfilled. There is no other power that is more powerful than the power of the Divine Self within you.

As the light of the Divine Self within you grows stronger and more beautiful, It radiates out from you more clearly. It is awakening within you the quality of spiritual power; the power that brings realization and understanding and that dissolves in the light of understanding what appears as obstacles.

Think of an area of your life that you have felt blocked or stuck; where something has appeared to be an obstacle.

Feel the light within you, the Divine Self and the spiritual power that you are, that you have within you. And letting this light spread throughout this area where you feel blocked or stuck, bringing with it the light of realization of the truth that lights up this area in a new way. Do this now.

As you do this something will open up in this area. You will have some new insight or understanding. And piece by piece, in a harmonious way, something about this area will shift. Perhaps it will be gradual; perhaps it will be immediate. Let the transformation of this area come about in whatever way is right for you.

Think of an area where you have felt powerless; perhaps to change something, to make something happen. Let this come to mind right now, an area that it is time to shift.

Become aware of the Divine Self within you the infinite eternal light that is the source and the core of your being.

Feel the power of this light, of the light of realization and truth. This light of realization is pouring through this area of your life; lighting it up with new consciousness, new realizations, and new understanding. Let this happen now. Open to receive the gifts of spiritual consciousness, that of your Divine Self the gifts of spiritual power that are there for you right now.

You may notice, as you open to receive from your Divine Self the consciousness of spiritual power, that at some point there may be a shift, a feeling of greater peace, a deeper breath, or a sense that something has been lifted off of you or changed. And you realize that no one can have power over you. No one is more powerful than your Divine Self within you that brings you all you need in every moment, that is the source of your well being, that opens the way, and that guides you, cares for you, and is always showing you the way forward.

If there is some area of your life in which you feel that something, some outer circumstance, some situation, or something that you need is not there or has power over you, is holding you back in some way, let this come to mind right now. Identify what it is you have given power to as this comes to mind.

Make contact with your Divine Self. Open right now to experience more of Its inner light, strength, and the power of the realization of the truth. Feel this growing in some way within you. For every time you contact the Divine Self, you open a new channel of communication, a new way for Its energy to flow back to you and lift you up in some new way.

The presence of your Divine Self has already grown stronger, your realization of It. Sense a new level of spiritual power of the radiance of your Divine Self shining through you right now, revealing to you that there is no other power, that there is nothing that can stand in your way.

As you change your inner awareness, as you lift to a higher level of consciousness you will see and know that nothing can have power over you. No circumstance, no person, nothing is more powerful than your Divine Self. So allow the illumination of your Divine Self to pour into whatever you feel has power over you that you have given your power to, and let it illuminate a new truth in this area, a truth that will free you.

Let come to mind a thought, a memory, or a worry about the future that you may have given your power to something that perhaps leaves you fearful when you think about it, uncertain, or confused. Let this come to mind right now.

Again, focus on the light of the Divine within. The Divine is aware of you. When you open to this, the Divine within you, all of Its gifts are available to you. All you need do is make contact and be open to receive the energy that comes to you. Feel the spiritual power within you growing, your realization of this power that opens the way, clears the path, and reveals the truth that there are no obstacles, and that nothing is more powerful than the Divine Self within you.

This is the light of illumination that shows you what is real and what is illusion; the light that goes beyond the concepts of the mind and shows you a higher way, brings you an expanded awareness. Let this grow within you, this expanded awareness growing stronger and more beautiful. Spiritual power is radiating through you on to this area of worry or concern, a thought, or a memory, or a concept. And notice what happens as the light of awareness moves through this.

Perhaps let one area after another come up right now and allow this light to move through it, the light of spiritual awareness and power that reveals the truth.

Know that what you are doing is very real. The way is being cleared. The understanding of spiritual power is awakening within you. You may have insights at the moment you

allow the light to move through an area, or you may not. Things may simply change. You may receive insights and guidance in the moment that you ask for them or they may come at another time, right when you need them.

Your making contact with the Divine Self, setting your intention for an area to change, and asking your Divine Self to illuminate this area will bring about a change, not only in this area but in areas of your life as well. For as you awaken to the consciousness of spiritual power, you will bring this to every area of your life.

You will realize as you continue that there is no obstacle. There is no problem; there is nothing in your life that cannot be shifted in the light of realization of the Divine Self. You will come to realize that there is no other power that can have power over you. The only power is the power of the Divine Self that is no power. It is the light of truth and understanding. And It is the core and essence of your being.

You are awakening to who you are deep within. Letting this light of understanding spread through every area of your life. Beginning right now to release you and free you to a new understanding, to bring you a new realization of spiritual power and how you can transform your life as you link with the Divine Self that is who you are deep within.

Coming back now, and I bid you good day for now.

Program 3 Trusting Your Inner Wisdom

Greetings from Orin. Sense that inner pillar of light, the core and essence of your being. As you put your attention on it, something about it becomes more visible to you. You might even become aware of some aspect of it some quality within it that you have not noticed before.

It is as if by putting your attention upon your inner light, it comes alive. It begins to grow and expand on its own. It has always been there. It is eternal and infinite. Something within your consciousness opens to this light, embraces it, and is magnetically drawn into it. And as this happens, the pillar of light, the core of light within you becomes more visible, and more of its qualities, its love, its vision, its guidance, its joy spreads throughout your being and becomes who you are.

Feel the radiance of this inner Self permeate your being with new awareness the awareness of the Divine Self that can be yours as you open to It. You can become more aware of the wisdom, the inspiration, the guidance, the peace and the harmony of this Self as you open to It, set your intention, make contact, and pay attention to the guidance you receive.

To open to the Divine Self within you is to reach a state of inner silence and peace, for it is in this state that the inner Self, your true Self can be known. When your mind is quiet, when your emotions are calm, when you are peaceful, you can hear the still small voice of your Divine Self that is offering you the choices and the guidance; that is showing you the way.

Feel the illumination of your Divine Self, of the light within, illuminating your mind and your consciousness right now with this new quality of illumination that shows you more about your mind, your thoughts, and the mental activity that you experience.

As the illumination of this light increases, it is as if the sun is coming up over the horizon, darkness is dispelled. And your consciousness is being flooded with a new light—the light of insight, revelation and understanding, an ability to view the mind in a new way.

Feel this light arising right now. Arising from within you, lifting you higher. As if in some way you have been in a mist or a fog, and this light within you is beginning to dispel the fog, beginning to lift you above and beyond your ordinary reality, your daily thoughts and the you that you identify with as who you are. There is such a brilliance here; such a light; so expanding, so clear, so inviting. Let this light expand and expand.

A light that illuminates your mental landscape. The concepts, the beliefs, the stories, and the ideas that you hold are being flooded with this light.

It is as if some level of unknowing, of unconsciousness is being dispelled. An awakening is occurring. You might even think of a field of lotus buds, and as you watch the sun pour over them, they begin to open one after another.

The seeds of new consciousness are being fertilized and awakened in the light of the Divine Self that is pouring through you. There is a joy in this light. Almost an anticipation, excitement, looking forward to a new life. A new birth is occurring within you. Open to this now.

This light is awakening the wisdom that is within you, is bringing out the quality of omniscience, of all-knowing wisdom. The recognition of your inner understanding, of yourself as the authority of what is good for you, of how to follow and open to your Divine Self.

Sense the light that is awakening your consciousness, that is drawing you upward, that is bringing you the wisdom, the all-knowing wisdom, the all-knowing understanding to know what is next for you, to bring you the answers perhaps as insights; perhaps as inner knowingness. The wisdom to see beyond the mind, to know what is real and not real; to know what is illusion and what is not; to discern what is a higher path, a better choice, a way of understanding that brings peace and is a reflection of a greater truth.

A new consciousness is being born right now, in this moment within you. Feel this light rising up from within you, going higher into the light than ever before; touching upon new qualities of light within you. Going up and up into the light, and the light coming down like a shower of light all around you touching every level of your being—the light of new consciousness, new understanding, new awareness of that which is divine within you and all life.

And with this, the all-knowing wisdom within you, as you look out over the activity of your mind, let this understanding and wisdom show you how to bring a greater level of stillness to the mind, to the thoughts, right now. And whenever it is needed, letting this, your connection to the all knowing wisdom within you deepen, and let it show you in some way how to still your mind right now.

This is the part of you, the Divine Self, that knows how, knows why, knows anything you need to know. Set your intention right now to open to this part of yourself, to claim this consciousness of omniscience, all-knowing; so that you can access what you know whenever you choose in every moment, whenever it is needed.

Think of something in your life you have been telling yourself that you do not know what to do, what is right for you—a choice to make, some area where you have been denying your inner knowingness, where you have felt cut off from the wisdom within you. Let this come to mind right now.

And now make contact with your Divine Self, the knowingness of how to quiet your mind and enter into the stillness. Showing you the way right now to a state of stillness where you can deepen your contact with your Divine Self and experience the illumination that It offers, the wisdom that is who you are.

Going into the silence; knowing how to do that.

Accessing that part of you that is wisdom, that is wise, that knows what to do. Just being open and receptive.

This part of you is clearing those thoughts and beliefs that say you do not know what to do. It is clearing whatever has stood in the way of your denying you wisdom, you knowingness.

You know what to do. You, the true Self, know what to do. As the mind grows still, as you experience the illumination of the Divine Self, the way is opened. The knowingness begins to appear. An inner sense of what to do is strengthened. Feel this occurring right now.

The Divine Self within you is clearing the mental activity, the stories and thoughts and beliefs. It is quieting them down. Those that have interfered, that have made it more difficult to hear and sense the inner guidance, that have made it more difficult to acknowledge the inner knowingness that is there.

Let something be cleared right now, some thought or belief, so that the light that is reaching you from your Divine Self is even clearer, stronger, more visible in some way. So that you are able to hear, and acknowledge, and follow the wisdom that is within you the knowingness of what to do.

Let another area come to mind in which you want to access your inner knowingness, the wisdom within of what to do, what to think, how to act.

Start by saying to yourself, "I know what to do, what to think, how to act. That wisdom is within me."

And grow quieter within. You know what to do to grow quiet and to make contact with your Divine Self. The Self that has the answers and guidance, the Self that is you!

Ask this Self to spread Its wisdom throughout this area and to every nook and corner of this area of your life; to bring you new understanding, guidance, and a certainty of what to do or not to do in each moment, in every step that you take in this area. Receive this now.

Let your Divine Self show you, unfold for you in some way a stronger and deeper sense that you have the answers within you, that you have the wisdom you need to make good choices, that you know what to do, and you can trust this inner knowingness.

The Divine Self within you, as you allow Its light to spread out through your being, is beginning to dispel the mists and fogs of fear. These are not who you are. These are just energies that are there, impersonal energies. The light is becoming even brighter. The light within you that is emerging right now is clearing fear around the areas you have worked on, and any other area. In the light of understanding, in the light of knowledge and wisdom, fear is dissolving.

It is as if some darkness that has been around you is leaving. And as it leaves, as the light of wisdom is born at a deeper level within you, obstacles begin to disappear, new consciousness can be born. The fogs and mists of fear are leaving.

Feel that light. Sense that light. The field of the lotus flowers as far as the eye can see are opening up, responding to the light of pure consciousness.

As you come back you will notice today and in the days that follow, whenever you are confused or indecisive, you can stop and say, "I know. I have the answers. I am wise." And something within you will emerge. Some knowingness, some wisdom, some guidance that was always there waiting for you to claim and acknowledge it.

So coming back now. Something within you feels stronger and more solid, more confident. And with that I bid you good day for now.

Program 4 Calling Upon Divine Self Inspiration

Greetings from Orin. As you make contact with the Divine Self and open to Its consciousness, you are birthing a new you. You are awakening to new realizations, new understanding, and a new view of the world. You are opening to spiritual power. You are accessing the inner knowingness that lies within you. You are claiming your true power. Your consciousness is undergoing a transformation. You are opening to new aspects, new qualities, and new consciousness within yourself that has always been there waiting for you to claim.

The Divine Self within you, your true Self, the essence and source of your being, is available to you at any time. It is always there. It is always reaching out to you, offering you all of Its gifts; whatever you need in any moment.

All you need do is make contact with this Self, set your intention to open to this Self; to be receptive, and then flow with what happens. Receive the gifts and allow them

to come in whatever form, in whatever timing they do. Sense that inner light within you—the light of the Divine Self, the pillar of light.

You are sensing the qualities of spiritual power that lie within you as this light spreads out and illuminates your consciousness. You are opening to the Divine Self and all the gifts of consciousness that It offers. Feel a new sense of opening right now, of receptivity to your Divine Self. You are more aware of It.

You have already been receiving some of Its gifts. It has been clearing the way for you. It has been releasing those energies and thoughts, beliefs and concepts that have separated you from knowing who you are, and from accessing your inner strength and wisdom.

You are complete and whole within yourself. Feel the wholeness of your being. Feel the completeness of your being. Every quality you need, every concept, every thought, every idea lies within you.

Sense the consciousness that looks out through your eyes—that which makes you aware.

Go into the stillness for a moment. You know how to still and quiet your mind. Just be present in this moment, quiet, open, and in contact with your Divine Self.

One of the ways to open to the Divine Self and to transform your consciousness is to receive the gifts of inspiration, seeds of living energy that come from your Divine Self.

You can ask for these for whatever you are working on, these seeds of inspiration, whenever you need a new idea or to know your inner strength, whenever you want to move through an obstacle, gain more realization of the truth, or to take the next steps on your path.

If you are open and give permission, your Divine Self will send you a seed of inspiration that will awaken your consciousness, that will lift you out of your more limited concepts and beliefs, and open the way for you to be born into the consciousness of the Divine within you to birth a new you that is Divine.

The seed of Divinity that can awaken within you is being offered to you right now, so that you may see and know and claim the infinite nature of your being. And move out of a more limited perspective into that of a greater knowingness of who you are, your divine nature.

Receive this seed of inspiration right now. Let it come down into your central pillar, a seed of new consciousness; perhaps bring it into your heart that comes with all the inspiration, ideas, opportunities, enthusiasm, people, relationships, and all that you need for this seed to unfold. It is a living seed.

Every time you open to the Divine Self this seed unfolds, takes you to your next level, allows you to access more of the gifts of your Divine Self, and to move away from the lesser consciousness of the past into the greater consciousness that you are now embracing.

This is the most important seed of inspiration to plant. And there are many others that can bring you many gifts that can unfold even more the seed of Divinity within you that you have just received.

Everything happening in your life is providing you an opportunity to move closer to your Divine Self. Everything is happening for a reason.

Let something come to mind, guided by your Divine Self, that you would like to receive inspiration. This inspiration would open up this area, would bring you ideas, encouragement, enthusiasm, would bring you the opportunities, relationships, and all that you need to unfold this area. Think of this now—an area you would like inspiration in.

And ask your Divine Self for the seed of inspiration for this area that will align you with the purpose and plan of your life in this area, that will bring you new and wonderful and creative ideas, that will show you a higher path and awaken your vision, and that

will come with all the energy and enthusiasm, and all that you need to bring to fruition this seed of inspiration. Ask for and receive this seed right now.

Grow very quiet, receptive to the Divine Self. Be in touch with the 'I know' and feel or sense or let come to mind something that you are supposed to see or know or feel or sense right now that is part of this seed of inspiration unfolding. Let this happen now.

Ask for a seed of inspiration for a major area of your life, a major shift you would like to take, something that comes to you from deep within your being. What might this be? Let it come to mind right now.

Receive a seed of inspiration from your Divine Self that will bring you all you need to transform your life and consciousness in this area. Receive this seed of inspiration, open to it, and be willing for this area of your life to transform.

Open right now to whatever of this seed wants to reveal itself; whatever inspiration is there for you around this area that you can access right now in this moment.

Know that as you open to this seed, you may receive an insight, or guidance, or simply a feeling, an inner knowingness, a deeper sense of peace, or a shift in your body. There are many gifts of consciousness that come with this seed of inspiration and they can be known in an infinite variety of ways. You can ask for seeds of inspiration in a quick moment and have an area open up.

Think of something simple you are doing today or tomorrow that you would like to be inspired, that you would like to receive a seed of inspiration for that will open up this area in some new way—bring it into greater alignment with your Divine Self and purpose. Think of this area.

Ask for and receive a seed of inspiration for this area.

If you would like, ask for seeds of inspiration from your Divine Self for several areas that you will encounter today or tomorrow, or in the next few days. How many can you think of and receive?

These seeds of consciousness are real. They will unfold in your life and lift any area you call them into, into a higher, more joyful, more purposeful activity. They bring with them all that is needed for their fulfillment.

Continue to think of other areas where you could use inspiration forward movement, new thoughts, and a great expansion of consciousness. And ask for seeds of inspiration for these areas as they come to mind. Do this now.

Know that whatever you need to unfold the inspiration is contained within the seed. Whatever unfolds will feel natural and will be in harmony with your being. It will bring with it many expansions of consciousness, add light to your life and to the world around you, and be a source of good. You can live an inspired life as you connect with the Divine Self. You can be at peace and let go of the struggle knowing that all is being provided, and all you need do is receive, be open, and willing to follow and act upon that which wells up from within you that you feel guided to do.

As you come back you will remember to ask for seeds of inspiration. And you will have fun. And you will be inventive and creative, and inspired in all that you do as you receive a seed of inspiration whenever you ask, for your Divine Self is always offering you all of Its gifts.

And so when you are ready come back. And I bid you good day for now.

Program 5 Transforming Limiting Thoughts

Greetings from Orin. You have the ability to choose your thoughts, to fill your mind with thoughts that bring you joy, that show you a loving, caring world, that reflect an abundant, infinite supply. You have the ability within you to transform thoughts of lack and limitation, thoughts that cause pain and suffering, thoughts that tell you you are helpless or a victim into new thoughts that show you a greater truth; that assist you in manifesting a higher and better reality.

As you work with your Divine Self you can let go of thoughts of a lesser nature. These thoughts do not lead you higher, do not inspire you. And you can learn to recognize easily when these thoughts occur, and stop them, turn away from them, and refuse to entertain them.

As you do this you can experience greater peace and harmony. You can create a higher and better future. You can experience more loving and harmonious relationships with yourself and others. And you can experience positive, supportive self talk.

If you would like to open to higher thoughts that are aligned with your purpose; that are positive, supportive, and encouraging, that are filled with the illumination and inspiration of your Divine Self; set this as your intention.

Become aware of your central pillar of light, the Divine Self within you. Imagine that you are going inward and inward, approaching a great light pure consciousness, vast consciousness, the Infinite within you, the consciousness within you that knows no limitation. That knows everything is possible the consciousness that clears the way so that you can manifest your highest path and live with joy.

Allow something about this infinite consciousness within you to become more real, more visible to you as you focus upon It.

As you focus upon this light, let it shine through your mind and thoughts, illuminating your thoughts in a new way; so that you can become more aware of this Self within you that is you, that can observe your thoughts, change your thoughts, and that can open and allow new thoughts, more inspired thoughts, thoughts that come from your Divine Self.

Feel the light of the Divine Self within you illuminating your mind, your thoughts, your beliefs, and your concepts so that you have a greater ability to recognize the thoughts that you are having. Let this happen now.

With the light of the Divine Self shining through your mind and thoughts, let come to mind either an area that you can look at that will reveal your thoughts, or a thought itself that is a thought of lack or limitation. Let this thought arise or an area to look at that will reveal the thoughts that you are holding around lack and limitation. Knowing that what will come into your mind is exactly what you are meant to look at and to change that will bring you release and greater peace. Let this come to mind right now.

Know that any thought that shows you limitation or lack does not come from your Divine Self, does not reflect the truth that is possible for you to know and live and experience. Let the light of the Divine Self spread out through this area, through this thought. This is the light that reveals the truth that brings realization of a higher nature.

Allow yourself to grow very quiet, to contact the Divine Self in a deeper way. And when you come out of the silent space, invite a new thought, a thought given to you from your Divine Self to emerge, to come into your mind that you can hold in this area.

Every time a thought comes up that reflects lack or limitation, all you need do is connect with your Divine Self, hold this thought in the light, and it will change, with your willingness to bring this thought into the light of the Divine Self and your openness to the new thoughts that can emerge. Every time you do this, the thought will become less real, less potent, and begin to dissolve until it no longer even comes into your mind.

Become aware of this light within you, the light of Divine Self, and allow It to reveal even more of Itself, showing you the nature of your mind and thoughts, increasing your spiritual power.

You do not need to entertain any thought that lessens you, that brings you pain or suffering, or shows you a world of lack or limitation. These are not thoughts from your Divine Self. They are impersonal thoughts. They come from the culture, from mass consciousness, from the beliefs held by many. They need not be your thoughts, for you are gaining the power and the consciousness to choose the thoughts that you entertain, that you listen to and act upon.

Let come to mind a thought that creates pain or suffering when you think of it.

Bring this into the light of the Divine Self or imagine that the light within you is spreading out through this thought, revealing its nature as temporary, as just a concept.

As you do this the Divine Self will loosen the grip this thought has had upon you, will begin to dissolve this thought. You do not need to use your personal will to make it go away, or fight it in any way. Just bring this thought to the Divine Self, to the light that is within you. And in the light of the Self, this thought will be seen for what it is. Its nature will be revealed and its hold upon you will be lessened, until this thought disappears altogether, and new more inspired thoughts take its place.

Bringing the light through this thought again and again, the thought that has caused you any pain or suffering or any other thought that may appear right now of a similar type of nature.

Open to an inspired thought in this area, a new thought or many new thoughts; perhaps one will come into your mind right now; perhaps it will come at another time. Open to new thoughts right now, to whatever is there for you right now.

Let come to mind a thought you might be holding that is telling you that you have a problem or someone else has a problem in any area of your life. Let that come to mind right now a thought that if you were to transform it would bring you greater peace and harmony and allow you to let go of some worry and concern.

And joining with your Divine Self, feeling the power of the light within you, acknowledging the light of the Self that reveals the truth, the nature of the energy you are dealing with. Let it light up this thought and reveal the unreality of this thought, or reveal that this is just a thought, a speculation, an opinion, a concept that may or may not be true. See how transitory the thought is. It has no substance. Look at the light within this thought—very little. Look at the power within this thought or concept—there is none.

If you are willing to surrender this thought to your Divine Self, do so now. Bring the light through this thought and watch it dissolve.

And in its place a new thought, a new understanding arises and comes into your mind. Open to this, let it happen right now.

Think of another type of thought. One where you start to think of a problem and then you think there is no solution, and again you think of the problem and there is an endless cycle with no resolution, no conclusion, no action. These types of thoughts take up a lot of energy and keep you out of the present moment, keep you from focusing upon that which is higher and better. Let one of these cycles of thought come to mind right now. Or perhaps you will become aware of it at the time it occurs.

Allow the light of the Divine Self to radiate through this thought, this cycle until there is a new thought that comes about. So that every time you enter into this cycle, this loop, it stops! And the new thought replaces the old. Action can be taken and the endless cycle can leave. So bring the light through it and open to that thought that will break this cycle, stop the endless loop, and free you.

Open to having a new idea come into your mind from your Divine Self, a new thought, something that is a gift to you. You might recognize now or later. Just open to a light filled, inspiring new thought—a gift to you from your Divine Self.

As you come back, you will recognize what thoughts are in your mind. And you will choose which ones to listen to, to pay attention to, and which ones to release and turn away from. You will immediately bring the thoughts you want to release into the light and awareness of your Divine Self. Knowing that each time you do this, the thoughts will lessen their hold upon you until they disappear and no longer appear in your mind.

So coming back now and I bid you good day for now.

Program 6 Experiencing More Freedom in Your Life

Greetings from Orin. Put your attention on the light in the middle of your being, the core of light, the pillar of light, the source of illumination of consciousness that is the essence of your being. As you put your attention upon it, you can notice more about it. The most intense light is in the middle, like an inner illumination, an inner radiance.

This light moves outward from the center; radiates outward; beams outward. And as it does you recognize that there is nothing that stands in its way. The radiance of your inner Self moves out and out through all the energies It contacts. There is no energy that can limit It, contain It, or stop It. Let more of this light be revealed to you as you open your consciousness now to sense this infinite, eternal light within you.

It is pure consciousness and every quality of consciousness. It is free, unlimited, and infinite in Its nature. Let your consciousness be drawn inward to this light.

As you go inward into this light you begin to merge with it. Some level of separation is ending. Some new expansion of self is occurring. Some new freedom is being born within you as you merge with this light, as you let your consciousness be drawn into it. Until there is less a sense of you and the light more a sense of you as the light, as the Self.

Using your imagination, experience yourself as infinite.

Using your imagination, imagine yourself as unlimited. Nothing can stop you. You are free.

Let the Divine Self show you, infuse you with a new sense of what it means to be free at this level, to live in an obstructed universe where your light can go out and out in all directions. Let this experience become a part of your consciousness. Open to some new awareness of freedom.

This is who you are. You are free! This is your divine nature infinite, unlimited. As you blend with this consciousness, as you allow the Divine Self to draw you in to Its consciousness of freedom, a new awareness is being born within you.

The seeds are being planted to allow you to go beyond what has limited you in the past. The seeds have been planted to free you from the thoughts, beliefs, concepts, memories, and past patterns that have kept you bound to a lesser level of light; that have kept you stuck. Feeling or sensing that there could be a higher way but not knowing how to reach it or how to change existing circumstances.

If you would like to experience a new level of freedom in your life, freedom to choose, freedom to grow, freedom to be who you are and to express your inner most Self in all that you do, set this as your intention right now.

You are an unlimited being. As you connect with your Divine Self you can tap into the unlimited possibilities and the unlimited potential that It is offering you in every moment. Think of an area in your life that you would like more freedom in.

Let your consciousness blend with the light of your Divine Self and the freedom of this Self. Taking this area into that unlimited, infinite light. Bringing the two together in some way—your consciousness of this area in which you want more freedom and the consciousness of infinite freedom.

As the two energies come together, something is transformed about this area. Some new thought can arise. Some old pattern can release. Holding these two together: infinite freedom, and this area of your life being infused with the consciousness of infinite freedom.

Let go of this and just be still. No need to think. Just enter into the silence where you are connected to the Divine Self beyond thought. And in this space, if it is appropriate and right for you, allow to come into your mind whatever needs to be released for you to have more freedom in this area, be it a thought, a belief, an attachment, a role you are trying to play, a concept, an ideal.

Let something come to mind right now that can be released; that is ready to release; that it is time to release, that will open the doorway to freedom in this and in other areas

of your life as well. Allow this to come into your mind and as it does, bring it into the silence, into the freedom, into the light of the Divine Self to be released. Do this now.

Let come to mind whatever your Divine Self is offering you about new ways of being, new possibilities for more freedom in this area; perhaps small changes, a change in thinking, a change in feeling, a change in action that you can do right now to have more freedom, right now.

You might say to yourself, "I am free. I am free now!" For as you are free in your consciousness, so will the outer circumstances change to reflect the inner freedom that you are claiming.

Let come to mind another area or a thought, a belief; something that has kept you from feeling the freedom, from knowing the freedom that is who you are, that has felt like a limit in a place that you do not want to be limited. Let something come to mind right now.

Again, become aware of the light of your Divine Self and focus upon Its unlimited sense, Its freedom, Its infinite nature. Again, feeling yourself to be infinite, free, and unlimited as you blend your consciousness with that of your Divine Self.

Bring this area together into that feeling of freedom—the thought, the feeling, the belief; whatever has come to mind, bring it into; infuse it with this consciousness of freedom. And you might say, "I am free and I am free right now!"

Open to whatever insights, new visions, potential changes whatever is being offered you right now by your Divine Self to show you how to create more freedom in this area, to create more freedom in your mind that will appear as more freedom in this area. Let this unfold right now in your mind.

If you would like, ask for your Divine Self to help you gain freedom in an area that you are not aware that you have limited yourself; where there is greater potential waiting to unfold. You might also choose to work with a relationship, to change something about a relationship where you do not feel free. Let this area come to mind right now.

Again becoming aware of the infinite, radiant light of the Divine Self within you, the light of freedom that knows no barriers, no limits that is unlimited. Blend your consciousness with this light. Each time you do this, something within you becomes more free, more unlimited, opening the way for new potential to arise from within you. Blending with this light of freedom.

And radiating this consciousness into the area of your life that came to mind. Blending this area, drawing it into the consciousness of freedom of your Divine Self.

Let something arise in your consciousness, some insight, guidance, a vision, a picture, an awareness of how you could have more freedom in this area. What is changing in your consciousness that will bring you greater freedom, as the freedom within becomes manifest as the freedom without. Open to this now, this gift of new awareness from your Divine Self of how you can be more free.

You can tap into this freedom any time you want. Sense the light within you that is free, unlimited, and infinite. Let it permeate your consciousness, join your consciousness with Its. Every time you do, some new potential will be freed to open and express itself in your life. Every time you connect with your Divine Self something will come into greater alignment with the truth of who you are an unlimited, free, and infinite being.

So come back now when you are ready. New ideas will come to you of how you can be free in every area of your life. And I bid you good day for now.

Program 7 Tapping Into Infinite Supply

Greetings from Orin. Your Divine Self is the source of all abundance, supply, and everything you need. Even though it may seem that supply is coming from your job, your investments, your parents, your spouse, or from some outside source. It is you and your consciousness that has attracted this supply. It is your consciousness of abundance that brings it to you.

It is through your contact with your Divine Self that you can know the infinite supply that is always being offered you in every moment. You are not dependent upon the economy, outside sources, any one, any event, or any circumstance to be the source of your supply. For the source comes from within you from your Divine Self that is always guiding you to the right opportunity, bringing you the ideas, the resources, and all that you need to be fulfilled.

Your Divine Self knows what you need to fulfill your purpose and to live the best possible life. It is always offering you every richness you can imagine. Supply can come in many forms. It can be the smile of a stranger when you are feeling down. It can be a drink to quench your thirst. Supply is the essence, the energy that emanates from your Divine Self, from your very consciousness.

Think for a moment of what supply might entail and include. What do you need right now that is being provided for you easily, without even thinking about it? It may be a roof over your head, transportation, employment, or meaningful activity. Reflect right now on what supply is and some of the forms it comes to you as.

Think of the supply that you had today; perhaps food when you were hungry, clothes to wear, a friend to talk to, an idea that moved you forward, a feeling of love that opened your heart, a vision, or a new understanding. Look at all the supply that is available to you right as you need it. Acknowledge the abundance you have already created of having what you need.

Take a moment to appreciate and experience gratitude for all that you have. Letting go of any thoughts of what you do not have. And focusing right now on your amazing ability that you already have to create whatever you need when you need it, even in the most basic things.

If a thought comes up of something you do not have, let it go for now. Let arise in your mind the gratitude and appreciation you have for all that you have created even more than you have recognized and given yourself credit for. Let come to mind a number of things you are manifesting right now in your life, the supply and abundance you have already created for yourself. Reflect on this now.

As you do this, as you recognize and feel grateful for all you have created, even more can come to you, for gratitude is magnetic to all the good in the universe.

Think of an area or something you would like to have that has not yet appeared in your life.

As this comes to mind, ask yourself, "What if I have exactly what I need right now and what I think I need, I do not need at this moment."

It is only a thought that there is something lacking, a belief, or a concept. What if you let this go and saw that there was no lack, that right now in this moment you have exactly what you need. If resistance comes up, just acknowledge that it is there and let it go. Let yourself fall into the light of the Divine Self that has no boundary, no limit.

Take this thought, this concept of what you think you need and move your awareness, blend with this infinite, unlimited light that is the core of your being. The light of infinite supply, the light of pure consciousness that is always providing you with whatever you need for your growth, for your evolution that always wants to strengthen you, awaken you, and open you to the greater Self that you are.

Blending now with this infinite consciousness, taking with you this concept of something that appears that you need that you do not have right now.

Something about this want or desire is changing. Some new understanding is emerging as to why you do not have it, how not having it is what you need right now for your growth and evolution.

Keep going into the Divine Self and surrender this want. It will come back if it is meant to be in your life. If it is for your higher good, you will have it in the perfect time and in the perfect way, in the perfect form. Surrender to your Divine Self to whatever degree is possible. You might even say, "I Surrender what I think I need in this area."

As you say that, imagine that you have now opened the door to infinite potential that can manifest in this area far greater, far more fulfilling than whatever you are asking for and think you need. Let this happen now. A feeling of surrender and letting go, blending with the infinite supply and nature of the Divine Self, and opening up to the infinite potential, unlimited possibilities that exist in this area of your life. Open to this now.

Know that something will come to you that is perfect for you. Feel and sense the consciousness of the Infinite within you. Merge with that consciousness even more right now, feeling yourself as more infinite. There is nothing you cannot have if it is for your higher good. All is possible. Let that become more of a conviction, deepening the feeling that you are the source, you, the Divine Self are the source of all supply. It comes out of your consciousness and it manifests as whatever you need; whenever it is needed.

With a feeling of gratitude, a willingness to surrender your picture of what is needed, open right now; connect with your Divine Self. Become the consciousness of this infinite supply.

Holding an area of your life that you would like more abundance, more supply, and bringing this into the infinite light of the Self. Letting the gifts of supply flow out from your Divine Self becoming a part of your consciousness so that it can appear in your life.

If there is some quality of consciousness you would like more of; such as joy or peace, love or compassion, harmony, forgiveness, courage, fearlessness, balance, receptivity blend with your Divine Self and just be open and receive this quality.

One way, a powerful way, you can increase this quality in your life is to demonstrate and express it. Ask for the opportunity to express this quality more often so that you might deepen its experience within you.

Picture yourself offering this quality to others as you experience it within yourself. You become the gift, you become the consciousness that is supply for others as you do. Picture this happening now. Holding that quality, demonstrating that quality, and offering that quality to others as you do.

Connect with your Divine Self and declare that you are now open to receive the unlimited supply that is flowing out to you in every moment.

You are going to recognize it when it comes. You are going to see the way you are being supplied with what you need. More awareness and attention will be given to this, to the acknowledgement and the gratitude for all that is being given you. All that you have and the power within you to draw forth from the universe that which is needed to fulfill your purpose; to become a light for others; and to grow, awaken, and deepen your connection to your Divine Self.

Every time you think you are missing or lacking something, turn inward to your Divine Self. If there is something you think you are lacking right now, let it come to mind.

Let go of that thought for just a moment and focus on that light within you, that infinite, abundant light.

Merge with that light. Imagine yourself as infinite, unlimited. There is nothing you cannot create. There are no energies that can stop you. You are the power. You, the Self, are the source.

Your consciousness is transformed as you blend with this light of the Self. Turn your awareness to the area in which you feel you are lacking, your awareness blended with the Divine Self, focusing upon this area where you think there is a lack, moving the light of infinite abundance through this area, watching the concept of lack and limitation begin to dissolve.

As it dissolves a doorway opens into the infinite potential and possibilities for this area. New ideas come into your mind. A seed of inspiration can be received. New opportunities, new doorways, new people, new circumstances can come about. Letting

that blending with this consciousness deepen, the consciousness of infinite supply. And letting the door of infinite possibilities open in this area.

More than you could have even thought to ask for is possible, something larger and better than you have thought about is on the horizon. Something that will give you a new vision of your life, that will offer you greater opportunity to make a difference, to live your purpose, to feel joyful as you experience and open to this higher path. It is right there. It is standing before you.

As you stop focusing on lack, as you stop thinking that you need something that you do not have, a new future opens up. A new potential can be born. Feel this arising right now. Embrace it, open to it, receive it.

The old is no longer inviting. That which you perceived as a lack is dissolving. It is losing its energy. It has little light compared to the possibility and infinite potential that lies in front of you.

You are so much greater than you know. You are capable of creating so much more than you ask for. Feel that infinite light within you expanding beyond all past limits, awakening your consciousness in all new ways to the infinite supply within you. Embracing the beauty of the light, the power of the light, the source of light within you, the source of all good, all supply. It is flowing outward, bringing new possibility and potential into every area of your life and you are allowing it to do so.

As you come back, feel the change in some way. Some burden has been lifted. Some new focus has been opened up. Some path can now appear that was invisible before.

And come back easily now. Embracing your new reality and I bid you good day for now.

Program 8 Receiving Divine Self Guidance

Greetings from Orin. Sense the Divine Self within you, perhaps the pillar of light becoming more visible, or a sense of inner illumination growing brighter in some way. It is as if you are being lifted up into a higher, more peaceful consciousness just by thinking of your Divine Self and focusing upon It.

Have the intention right now to deepen your connection to the Divine Self, to open more channels of communication between you and this, your innermost Self. Ask the Divine Self to open more channels of communication, and affirm that you are willing to have this happen so that you can hear the voice, sense the guidance, and more clearly follow the inner light that is always showing you the way.

Focus upon the inner light, the illumination that shines forth from within you. It is lighting up all of the energies about you with a new light, a new understanding, a new realization of a higher world, a more expanded consciousness, and greater understanding and wisdom.

In some way this light is growing more solid, more present, and more stable within you. You can sense or find this light more easily just by thinking of it It is there.

As this light illuminates your consciousness, it begins to lift the fogs and mists, to dissolve them that have kept you separate from knowing this Self as who you are. With your permission, as the light of this Self becomes more present, as you open to all that it reveals, all you need do is connect with the Divine Self and allow Its illumination to grow within you.

For in the light of illumination the mists and fogs of emotion are dissolved that have kept you bound to a lesser level of light. Do this now, open to this inner light and let it increase, simply by your attention upon it and your openness and willingness to dissolve any emotions or emotional energies that have stood in the way of experiencing your Divine Self.

Allow yourself to come into a state of greater peace as the light begins to dispel fear and any other emotions that you may have picked up from the energy and environment around you that are not yours, so that the Divine within you can stand revealed.

Feel the energy getting clearer and more beautiful, more spacious, and calmer as this happens.

Allow the Divine Self illumination to illuminate your mind and thoughts. And as it does those worries, concerns, and thoughts that separate you from your Divine Self begin to dissolve. You do not even need to know what they are as you hold this light, this contact with your Divine Self, and give it permission to illuminate your thoughts. The transformation begins. The light reveals the nature of your thoughts. Let this happen now. Let the light reveal to you more about the nature of your thoughts as seen from this higher level of greater understanding.

Let come to mind a thought that is taking you out of your center, causing you worry or concern.

Let the light of illumination of the Divine Self show you the nature of this thought. It is just a thought. It has no true power. It may or may not be true. It may or may not show you reality. It is a concept, a belief. It has no substance or form. Watch what happens to this thought as the illumination of the Divine Self reveals it for what it is, spreads through it, and transforms it.

Feel or sense in some way a deepening experience of peace that is possible in the illumination of the Divine Self.

Think of something right now that you would like guidance about, that you would like to know more about, to bring out your inner knowingness.

Feel yourself, allow yourself to grow quiet within coming to a standstill, letting all thoughts go. Coming into the present moment in silence just being still. Letting go of even thinking about this area that you want guidance in. Connecting with the Divine Self and feeling its light illuminating your consciousness.

As you come out of the silence some new idea, some fresh inspiration, some creative thought can emerge, some new energy is born within you that will move you forward with greater ease. In every moment that you contact your Divine Self you are birthing new consciousness, new awareness. You are opening the doorway to inspiration, to vision, freedom, and all the qualities of the Divine Self.

If there is any inner guidance, any sense, or feeling, or knowingness that wants to unfold right now, open to this, receive whatever is there. It may be a message or guidance. It may be a feeling. It may be formless. There is a gift for you right now; open to receive it that was born in the silence that you just held.

Sense that inner pillar of illumination. How still, peaceful and quiet it can be. How it can infuse your consciousness with stillness and peace.

Something within you is growing quieter. Some level of worry is falling away. Some sense of agitation is calming down. Some vibration you have responded to is leaving that has kept you out of balance. Let this illumination that brings you into the Divine Self, into the silence and peace unfold right now in your consciousness as you open to it and invite it in.

Become aware of the shift in consciousness that is happening as you are calming down, entering into a deeper and deeper state of peace. Your Divine Self is clearing the way for this to happen, beginning to release and free you from some of the energies and the lesser consciousness that has made it difficult to be peaceful. Allow this to happen. Affirm that you are ready to experience a greater inner peace, a deeper sense of balance, and an increasing ability to stay centered in the light of your Divine Self throughout the day and night.

Let come to mind an area, a relationship, a situation that you would like to hold in your mind with a sense of peace, harmony, with the sense of inner peace as you think of it.

With an awareness of the stillness and the peace of the illumination of your Divine Self within you, invite this light to radiate into this area to transform it, to calm down your thoughts, to lessen the emotional energy, to still the emotions. Let this happen

right now as you think of this area and let it be infused with the peace and the stillness of your inner Self.

And you listen to the inner voice, the still small voice. And you know the guidance that is there for you in this area. Feel your Divine Self as It begins to calm down your emotions in this area. Becoming very tranquil as it begins to still the mind. Letting go of all your thoughts about this area, all your stories, all your concepts, all your beliefs, all your worries and concerns about the future.

As this illumination of peace and stillness moves through your mind removing the stories and the concepts you have held about this area until all that is left is a sense of stillness and inner quietness. And with the emotions calm and the mind quiet, you are coming into a deeper resonance with the stillness of your Divine Self going into the stillness where the new consciousness can emerge, where the gifts of your Divine Self can be given you, and all can be revealed. Silent mind.

It may only take a moment to receive all that you need. What guidance is there for you right now? What energy, what inspiration, what feeling, what inner knowingness is ready to unfold right now?

Feel and open to the inner illumination of stillness as it moves through every level of your consciousness. Some inner noise is quieting, some inner distractions that have kept you from your Divine Self are falling away. Some veil is being lifted, making it easier for you to find the inner stillness that brings you all the gifts of consciousness that are awaiting you as you make contact with your Divine Self.

Allow this to occur, for this vibration of stillness to move through you so that you can find your center no matter what energies you are around, so that you can be a source of peace and harmony to others.

Feel your breath calmer, smoother, and more relaxed. Something is opening up within you and expanding your consciousness. Some new light is being born within you that can only be born in stillness and peace.

Everywhere you look with your inner eyes, a light is emerging; consciousness is unfolding. A new you is being born. A you that is divine, that is light and pure awareness, awareness that exists in the stillness beyond thought. Just for a moment become this pure awareness. Merge into it. Let it draw you inward to some new experience of the Self within.

And when you are ready, come back easily and peacefully. And I bid you good day for now.

Program 9 Knowing the Peace of Your Divine Self

Greetings from Orin. Take a deep breath in and as you breathe out imagine a wave of relaxation traveling through your body. Adjust your posture so that you feel comfortable. Pay attention to your breathing. Let it become deeper, smoother, and more relaxed. You are going inward right now. Growing more peaceful; calling back to yourself any energy you have scattered out in the universe.

This is your time to journey inward; to let go of the outside world, and to experience the light, the peace, and the serenity that lies within you, that is always available to you, that is the Divine Self within you expressing Itself as peace.

Something is growing calmer and more peaceful within you. As you calm down and become more tranquil, quieter within, you sense that light in the center of your being, that central column or pole of light. And it is very steady. It is always there. As you pay attention to it, focus on the quality of peace. As you think of the quality of peace, it is radiating this quality into your consciousness. Your Divine Self is responding to your focus on peace by amplifying the quality of peace, making it more available to you, more visible.

Let peace permeate your being. Releasing the places where you have held tension, first in your body, feeling your body relax. Then in your emotions, feeling your emotions become quieter, calmer. Your breathing is growing even smoother and more relaxed.

As you relax there is a feeling of coming into the center of your being, getting in touch with who you are. A sense that your inner light is emerging and becoming more visible. The more peaceful you are, the more you are aware of the Divine Self within you, the closer your connection.

As you sense the central pillar of light, very peaceful, still, as you come into greater peace, something begins to match up, to come into resonance with you and the Divine Self within you.

Let yourself harmonize with the quiet stillness and peacefulness of the Divine Self within you. There is something so reassuring about this energy, so comforting, so gentle and welcoming. There is something so magnetic about the peace that radiates from your Divine Self that you feel drawn to It. And as you come closer, matching your vibration to the vibration of peace of the Divine Self, you begin to slip into the consciousness of the Divine Self and peace within you is amplified, becomes more stable.

This peace is so powerful, so pervasive, so all encompassing that nothing can touch you as you surround yourself with peace. You can easily turn to the Divine Self and know this Self to be who you are and hold that awareness no matter what is happening around you. It is like a protective cloak, a state of being that you can offer the world. It becomes who you are, and it transforms all of your circumstances and everything you experience. Allow this peace to deepen as you come into an even greater harmony with, a greater resonance with your Divine Self.

As you hold this space and the Divine Self is working with you, let something come up a thought, a picture, a worry or concern, and watch it die down and disappear as you hold this state of peace. Nothing that is not peaceful can be sustained in this space.

Let something come to mind and then watch it disappear as it falls into the pool of stillness, the consciousness of stillness and peace that you are in right now.

You can learn to hold this state of peace in more and varied environments, around a variety of people, circumstances, and events. Picture yourself in a common, everyday situation; perhaps one in which you are around other people.

Imagine yourself in this state of peace, sustaining it. From this state, notice the ebb and flow of emotions and thoughts as they appear all around you. You are turned inward to the Divine Self, to the peace that It offers. And you are also aware of everything going on around you, but something is different. You are peaceful. You are connected to the Divine Self within you. You do not react.

You are steady and stable and in your center where you can observe the energies around you and choose what to respond to. See how much more powerful you are when you come from this space; how much better the decisions you make can be. How your peace is a gift to others.

Picture this now. Think of it. Live it out in your mind holding the awareness of peace while you are with others.

Picture yourself moving from this situation to another. Another opportunity to hold this state of peace while you are out in the world. Perhaps you are with a friend, perhaps you are hearing the news, perhaps someone has said something to you that in the past you might have reacted to. Let something come to mind or a future event that you can practice in advance, holding this state of peace.

Affirming to yourself, "I choose peace. I allow peace to flow through me, into the world. I am peace."

Touch in to that center of peace within you, letting it deepen. Nothing touches this center of peace. Nothing can take you out of it. You are in touch with your Divine Self when you are in this state. Guidance, answers, and solutions come to you easily. You know what choices to make, what paths to follow, what words of wisdom to offer. You know how to think about the situation. You understand it from a higher level as you hold this peaceful state.

Picture yourself in this circumstance holding this state of peace and responding in new and higher ways, offering your peace to others simply by allowing yourself to be in this state.

Let your sense of peace grow even more profound, turning to the Divine Self and asking for It to assist you in knowing and sustaining a sense of peace, a sense that all is well.

Imagine a future situation where there is emotional energy around you; perhaps there is conflict, fear, anger, or irritation.

You give it no energy. You turn to your Divine Self, blend with It, open to It. And in that moment you choose peace. And you feel the peace of your Divine Self wash over you, permeate your being, and draw you inward to the Divine Self; so that you can hold that focus and be untouched by the energies around.

Think of this now. Picture yourself holding this space of your Divine Self of peace. See it flowing out from you, transforming the energies about.

Feel peace in your body. Become aware of how your body responds to peace.

Feel peace in your thoughts the spaciousness, the good feeling, the clear thinking that is possible in this state.

Picture yourself in a future situation where a decision is needed, a direction must be found, where you are needed to supply the answer. Or perhaps you have finished one activity and are looking at what to do next where some answer is needed, or a decision on what to do is called for.

Picture yourself turning inward to your Divine Self, letting the peace permeate your being, letting the wisdom, the power, the consciousness of your Divine Self flow into you.

Your bridge is the state of peace that allows you to access all of the consciousness of your Divine Self. And feel, imagine in this future situation through your peace, all of the qualities of consciousness of your Divine Self being available to you. Picture this now this future situation, turning to the Divine Self and the knowingness of what to do; how to respond that flows out from this space.

Peace is a doorway to your Divine Self. Feel the peace within you right now. This is who you are. This is the space where answers can appear. This is the state of consciousness that leads you to the Divine Self that is a gift to everyone you are around, that is the Divine within you expressing Itself in the calm, clear way that It does. It is in this state you can hear the still small voice, make wise choices, and create harmonious conditions of your life.

As you come back allow that sense of peace to be with you, to deepen, and to become part of the awareness that you hold all the time. So coming back now and I bid you good day for now.

Program 10 Rising Into Divine Consciousness

Greetings from Orin. Let this be a restful time for you, a peaceful time. Notice your breathing, breathe just a little bit deeper. Put more awareness on your breath and let it help you unwind and relax. Shifting your consciousness ever slightly away from the mind and all your thoughts, and beginning to hold an awareness of the light within you. The central pillar of light is becoming more visible right now. Your recognition of the Divine Self within you is growing, just by your thinking of it.

Calming down and allowing yourself to feel more peaceful and more relaxed. Become aware of the present moment, the room you are in, the sounds, the smells, the feeling of your body against the surface.

As you move into the present moment notice how your thoughts begin to lessen. You move into more experience. Sense the perfection of this moment. Let a feeling of tranquility arise from within you. Allow yourself to grow calmer, to let go of your thoughts, your cares, to put down any burdens you have carried. And just be present

right now, fully aware of your inner light. Setting your intention to contact your Divine Self and to let yourself be restored and lifted and transformed in Its light.

Grow very silent and imagine the Divine Self is lifting you right now above mass consciousness, above the energies you are in and around, into a higher realm of light, beauty, harmony, joy, peace—a wonderful clear energy. Let this happen now as you begin to lift up out of the density, out of the thoughts, the expectations, the fears of mass consciousness and travel into the light. Do this now.

Ask your Divine Self to assist you in lifting up into the light even more, as if your inner light is spreading throughout your being. And you are flying higher and higher. The density, the worries, the mass consciousness energy, the confusions you are rising out of these into the light. Your Divine Self is calling you into the light, assisting you in every way to break free.

With this light in the space you are in, sense your central pillar of light radiating from the center of your being, beginning to open up your beliefs, your concepts, your thoughts. Beginning to release you and free you from those things that have kept you bound to a lesser vibration. Beginning to cut the “anchors” symbolically that have kept you from lifting higher into the light.

Experience the freedom that the Divine Self is offering you from all the cares, from the “should’s” and the “have-to’s,” from those things that are not your purpose. One by one these things are being released in the light of the Divine Self and you are lifting even higher. Sense the light all about you, very clear, crystalline light, very beautiful. And there is such a sense of release, of peace, and of balance. Feel this now.

The Divine Self is working with you. It is revealing Itself to you even more. And as this happens a sense of peace, a feeling of spaciousness, of openness, of release from limitation is yours. Keep moving in to more and more light, allowing the Divine Self to be more present.

Moving up and away from the lesser energies that in the past have limited you in some way. Building more and more light as you do. Allowing more and more of the light of the Divine Self, the consciousness of the Divine Self, to be present and shine through you.

Letting that light within you bring you to a place of balance. feeling your inner strength, that sense of self that is always with you, guiding you. The essential you is shining through. It is as if you are letting go at a deep level of all that is unnecessary and unimportant, all the thoughts and beliefs, all the worries and concerns of everyone around you.

You are opening to the peace, the spaciousness, the clear energy of the Divine Self within you. Turning within, your awareness of your inner light is stronger, bringing you a sense of a great vast light all around you. Your central pillar becoming enormous. You might even lose the sense that you have a physical body.

And you are rising even higher into the light of the Divine Self. It is as if you can see from miles and miles in all directions. The energy is so pure, so vast, so radiant, so unobstructed in this space.

The doorway into hope and optimism, into inspiration and courage, into the infinite nature of your Divine Self is opening for you right now. The doorway into a clearer, purer light is available. One shift after another into a higher and clearer light is being offered you.

With each shift some attachment falls away. Some limiting belief is revealed and discarded. Some concept or belief that has kept you at a lesser level of light is transcended and you continue to go higher and higher into the light, into the Divine Self, being lifted up right now into the clearest space you have ever been in.

Look back at the consciousness you have lifted out of, the mass consciousness, the density and see how it can no longer affect you. You know how to rise above it.

All of the qualities of the Divine Self are available to you; such as joy and courage, strength and confidence, clarity and vision. Think of a quality you would like more of in your life that would make the path easier; that would open the way; that would assist you. Let this quality come to mind right now.

Set your intention to experience and express this quality more often.

Your Divine Self has heard your request. It is delighted to give you all that you ask for. Picture how your life will be different as this quality of consciousness becomes yours, as you open to it and allow it to become who you are.

Think of another quality, a gift of consciousness you would like from your Divine Self, such as courage and fearlessness; trust and faith; perseverance, conviction, one pointed focus, optimism, vision, peace and harmony; balance, stability, freedom, spaciousness, openness. Let a quality come to mind, choosing from one I have suggested or finding another one.

Set this as your intention: to experience and express this quality.

Ask your Divine Self to strengthen this quality within you so that you may experience and express it more often. Picture yourself expressing this quality.

Let come into your mind right now from your Divine Self an awareness of a quality of consciousness that if you had it would make your life more centered on the Divine Self, more peaceful, more enjoyable, more fulfilling. Let this quality come into your mind right now.

Set your intention to experience and express this quality as you open to receive this gift of consciousness from your Divine Self.

Imagine how your life will be different as you express this quality.

Your Divine Self is with you. You are in a wonderful balanced state. You have left behind the density. You are in the light. Your Divine Self is offering you a gift of pure consciousness. One that will enhance your inner light and make it easier to turn inward and to stabilize at this level, no matter what energies you are around.

If you choose, receive this gift of consciousness from your Divine Self and affirm that you are ready to be in this state more often to move into this consciousness above the lesser energies where you feel stable and balanced, and able to look out with clear vision, with peace and courage, and joy and confidence at whatever is happening in your life. Open to this gift right now. Receive it.

When you are ready, come back into the room. You feel balanced, full of light. And all the wonderful qualities of your Divine Self are radiating through you, through your consciousness and out to the world. You are becoming the light. You are lighting the way.

And with that I bid you good day for now.

Program 11 Enjoying Harmonious Relationships

Greetings from Orin. Feel the peace that lies within you. Let that peace emerge from the center of your being. A state of consciousness you always have access to simply by turning within to your Divine Self. Let peace emerge. Sense what it is like to invite peace into your consciousness to let it arise within you.

There is nothing you need to do. No work involved. All that is required is to be open and allow peace to emerge and become a part of your consciousness.

As you grow more peaceful the energies about you becomes clearer, smoother, more harmonious. Feel yourself calming down, coming into the center of your being, feeling very balanced and centered.

Allow your breathing to grow deeper, more relaxed in some way. Imagine that you are journeying higher into a more refined and beautiful light the light of the higher planes of reality where there is joy and peace, freedom and love. You are opening to the light of your Divine Self, realizing how beautiful, how clear It is as It draws you upward, inward, expanding your consciousness at every level.

There is a sense of upward movement, up and out of mass consciousness, of the fogs and mists of emotions, away from the confusions, the anxieties and fears. Moving up into the purest, clearest light all about you.

As you rise up into the light of the Divine Self, imagine that you can see for miles in all directions. And you become aware of many beings of light angelic beings, masters, enlightened ones, all about you now. And you begin to experience, and awaken to the higher energies that are available.

There is such peace here, such harmony. Feel yourself coming into resonance with the peace and harmony that all these beings are holding, radiating, and expressing.

In this harmony your heart is opening. You feel the love that is being offered to you. Accept it, if you choose. This is a love that wants nothing in return, that is infinite, that only wants what is best for you, that accepts you. Feel the love that is present here. How loved you are. There is no judgment. You are seen as perfect.

It is as if, through the acceptance and the love of these beings, some outer shell that you have worn that you may not be aware of, that you used to protect your heart, that has created separation between you and others is falling away, with your permission. A gift of consciousness is being offered to you the consciousness of knowing your oneness with others; the consciousness that will allow you to dissolve some of the walls that have kept you separate from others and from your Divine Self. Accept this gift. Receive this gift. Immerse yourself in this field of love that you are becoming aware of.

In the light that is being offered to you, you can sense what it is like to come into resonance with such harmony all beings working together. Everyone wanting what is good for each other. All energies are supportive. The environment is peaceful. A higher light shines through all beings uniting and connecting all beings with an even higher light that of the Divine. Let the resonance that you feel, that you can hold, become more solid and real. Coming into resonance with this love, this harmony, this peace that is present right now with all the beings who are here.

Let the feeling of peace and of being in harmony with all life around you deepen. There is compassion. There is peace. There is love, acceptance and a feeling of oneness. Some wall, some barrier to love is being dissolved with your permission even more.

Your heart light is growing more radiant like a sun that nurtures all life around you with your love, with your peace and harmony. It is as if a new light is bursting forth from the center of your being. The light of love and harmony, of unity, of compassion and forgiveness, of kindness, at an even greater level than whatever you have expressed before. Your capacity for harmony and love is expanding exponentially as you awaken to the Divine Self within you.

You are becoming magnetic to the Divine Self, to love, to the Divine within all life, bringing you even more harmony, more peace, and more harmonious relationships.

Holding this state of harmony, in resonance with all of the beings of light, and the harmony that is being offered, the love that is awakened within you, think of a relationship in your life. Let one come to mind that would benefit from more harmony, from more peace and more love.

After you think of it, let that person go. Ask the Divine Self within you to deepen your experience of this state. And let It draw you into the deepest sense of peace and harmony, of love and compassion, of understanding that you can allow and imagine. There will come a moment when you feel a shift of some kind and that will signal that you done the work. You have opened the space for more harmony to exist between the two of you. So do this now. Move into this state of deep harmony, peace, and love.

If thoughts arise, let them go for now and come into a silent peaceful state. Become aware of all the beings and the harmony. Become aware of your Divine Self and let It draw you into a deeper sense of peace, beyond the mind, beyond the thoughts. Until

you can hold this sense of peace no matter what thoughts arise, and you can deepen your sense of inner silence. For as you do, this is where the work is done. This is where the relationship transforms.

Allow that sense of harmony with the other person to deepen. Your acceptance of this person grows. They have permission to act however they choose, and you can maintain your peace and harmony no matter what they say or do. You are choosing harmony within your being. You are choosing to resonate with the harmony of the Divine Self. You offer that to this relationship. And you let go of results. You are offering this harmony and peace unconditionally. You are choosing it for yourself.

You are moving into that vibration of peace and harmony, of love and compassion, of understanding and kindness. And you are offering that vibration to everyone around you. Allowing that person and everyone you contact an opportunity to move to this level themselves if they choose. And it is all right if they choose or do not choose to match you in this space.

Ask your Divine Self to give you the gift of consciousness that will assist you in letting go of needing any particular response to feel good about yourself and to feel good about the other person.

You are able to increasingly stay in this center of love, harmony and oneness.

If you work with a group or are part of a group, let that group come to mind right now. It may be several friends, an office, a church group, a social group. Think of this group right now. Perhaps you are with them in person; perhaps you are not. See some of the group energies you are with right now and choose one of them to bring into this state of peace and harmony.

Open to and allow the Divine Self within you to draw you into a state of stillness, peace, to open up within you deeper and deeper harmonies, connections, and resonance with the Divine in all life. Letting go of that group right now and moving into this space.

This space will go out to the group you just thought of. You need not hold them in your mind. As you move into this state, the resonance will be there. The harmony that you hold will make available that harmony for this group and for everyone you are connected with if they choose to come into resonance with it. So move into this state now, deepening your connection to your Divine Self, feeling the harmony, the smoothness, the lack of friction, the working together for a common goal, the purpose that is there. Opening to this now; growing very silent.

As you let go of the walls that separate you from the Divine within yourself and all life, as you grow in your harmony within, you offer this gift to everyone who is in resonance with you and this space.

Deepen your sense of harmony right now, of easy flow of energy between you and others. You are supportive, encouraging, loving. You are in your center connected to your Divine Self and growing increasingly magnetic moment by moment as you deepen and strengthen this contact.

Know that everyone who can benefit from this energy, everyone who can be assisted in any way is being offered this gift right now wonderful energy, healing energy, peaceful energy, harmonious energy is available through you to all life. Your consciousness is a sanctuary for others and offers others the gift of harmony, of greater peace and love.

So with that now feel the harmony within you. And with that I bid you good day for now.

Program 12 Birthing a New You

Greetings from Orin. Become aware of the pillar of light within you, the Divine Self at the core and center of your being. Your Divine Self is pure awareness. It is aware that you are aware of It. As you turn your awareness upon this Self, the Divine within you, your sense of It grows. It becomes more visible in some way. And your physical

body becomes more transparent to this inner light that shines forth from the center of your being.

This light is eternal. Allow yourself to experience for a moment the eternality of this light. This is you, your consciousness throughout time and space, the essential you, the core of your being that is eternal.

Sense the purity of this Self. It is inviolate, pure. No energies can affect It.

This is the center of your being that you can touch in upon at any time to feel centered and balanced, to feel clear. This is the Self within you that lifts you to a higher level of consciousness; that expands your vision, and where all things are possible.

Sense this Divine Self within you as infinite Infinite potential, infinite possibilities. Let this quality of consciousness permeate your being, opening you in some way to a realization at some deeper level of what it means to be an infinite being, unlimited, free. Feel this now. Let it spread throughout your consciousness some new aspect of the unlimited potential, the freedom let it permeate your consciousness.

And this the Divine Self within you is love Itself. Feel the quality of love radiating forth from the center of your being bringing forth optimism and hope, compassion, courage, confidence, and inner strength. The beacon of your heart, the sun of light within you opens the way to a higher and better future. Allow the light of love within you to expand throughout your being.

Open to the quality of the Self within you that is omniscient, all knowing, wisdom itself. Become one with this quality of consciousness. Let it emerge from your being. Open the door through your acceptance that this is who you are. You do know. You are wise. You have the capacity for infinite understanding within you. Open to this. Acknowledge it. Bring it forth as who you are.

Sense the quality of Divine Will that is within you, guiding you. Imagine that you are standing in the center of all Will the divine pattern, the divine idea, divine perfection. You are aligning with this. You are this.

The light of realization is awakening within you. The realization of who you are. The realization of the power you have to create the reality that fulfills your purpose. You have the ability to live a wonderful, fulfilling life, to tap into your Divine Self and Its qualities of enthusiasm, optimism, and unlimited potential.

It is as if something is opening up within you—a new place. Something that has been closed. Some aspect of your being that has been hidden is awakening right now, in this moment. As the caterpillar emerges from the cocoon and becomes a butterfly, so is a part of your being now emerging, transforming, and awakening.

Some of the veils you have worn that have hidden your inner light are coming off. This is the birth of a new you, a more confident, loving, harmonious, wise, and understanding you. A you that is living in the light of the Divine Self. A you that is creating a new future, letting go of the past, and releasing easily all that has held you back within your own consciousness.

There is a light in front of you, a guiding light. Let it become more visible, radiating through your being like the sun as it rises in the horizon. Feel the warmth of this sun of consciousness pouring through you, opening you up, guiding you.

In the past you have been following a lesser light. This is a much greater light that is becoming “visible”. Look at the level of illumination you are leaving, the density you are moving out of, the dimmer light that you followed. And as the cocoon dissolves and the butterfly emerges, this new higher light that you are becoming aware of is dissolving the cocoon.

And you are beginning to emerge as the butterfly with wings of light, with a new consciousness, new capacity, a new vehicle of light. The central pillar of light within you is revealing to you many new qualities of consciousness that were not visible before. Its presence is growing stronger.

Feel, sense, or picture in some way the birth of the new you, the higher light that illuminates the path for you and the new possibilities that lie ahead. A new vision is awakening. New possibilities, new potential is yours.

Think of an area of your life. Let one come to mind that is ready for a new vision, for new potential to unfold guided by this higher light.

Accepting a gift of consciousness from your Divine Self to awaken your vision in this area, to gain more consciousness of the possibilities and potential that are in this area, awaiting your recognition. Accept this gift of consciousness from your Divine Self. And then in the silence, let this vision begin to emerge. Going into the silence and piece by piece, area by area now and in the future, a new vision emerges.

Let go of any pictures you are holding about your future in this area just for now. Those that are meant to be will be reemerge. Those that have limited you in some way will disappear. Open to the new possibilities that lie ahead for you a new future, one that perhaps you have not even imagined. Let images and thoughts and visions emerge. Opening to new possibilities guided by this higher light that you are now aware of.

Let this light shine on some of the roles that you have played that are limiting you in some way. The way you have defined yourself around others is transforming. The way you act, the way you project yourself, what you expect and how you are perceived is changing.

Guided by the Divine Self, let come to mind a role you play. One that is ready to change in some way. And sense that greater light that is guiding you, that light of the infinite eternal Self within you. And let a new vision of this role come into being. One that matches the light that you are living in right now, that is a better expression of who you are and the potential that lies within you.

Think of an area of your life that you would like to transform; perhaps a past pattern, an area that in the past that has brought suffering or pain in some way. Let this come to mind right now.

Call upon your Divine Self, sensing the spiritual power within you and the greater light that is now guiding your life to assist you in transforming this area. To awaken within you the wisdom that you need, the strength, the understanding, the confidence, the courage, the perseverance, the focus, and all the qualities that you need to transform this area.

Open to receive these gifts of consciousness as you become the new you and release the patterns of the past. For these cannot come with you; will not come with you into the greater light that you are embracing. Open to this now, to allowing this area of your life to be different, to transform. And for this pattern to be dissolved in the greater light you are awakening to. Let this happen now.

Sense this brilliant luminous light that is revealing itself to you. A new quality of consciousness is being born within you. Imagine this light like a sun directly above you illuminating a new field of awareness, flooding you with light the light of consciousness, the light of realization.

Let yourself expand at every level that is possible, receiving all the blessings that your Divine Self is offering you right now in this moment and in every moment. Be still and receive all that is being offered in this light.

Feel yourself emerging into the light free, conscious, open, aware. Your true Self is emerging and expressing Itself through you, through your words, your actions, your thoughts. You are becoming more of who you always knew you were. You are becoming the Self you have always known was within you waiting to be released, acknowledged, and experienced. The Divine Self within you is emerging like a flower that is opening to the light. You are drinking in this light.

You are going to your next level. You are aware of a new light, a new quality of consciousness. A new Self within you is arising.

All potential lies within you. The universe is your home. The Divine is your consciousness, and in every moment you are growing closer to knowing that this is who you are, to claiming the identity of a divine being, living in the light, becoming the light, and offering the light to others.

You will become aware of this higher light whenever it is appropriate. And all changes will come about in harmony with your being.

So coming back now, something within you has changed. Something within you is stronger and clearer, and you will experience this as who you are. And I bid you good day for now.

What's Next?

Overview of Other Courses in Orin's *Transcending Your Ego* Series

All six albums in Orin's *Transcending Your Ego* series work together to connect you with your Divine Self. It is only through contacting your Divine Self that you can transcend your ego. Orin's guided meditations in these courses have layers of transmissions and energy in them. You can listen to these journeys over and over. Whenever you listen, you are listening with a more illumined consciousness that makes it possible for you to move into states of even greater illumination and have many new insights and shifts. All albums contain 12 Orin journeys, and online PDF with written material and transcripts.

In Part 1, [*Birthing a New You*](#), you will connect with your Divine Self to awaken your spiritual power, trust your inner wisdom, release limiting thoughts, tap into infinite supply, receive Divine Self guidance and inspiration, enjoy harmonious relationships, and to feel the peace of your Divine Self. Rise into divine consciousness and birth a new you as you open to your Divine Self. (DS101)

In Part 2, [*Transforming Your Emotions*](#), you will experience the Divine Self illumination that reveals the nature of emotions, an aspect of your ego. Open to divine love, stay clear around negative emotions, clear obstacles to knowing infinite supply, free yourself from repeating the past, move beyond pain and suffering, deepen and sustain inner peace, and accept more joy, love, and freedom into your life. (DS102)

In Part 3, [*Evolving Your Desire Body*](#), you will evolve your desire body—the part of your ego that is composed of desires. Align your desires with higher purpose, free yourself from unfulfilling desires, become pure awareness without desire, release old desires, and allow your desire body to transform into a new field of awareness that responds to your Divine Self rather than to mass consciousness or the desires of people around you. Experience greater contentment, gratitude, and appreciation for the richness of your life just as it is. (DS103)

In Part 4, [*Illuminating Your Mind*](#), you will experience the light of your Divine Self that reveals the mind and takes you beyond the mind into pure awareness. Love your thoughts and respond to them in new ways, rise above mind chatter, release worry thoughts, free yourself from limiting beliefs, and open to divine ideas as you enjoy new ways of thinking. Strengthen Divine Self guidance, connect with the Divine Self of others, and experience greater abundance. Release negative thoughts about aging, health, and your body. (DS104)

In Part 5, [*Deepening Divine Self Consciousness*](#), you will deepen your Divine Self connection so you have the illumination and consciousness to transcend your ego. Break through to a new consciousness, come into resonance with your Divine Self, let go of old identities, update the roles you play, release identification with form and know your formless Self, free yourself from past labels, clear the storms of emotions, strengthen your ability to be true to yourself, and embrace your new identity of being your Divine Self. (DS105)

In Part 6, [*Transcending Your Ego*](#), open to the light of your Divine Self that reveals the mind and takes you beyond the mind into pure awareness without thought. Love your thoughts and respond to them in new ways, rise above mind chatter, release worry thoughts, free yourself from limiting beliefs, and open to new ideas and perspectives. With mental illumination you can better hear and respond to Divine Self guidance. Sense the Divine in yourself and others, which can change all your relationships for the better. Open to your Divine Self to experience greater abundance and infinite supply, and to release negative thoughts about aging, health, and your body. (DS106)