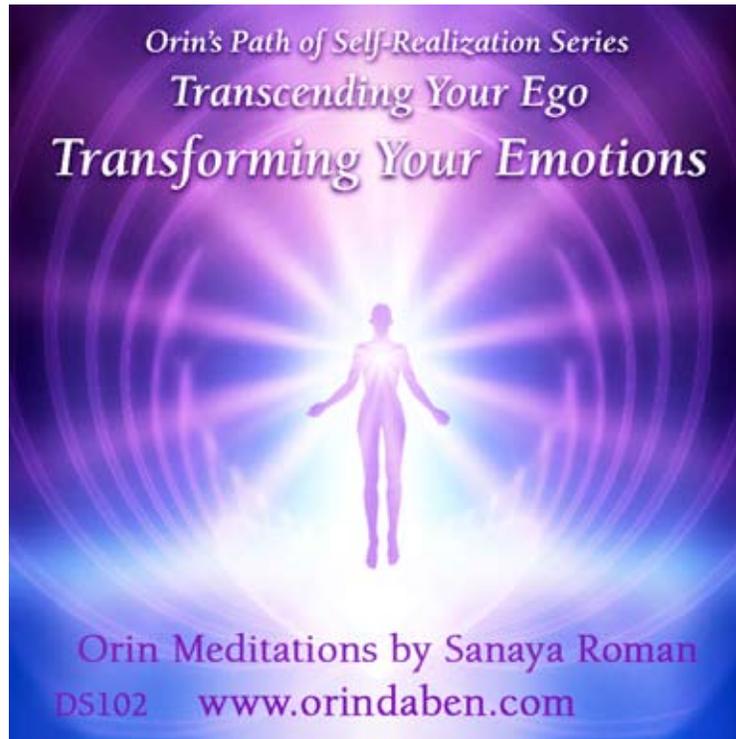


*Orin's Path of Self-Realization Series*

*Transcending Your Ego:  
Transforming Your Emotions*



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

Written Material to Accompany  
Orin's Audio Course

Includes Transcripts

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*Orin's Path of Self-Realization Series*  
Transforming Your Emotions (DS102P)

Orin's Path of Self-Realization Series

# Transcending Your Ego

## Transforming Your Emotions

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

Program 1	Awakening Divine Love Music: TH065E Lord of Love	28:04
Program 2	Staying Clear Around Negative Emotions Music: TH009E Temple of Healing Love	26:27
Program 3	Creating Positive Emotions About Your Body Music: TH011E Angels of Healing	28:16
Program 4	Changing a Situation by Freeing Stuck Emotions Music: TH006E Solar Contact	28:13
Program 5	Dissolving Blockages to Divine Self Contact Music: TH061E Illumination	28:40
Program 6	Clearing Obstacles to Experiencing Infinite Supply Music: TH070E Sanctuary of Peace	27:09
Program 7	Choosing the Rewards of a Peaceful Life Music: TH008E Rising Into Light	28:16
Program 8	Loving Yourself by Refusing Negative Emotions Music: TH051E Spiritual Sun Vortex	28:56
Program 9	Freeing Yourself From Repeating the Past Music: TH007E Blending With Your Soul	29:44
Program 10	Releasing Pain: Transcending the Pairs of Opposites Music: TH023E Surrendering	29:26
Program 11	Deepening and Sustaining Inner Peace Music: TH068E Stillness: Consciousness at Rest	29:39
Program 12	Accepting More Peace, Joy, and Love Music: TH067E Liberation	30:07

#### **Other courses in the *Transcending Your Ego* Series:**

[Part 1: Birthing a New You DS101](#)

[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***

## ***Transforming Your Emotions***

Audio Meditations by Orin  
Channeled by Sanaya Roman

### **Greetings from Orin!**

Your emotions are an aspect of your ego, and they carry much energy. They act to guide you toward things you love and away from those things that you do not love. Your emotional body is very fluid. It takes on many different colorings and shades and qualities, depending upon the energy you are around—until you are able to guide the emotional body from a higher level of your being.

In these journeys of transforming your emotions, you will move into the consciousness of your soul and Divine Self. You will open to the consciousness that allows you to observe and listen to your emotions without getting caught in them. You can understand and experience your emotions in ways that empower you.

You can harness the energy of your emotions  
to fulfill the goals and purposes of your Divine Self.

You will explore how to deepen and sustain the states of consciousness that let your Divine Self shine through you, making it easier for you to experience peace, love, and more harmonious relationships, and bringing to you all that is good and beautiful. As you transform your emotions you may still experience negative emotions, but this will happen less frequently and for much shorter periods of time. You will recognize more quickly when you have been affected by these energies and let them go, returning to your clear, calm center.

I will teach you a process you can practice to fairly easily and quickly connect with your innermost Self and open to the illumination that releases the grip of negative emotions. You can use this process in any situation to return to a state of balance, love, and peace. You can use it to effectively release fear, anxiety, anger, guilt, worry, and other emotions that may keep you feeling stuck. You will learn more about the nature of these emotional energies, and how to be around them in others without taking them into yourself or identifying with them.

With increased illumination, you can free up  
stuck emotional energy around prosperity and your finances.

You can open to the infinite supply and unlimited abundance of your Divine Self. You can release emotional energy that has kept you from moving forward in any area of your life. You can release stored emotional pain from any area of your body as you open to the illumination of your soul and Divine Self.

Throughout this course I guide you to experience a deepening sense of peace. You find greater peace through trusting that whatever situations occur in your life are there as a gift, to offer you opportunities to grow closer to your Divine Self and to know your true identity. Your Divine Self is always looking after you, providing you with every

opportunity to gain wisdom and spiritual power, and to deepen your capacity to love yourself and others.

You will have many opportunities as you listen to these journeys to expand your ability to feel and radiate Divine love and to connect with all the love that is within you, waiting to be experienced. As you open to the love of the Self and let it flow through you and out to the world, you become magnetic to all that is good and beautiful.

As you continue through this course, you will be guided to open to the consciousness of your Divine Self. Your confidence begins to grow, your trust in your Divine Self and Its existence becomes established as a conviction and a fact in your mind. Your emotional nature undergoes a profound transformation. You are able to come to the center of your being more often and operate from that clear, calm state of being.

There is a joy that wells up from within you  
that is not dependent upon outer circumstances.

There is joy that comes from contact with your Divine Self. It arises naturally out of a state of peace and harmony. It is joy that comes from a feeling of flow, from knowing that you are exactly where you are supposed to be, doing exactly what you are meant to do.

As the fogs and mists of emotions begin to dissolve in the light of your Divine Self, a pathway opens up that leads to many states of higher consciousness, states that are only possible with a quiet, flowing, and peaceful emotional body. As you transform your emotions, you open up your ability to experience new, expanded states of awareness.

With the completion of the journeys in this course,  
a new light is born.

A radiant new quality of energy is  
radiating from the center of your being  
through every level of your consciousness  
and out to the world.

## **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 be guided 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 are guided 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 are guided in each meditation to express and embody this illumination in your daily life. 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: Transforming Your Emotions***

Audio Meditations by Orin

Channeled by Sanaya Roman

## ***Transcripts of Journeys***

Welcome to transcripts of Orin's *Transforming Your Emotions* guided meditations. We have provided these transcripts to assist you in better understanding the material covered.

### **Program 1 Awakening Divine Love**

Greetings from Orin. Your emotions carry much energy. They act to guide you toward things that you love and away from those things that you do not love. Your emotional body is very fluid. It takes on many different colorings and shades and qualities, depending upon the energy you are around—until you are able to guide the emotional body from a higher level of your being.

In this set of journeys you will be moving into the consciousness of your soul and Divine Self, building a level of radiance that will allow you to observe your emotions without getting caught in them; to guide and to use your emotions in a way that will empower you. And to find ways to be in the world—peaceful, clear, and unaffected by the emotions of others.

You will learn how to calm down your emotional body so that it may clearly reflect the higher light within you. You will learn how to harness the energy of your emotions, to fulfill the goals and purposes of your soul, higher self, and Divine Self.

Allow yourself to grow calmer and quieter. Notice your breathing. Let it become deeper, smoother, and more relaxed.

Imagine that with each breath in you are shifting into a different level, a deeper level of peace and relaxation. Notice how as you pay attention to your breath you become calmer; something within you begins to unwind and let go. And it is easier to go within.

Pay attention to your breathing once again; letting it draw you within.

Imagine that you are calling back to yourself any energy you have scattered out into the universe.

And as you grow more relaxed and begin to go inward and inward, becoming more aware of yourself, growing quieter, allowing your thoughts to calm down they may still be there; that is fine, but you are beginning to let your thoughts grow quieter, softer, more peaceful and relaxed.

Consciously go through your body, adjust your posture so that you feel more comfortable.

And go through your body to relax any place, any area that needs to be relaxed.

Sense your heart center an area around your heart, not in the physical body but symbolically the center and the core of your being—a doorway into the universe, into your soul and Divine Self.

As you focus upon your heart center, sense the energy that you are holding right now the heart radiance that you have already built. It may feel as if you are using your imagination. That is fine. How radiant is your heart? How open? Sense the quality of love that you broadcast and radiate.

Imagine or picture in some way your soul as a radiant light. Call your soul to you now. Have the intention to expand into your soul's radiance that is a part of you. Sense your soul as a gentle, loving, energy or consciousness.

Perhaps your soul appears as an angel of light; perhaps a sphere of light. Your soul's light illuminates your Divine Self and is a bridge to the Divine Self. Open up right now to your soul. Its nature is love. It has a radiance and a light that illuminates the higher worlds. Open up to this light, to radiance that begins to shine forth through the heart of your being, as if the soul's radiance is coming through your heart right now—through your heart center.

And the brilliance and the beauty and the quality of love that you emit is growing more refined, more brilliant, reaches further out, touches more life with its uplifting qualities.

All you need do is open and give permission for your soul's light and love to pour through you; raising your vibration, clearing the lesser energies you may have taken on, and drawing to you all that is good and beautiful.

Sense how magnetic your heart light is; how nurturing it is to all life around you. Allowing some new quality, some new purity to come into your being from your soul into your heart center and out to the world. Open to this now.

The heart light within you draws you inward and inward, into the core of your being, into the Divine Self within you that is the Divine Self within all life.

Feel, open to, allow the magnetic radiance of your heart light to go out and out, to pour through you and out to the world, out through your emotions and out through your mind—the love of your soul infusing every part of your being.

Feel the peace and the tranquility, the serenity of love. You are beginning to harmonize with the universe and all energies in it. Love is so smooth, so peaceful.

Let the peace within you deepen. Feel your emotional body calming down; your breathing smooth and easy. The radiance of your heart so beautiful, so refined. Your soul's light is amplifying all that is light and beautiful in you, and opening the way to the Divine Self, to an even deeper level of the core of your being.

And you can sense a deeper level of peace, a greater sense of well-being, an ability to think in clearer ways.

Let something come to mind that you would like to transform a situation, a way of thinking or being.

After you think of what you want to transform let it go and return to this space, allowing your peace to grow even deeper, your heart light to grow even more radiant. And allow yourself to be carried deeper and deeper into the Divine Self, into the silence.

And let another area come to mind. Just briefly think about it—calmly and peacefully.

And then let it go, and focus solely on an increasing sense of peace, contact with your soul, and coming into the radiance of your heart—feeling the love pouring through you, the peace of the love within you, the harmony with all life.

Something about this situation will transform when you bring it into your heart, when you surround it with peace, when you allow yourself to grow quiet, and calm down your emotions. You can better hear the quiet and reassuring voice of the Divine within you.

Let yourself grow even quieter—just for a moment. Be in the stillness. And as you come out, notice if there is any message, any insight, any guidance that is there. Do this now.

Let the radiance of the heart light, of this serenity and peace within you, pour out over your life like a sun of light, radiating through every corner of your consciousness into every area of your life. Touching every area of your life with this heart light, your soul's light—the magnetic, radiant light that you are.

Touching all areas of your life, all people in your life—peace and harmony, stillness and love flying out on wings of love as you send your consciousness outward.

And when you are ready come back easily, feeling the love that you are, becoming more aware of it in each moment, and the peace and harmony that comes from the radiance of love. And I bid you good day for now.

## **Program 2 Staying Clear Around Negative Emotions**

Greetings from Orin. Take a moment to relax your body, and put your arms and your legs and your head in a comfortable position, one that allows you to breathe easily, smoothly, and deeply.

Relaxing your body, feeling yourself growing calmer, more peaceful and quieter within.

Imagine that you are standing under a waterfall of light, sparkling radiant energy, that cleanses and purifies you. And with this purification you are able to relax even more. Your breathing is becoming freer.

Feel yourself letting go at a deep level of the outside world. Letting go of your thoughts, your cares, your concerns. Moving inside into the core of your being, letting this part of you draw you inward. It is not only you that wants this connection, your soul and Divine Self are drawing you to themselves, into the center of your being.

As you open up to this connection, sense in some way that you are being met by your soul and Divine Self helped and guided and infused with their energy; allowing you to surrender, to let go of pushing and effort. And to open up to the energy of the Divine Self and the light and love within you, reaching out for you.

As you allow this to happen, you can give yourself permission to relax at an even deeper level; to have a sense that you are being cared for, loved, and guided on this journey to the very essence and core of your being, to the Divine Self within you.

Feel yourself letting go, surrendering, relaxing into this greater light within you. In some way your heart is opening. You are giving permission for this aspect of your being to guide you, to infuse you with Its qualities of love and you are opening to all the gifts that this contact brings.

Receive right now in this moment, all the gifts of consciousness that are there for you as you make contact with your soul, its love and radiance, and as your soul illuminates and opens the doorway to the Divine Self.

And sense the radiance of your heart light, the power and the beauty of this light. It is so pure. It is unaffected by the energies around, and instead affects the energy; brings everything to a higher order by the radiance of love that comes out of your heart.

Give your soul permission, open up and receive a gift of energy that will increase the radiance of your heart's light, that will open you to more love, peace, compassion for yourself and others. Open to receive the repository of love that lies within your soul, that is you, that is yours.

And with this gift of love comes greater peace and ability to stay calm no matter what kind of energy you are around.

See or sense or picture in some way your heart center becoming like a sun radiant, pure, nurturing, loving light. Beginning to clear the space around you from the energies, emotions, desires, and perceptions of others.

You might imagine that you live in a universe surrounded by the emotions, and desires, and energies coming from other people's emotional bodies, and from many other sources as well. These are impersonal energies. They are there and have been there since ancient times. You are not these impersonal energies, but they may feel like yours.

In this work with your soul and your Divine Self, you can begin to clear the energy around you so that you are not affected by the emotions and desires that exist all around you as impersonal energies. You may have thought that they come from other people, but they do not.

Other people may be affected by them these impersonal energies; however, the other people are not the source of these energies. Ask your soul to show you some emotional energy, or particular type of emotion that is affecting you.

Sense where you feel it in your body when this quality of energy you call an emotion passes through you, when you own it or act upon it. Where do you feel it in your body? How can you identify it?

You have the ability to transform your reaction to this emotion. Allow your soul's light to grow more and more brilliant. Illuminating for you the Divine Self, drawing you closer to this Self so that the radiance and the brilliance you are in is growing even stronger.

Asking your soul and Divine Self to assist you right now in transforming this emotion and releasing its grip upon you. If you have a name for this emotion, think of it now.

Ask your soul and Divine Self to join their light with yours, to increase the radiance of your light ten fold, a hundred fold.

The sun of light in your heart growing brighter and brighter and brighter, infused with the energy of your soul and Divine Self. The power of the light within you is growing the light of realization, the light of truth.

And with this great radiance that you now are, turn to this impersonal energy, illuminating it with the light that you are. And know that in this light, it can no longer appear.

And as the light within you grows brighter and it will; this energy will affect you less and less until it is gone. Do this now. Shine your soul's light upon this energy. See it dissolving.

It can no longer affect you. In the brilliance and the radiance of the light that you are right now, you are clearing the space around you from this type of energy, and any other that you choose. Your heart light radiating outward and outward, clearing the space around you.

You are freeing yourself from the grip that this impersonal energy has had upon you. Allow your heart, your soul, your Divine Self to show you how you will be different; what might change in your life as you free yourself with the power of your soul's light and the inner light of your Divine Self. Let some ideas come to mind about the new life you are opening up for yourself right now.

Sense in some way how much more radiant you are, how much more pure your light is from the work you just did to clear the energy around you and to negate its effect upon you.

Sit symbolically for a moment in the radiance of the light that you are right now, strengthening it by deepening your contact with your soul, with your Divine Self.

Letting their radiance pour through you, clearing even more of the energies around you that have kept you bound to a lesser level of light. Feeling the power and the strength of your inner light growing. And the space around you being cleared of the impersonal energies. Strengthening right now your sense of this clear light radiating from you, through you, and out to the world.

You can do this journey often, finding new emotional energies to clear each time you do this those energies will affect you less and less, until finally they are dissipated completely.

As your heart's light becomes more brilliant, the space around you will stay clearer and clearer. You will become a source of light and love to others. Sense the peace and serenity in this space. Acknowledge the power that you have within you to clear the energies that would interfere or distract you from your path and purpose, from the joy and harmony and peace that can be yours.

So coming back when you are ready with a sense of that light and the clear energy all around you. And I bid you good day for now.

### **Program 3 Creating Positive Emotions About Your Body**

Greetings from Orin. I am delighted to be here with you as you transform your emotional body, learn to understand it, and allow it to become your friend; to express love, compassion, and to unfold all the beauty and goodness that is within you.

Your emotions are talking to you; giving you messages; reflecting another form of intuition. When your emotions are still and calm, when you are inspired and enthusiastic,

your emotions are working for you assisting you in hearing the still, quiet voice of your Divine Self, and also moving you forward into manifesting and creating your higher purpose.

Start this journey by getting quiet and still within. Observe if paying attention to your breathing assists you in quieting your emotions, in calming down, and feeling more relaxed. Pay attention to your breathing now and let it guide you into a deeper state of peace and relaxation.

As you grow quieter within you are able to pay attention and notice the radiance of your heart center's light the essence and core of your being. Discover more about your heart light right now. It has grown brighter, more present, more visible from the work you have been doing.

Note the radiance, the light of your soul that pours out of your heart center. Pay attention to the field of light, clear and pure that you can now create all around you as the radiance of your heart light beams out from the center of your being opening the door to your Divine Self even more.

The light that you broadcast that comes from your heart center, the very essence of who you are, is able to clear and keep clear all the energies about you so that you are no longer affected by the impersonal energies, emotions, and desires that are around and present in the world you live in. Allow the space around you to become more and more beautiful, filled with the radiance of your soul and Divine Self.

This space is becoming so pure, so powerful, so brilliant that nothing can touch you, can affect you. No lesser energies can even appear in this light.

Your emotional body surrounds, touches, and intertwines with your physical body. It has a great impact upon the physical.

Let an area of your body draw your attention an area that is ready to shift that would like to talk to you.

Maintain the light and radiance of your heart center. Hold this area in your awareness as you move into the light of your heart center even more; allowing it to draw you inward into your soul, into your Divine Self, into a state of peace and inner silence. Letting go of thinking of this area of your body now, and opening to the Divine Self that is who you are.

As you move into this state in whatever way is possible for you, move into pure awareness, looking out through your eyes, your inner eyes and outer eyes, become aware of that which is consciousness, that is aware within you.

Let the silence and the tranquility deepen, a sense of peace comes over you. You may come in and out of this state.

If it comes to you, what emotion comes to mind as you think of this area? Can you put a name to it? Play with this for a moment going into the silence, coming out naturally, going back into the peace and silence of the Divine within you. Letting whatever insights come to mind as you do this.

Let the peace, and the power of love, and the clear pure energy you are holding transform the emotions that you are holding in this area. The way you are thinking about it may change as well.

You might even imagine that you are bringing peace into this area of your body.

Not looking for any result, being open, alert, and receptive to whatever your Divine Self and soul offer you, in whatever form they offer it to you, to transform your emotions and thus your body in this area, holding Divine Consciousness as you think of this area. Open to this now.

If there is some burden you have been carrying, some situation that you would like to move forward in, ask for assistance from your soul and Divine Self.

Do not try to think of an answer. Just ask. Have the intention to transform this area of your body, to lift off or change in some way the emotion that is connected to this area. And ask your Divine Self to assist you opening, receiving gifts of consciousness from your Divine Self right now that will unfold in the days and weeks to come.

Go into the silence. Let go of thinking about this area. Let go of thinking about any burdens you are carrying with you. And seek right now to deepen your contact with your soul, with your Divine Self. Letting your heart light grow brighter and more beautiful, connecting with the Divine within you that has answers that can transform any area that is all powerful. Let this Self draw you inward, and strengthen this connection right now.

Let come to mind another emotion that is associated with this area; that if this emotion were transformed would somehow change this area of your body for the better. Although you are aware that you are surrendering to the Divine Self, which will create the perfect and best transformation for you. So let that emotion come to mind.

And then take that emotion and let it go. And focus now on the silence and the peace of your soul and Divine Self the love, the radiance, the presence of this Self Its power and Its ability to transform. Focus on this Self and let It draw you inward even more. Drawing you to Itself to claim your true identity.

Do not try mentally to change this feeling, or the situation, or whatever comes to mind that might be labeled as a problem. Feel the love of the Divine within you. Let it permeate your being.

Let its clear, potent, brilliant light, Its all encompassing love touch the very heart of your being. Opening something up a new path, a new way, a new hope.

Allowing the emotion in this area and whatever emotion has come to you to transform allowing it to transform, to be released, and to bring you a new, more joyous feeling of hope and inspiration in its place.

Now imagine as you think of the area of your body that came to you earlier, that there is the emotion of inspiration and hope, of well-being that you can find in this area. Letting these feelings permeate your body, orienting you even more to your soul and Divine Self.

If there is any message from the still small voice within, listen to this now.

You can work with this journey over and over on any area of your body. Do not focus on results. Let go of your expectations of how this area might change. Be open to whatever comes and know that your soul and Divine Self are always taking care of you, offering you everything they have. All you need do is open to receive and claim all the gifts that are waiting for you. Coming back easily now. And I bid you good day for now.

## **Program 4 Changing a Situation by Freeing Stuck Emotions**

Greetings from Orin. Feel yourself calming down, becoming quiet within. Take a deep breath in and imagine as you breathe in, you are going inward, connecting with your soul and Divine Self.

And with each breath out you are relaxing at a deeper and deeper level. Adjust your body right now so that you feel comfortable. Allow the muscles around your eyes and your jaw to relax. Noticing your shoulders, your arms and your fingers, bringing relaxation into these areas.

Allowing a deeper sense of peace and wellbeing to come over you, to permeate your being. The peace of your Divine Self is touching you, and you are opening to it.

As you let that peace come down your back and chest into your stomach. All the way down your thighs, your legs and into your feet. There is an ever increasing sense of well being, a lightness of being that is coming into you, spreading through you like the sun as it appears at dawn. There is a sense right now of a light opening up within you the dawn and the revelation of even more of your inner light is occurring right now. Open to this.

Sense some new radiance, some increase in the light that bursts forth from you the light of your heart center, of the love within you growing more beautiful and even more radiant. A gentle loving kindness coming from the center of your being, moving outward.

There is something new about you. About the light that comes forth from the center of your being. There is some new strength. There is some new quality of love, and illumination, and peace that is pouring forth from you into the world.

Recognize the light that you are; the love that pours out of you into the world.

This light is so pure, so complete, so brilliant and clear that no energies of a lesser order can touch you or affect you. Feel the strength and power of this light that comes from the center of your being that is you.

Feel the peace and the reassurance, the comfort that the Divine Self and soul offers you; the reassurance that all is well.

And let come to mind now a situation that if you could free the emotional energy in this situation, it would bring you greater freedom. Something where you have emotional energy tied up or trapped. Let this situation come to mind right now.

In the light of your Divine Self, in the radiance of your soul's love, identify the quality of emotion that you are experiencing and give it a name if one comes to you. What is the emotion that you would like to untangle from this situation?

Now let this go and come into the peace, the comfort, the love, and the compassion of your Divine Self and soul. Letting your inner peace deepen; letting go of all thoughts. Coming to a state of silence where you become pure awareness with no thought, no need to do, just moving into the silence.

Bringing this emotion into the love, into the heart, into the soul to be transformed. Bringing this emotion into the omnipotence and the all-knowing consciousness of the Divine Self. Handing the emotion over to the Divine within you, and then growing silent and resting in peace. Do this now.

What might change about this situation with the emotion removed? How might you think about it differently? How might you act differently? Let images come to mind as messages from your innermost Self.

In the light and wisdom and love of the Divine within you, know that you are not this emotion. You are the Self that can observe it. As an observer, what did this emotion bring you, even though you might have labeled it as negative? What was it giving you? What was the benefit? What was the payoff for having this emotion?

As an observer, can you also observe that even though there seemed to be some benefit in experiencing this emotion, that ultimately it brought you some degree of suffering?

Are you ready to grow with joy and release the suffering in this and any other area of your life? If you are, make this your intention right now.

If you intend to release the suffering that certain emotions have created in your life, affirm that this is your intention. And ask your Divine Self to assist you in making this a reality.

Going inward and inward into the silence and the peace, into the love of the Divine within you. Letting that feeling of peace grow even deeper. Letting go of thinking about this emotion or situation; becoming pure awareness, silent, in the moment, aware without thought.

It is in this brief moment of contacting the Divine within you, the soul and Divine Self, that everything happens transformation occurs. The past is released. The emotion is transformed, and the new is born. Feel a new strength, a new emotion arising within you around this situation.

You are more solidly connected to the Divine Self within you. When you encounter this situation now you are not the same as you were a few minutes ago. Something is different. Some new energy within you has been born, and is now coming into expression.

This situation was in your life to present you the opportunity to birth a new quality of energy, a new feeling, a new way of being. Let your Divine Self show you, bring to you an awareness of the opportunity and transformation that lies within this situation the new emotions, the new strength that are waiting to emerge. Become aware of this now.

Let come to mind even more clarity, a new vision of the situation, a new peace as you think of it as the emotion that was held within it has been transformed. No longer a problem, but a great opportunity this area offers you for transformation and evolution of your consciousness. Let a new vision emerge right now of this situation.

New inspiration is pouring through you, new ideas, new feelings, wonderful joyful emotions.

Open to the inspiration to take you beyond even the vision that you just created, to open even more to the opportunity that this situation is offering you.

Feel the new light that has been born, a new quality of energy is radiating forth from the center of your being, all the way through every level of your consciousness and out to the world.

Acknowledge who you are and the power you have within you to transform your life. Coming back easily, very present. And I bid you good day for now.

## **Program 5 Dissolving Blockages to Divine Self Contact**

Greetings from Orin. Feel the radiance, the light, and the love that is a part of who you are.

Notice how easily and quickly you can become aware of the radiance of your soul and Divine Self that is shining through you simply by thinking of It.

As you grow quieter and more peaceful and think of your soul and Divine Self, the Divine within you becomes aware that you are thinking of It and offers you all of Its gifts whatever you are open to receive and will accept into your life. There is no limit to the gifts of consciousness that are there for you. There is unlimited wisdom, understanding, spiritual power, and the realization of truth that you can have and claim as your own.

Feel the Divine within you, opening the way for you making it easier and easier to come into this space of peace and silence.

The magnetic call of your soul and Divine Self, drawing you inward into Its realms of light, of love, of truth and beauty. Transforming the way you think of the world, elevating and lifting your emotions, bringing you inspiration and clear thinking.

Let this contact deepen. There is nothing you need to do. Just become quiet. Open and allow and go wherever the energy takes you right now.

Allow the Divine Self to show you in some way how to open to It even more.

Allow it to come into your mind what emotion is standing as a block to opening to the love of your soul, to expressing that love in every area of your life.

And allow the light of your Divine Self and soul to draw you inward. Feel the power of the light all around you the power to transform, the power of love and of truth, the power that reveals. Letting this light grow even more radiant, pure, and clear.

And bring this emotion into your mind. Whatever it is that has blocked in some way your ability to radiate love, to accept the love that is within you, and to allow it to pour forth from you. And let go of any thought of this emotion. And strengthen the light by allowing it to grow more beautiful. Your soul is working with you. Your Divine Self is present.

And in the power and strength and beauty of this light, the emotion is beginning to dissolve. It cannot appear in this light. It cannot touch you. It cannot affect you. You are taking the energy out of it until this emotion that has separated you from knowing the love and the peace of your soul is disappearing vanishing, turning into nothingness.

Let it come to mind another emotion that has stood in the way of your opening to even greater level of illumination, of contacting the Divine Self within you. Opening to an even deeper level, the core of your existence. Is there an emotion or feeling that has stood in the way of this contact? Let it come to mind right now.

Then let go of this, and just fall into the silence. Let the Divine Self take care of this. There is nothing you need to do.

Ask the Divine Self for help, then let go. Know that all assistance will be given if it is your intention to release and let go of any emotions, desires, or attachments that have stood in the way of your merging and becoming one with your Divine Self.

Feel the power and the strength of the light that is pouring forth from you, carrying every quality of radiance of the Divine Self.

The Divine Self is dissolving all barriers to your ability to connect with It at your request, with your permission. Allow a deeper sense of peace to come over you.

Feeling more rested, calmer, more serene, as if some level of resistance, some level of struggle is leaving.

And open to the inspiration of your soul to express and experience a new level of love, of connection to the universe, of an ability for your soul's love to pour through you, transforming your connection to all life about you. Open to this inspiration right now, and allow a new vision to emerge of how your life will be different with this new opening.

And open to receive inspiration, joy, a looking forward to every moment that you can find to contact your Divine Self to recognize that It is with you a new level of embracing your Divine Self. Letting the Divine Self melt away emotions that have stood between you and It. Dissolving them in the light of realization. And let a new vision emerge of how your life can now be with this greater opening to the power of the light within.

Sense all of your emotions positive, not so positive the entire range of your emotions, as if they are spread out in front of you. Some are intense; some are quieter; some are subtle; some are major; some are minor. All of these make up your emotional body.

And you are going to take all of these; you are going to bring all of them first into the embrace of your soul to infuse all of your emotions with love, compassion, and understanding. Feel the radiance of your soul's love, the strength of its light, the purity.

And let this love pour out over all of your emotions, lifting them, changing their vibration with the radiance of love.

There is no emotion you reject. There is nothing to resist in the power of the soul's light. Nothing can touch you.

And now you are going to bring your emotions into the light of your Divine Self, into the peace, the stillness where a transformation happens in a flash, beyond the thoughts. Do this now, bringing all of your emotions, symbolically, into the light of the Divine Self, into the peace and silence. Letting go of thinking of them even. Just allowing the Divine Self to transform them in whatever way is perfect and best for you.

From this space think of all of your emotions once again. You might notice that in some way they are less intense. There is more a feeling of peace as you think of your emotions. All of them have toned down and become quieter in some way, more able to reflect and carry the light of your Divine Self.

Every time you bring your emotions into the light of the Divine Self, something will transform, become more peaceful, more balanced. In some way the swinging between the highs and the lows will be evened out and a new calmness will pervade your being.

Notice your breathing. It is as if something has been loosened. Something that has bound your breathing has been freed. Some burden has been lifted. You can take a deeper, freer breath.

The peace of the Divine Self can penetrate your being at an even deeper level. Feel this now.

All right, you have given permission to your Divine Self to transform your emotions. It has heard; It has responded, and Its gifts will unfold in the weeks and months to come. You will notice a new level of peace no matter what is happening around you.

And you will seek even more peace; knowing that out of this space all gifts can be given, and the Divine Self can be known, the soul can radiate love, and you can move more and more into being the person expressing the potential that has always been within you, waiting to be born and expressed. So come back easily now and I bid you good day for now.

## **Program 6 Clearing Obstacles to Experiencing Infinite Supply**

Greetings from Orin. Congratulate yourself on being willing to open your heart, to go within to your Divine Self, and to open to a new world. To be willing to experience yourself in new ways, to accept more peace and harmony into your life. To calm your emotions so that you can hear your intuition, the still small voice of your Divine Self.

You are at a high level of spiritual growth to be willing to take this step of going inward and transforming your consciousness. And allowing your sense of self to be different to include more awareness, and to include and accept more awareness of the other dimensions of your being, and to learn new ways of being in the world.

You have already come far to be at this point, and you are ready and embarking upon the next step of the journey. Things can accelerate and become easier from this point forward for you are no longer working just with your mind and emotions. You have opened the door to the illumination of your soul. And your soul's light reveals and opens the path to your Divine Self, an even higher and deeper and more expanded Self that lies within you.

Sense the light within you, the light of your heart center connected with your soul, expressing all the qualities of your soul that are right for you to express at this time.

And opening and allowing even more of these qualities in your consciousness.

And in the light of your soul sense the light of the Divine Self, an awakening and a revealing of a new quality of light within you the revelation of the Divine within you and all life.

Feel the peace, the tranquility, the harmony that is available to you right now in this moment.

You are going to work with your Divine Self and your soul to identify and release emotions that you have tied up in your thoughts and experience about money, prosperity, finances, and supply.

Holding steady now that sense of peace. Allow it to come into your mind right now, an emotion that is ready to be transformed around this area of money and abundance, or prosperity and supply. Let this emotion come into your view right now.

And then let this go, and experience your soul and Divine Self. Letting the love of your soul pour through you and out to this area, and your feelings about it, lifting all of the energies.

Taking this area into the light and peace of the Divine Self. Thinking of this emotion, this area, and then letting it go. And focusing now upon deepening your connection to the Divine Self within you.

Allowing yourself to come to a state of deeper and more profound peace. Letting the Divine Self work with you. It is real; It exists; It is part of you, with you always, reaching out to you, offering you all of Its gifts.

Open to the magnetic attraction of the Divine Self within you. Surrender to It now at an even deeper level.

Opening to some new degree of trust in the goodness of the Divine Self. Becoming aware at some new level of the infinite supply within the Divine Self. Knowing that It is always offering this to you to whatever degree you can accept It and open to It.

Now strengthening this light, the power of the light of the soul and Divine Self the strength, the purity, and the clarity.

And think of the emotion that came to you when you think of finances, prosperity, abundance, an emotion that is somehow blocking you in this area.

And the power of the light that you are holding, beginning to dissolve this emotion. Just watch what happens. This emotion cannot affect you and will not even appear in the light that you are holding.

Just watch what happens when you stay in the light of the Divine Self holding an inner state of peace and harmony. As you now look out over this area of supply, of abundance,

of money, sense what is different as you view this area with trust and confidence in the power of the Divine within you to supply you with all you need; as you surrender and relax and open to the abundance that is already there waiting for you.

Sense how that emotion has transformed. Let it show you what you are learning in this area. And what inspiration awaits you that you can claim right now to move forward in this area of money and abundance, of prosperity and supply.

Open to a new vision right now a new understanding, a new feeling, a joyful and wonderful feeling, enthusiasm coming from the Divine Self, coming from within you. As you view this area with new hope, new wisdom, new emotions.

And let another emotion come up that has stood in the way, or blocked you in some way from embracing all the supply in whatever form that is coming to you from the Divine Self.

If you think of opening to all the treasures and gifts your Divine Self has for you to allowing supply to be there in every moment, what comes up for you? What feeling or emotion might stand in your way? Let this become visible right now.

Let that go and surrender into the peace of your Divine Self, into the stillness that transforms. Let this emotion be transformed in this light of the Divine within you.

As you open to this space and receive the gifts from your Divine Self, allow a new emotion to emerge. One that will make it easier to receive all the gifts, the supply, the abundance that your Divine Self wants to give you. What might some of these new emotions be?

Picture your new relationship to your Divine Self and to accepting the supply, the abundance, the prosperity that is being offered to you in every moment. You are being provided with exactly what you need.

Affirm that you will recognize this. For as you recognize that you are always being provided whatever you need in each moment, the door will open even more. Your ability to create and manifest and experience abundance will grow.

Allow a feeling of gratitude to come into your life. For it is a feeling that is very magnetic to the Divine Self, to the soul, and to your higher good.

Think of how grateful you are to the Self within you for all the abundance that you do have right now. Think of the abundance that you have already attracted and allow the sense of gratitude to deepen. For gratitude is very magnetic to all that is good and beautiful and life affirming.

As you change the inner, the outer will change as well. You are working at the most important level that of the soul and the Divine Self to transform your relationship, your emotions, and the energy you are holding in the area of supply and abundance. And as you work at this level, the outer must follow.

So come back now, feeling that sense of opening, that clear light all about you.

And I bid you good day for now.

## **Program 7 Choosing the Rewards of a Peaceful Life**

Greetings from Orin. Use your breath to relax your body. With each breath in, feel yourself growing calmer and more peaceful. And with each breath out, sending that peace and harmony into every cell in your body.

Breathing in, calming down. Relaxing, releasing, and allowing yourself to grow more peaceful, more serene. Letting go of the thoughts of the day, being present right now, in this moment.

Becoming aware of your awareness. You can become aware of anything you choose. Focus your awareness on your physical body for a moment, observing how easy it is to bring your awareness to whatever you choose.

Feel yourself relaxing even more. Going inward now, into the center of your being, the light that lies within you. Noticing how easily you can bring your awareness inward, just by having the intention to do so.

Bring your attention to a level that is higher than your thoughts, as if you could observe your thoughts as a stream of energy flowing by you. Not getting involved in the content of your thoughts. It is as if the light of your soul and divine Self is calling you upward, into a realm of joy and peace, of harmony, of love and well-being.

Notice how easily you can move your awareness away from your body, and upward, to focus on the light that is always within you.

Sense the light of your heart center growing more radiant. And become aware of the light of your divine Self, shining through every level of your being.

Set your intention right now for a transformation in the way you use, and experience, and are guided by your emotions.

Your divine Self has the ability to be a powerful agent of change, and to assist you in living in a level of peace and harmony, of calm presence that allows you to hear the intuitive guidance, the direction that is always being offered you that will lead you to your purpose, to abundance, and harmonious relationships.

Ask to have revealed to you what would motivate you, what vision, what feeling, what inner sense would motivate you to have calmer, more peaceful emotions; to become aware of your emotions at a different level. Let your divine Self show you the rewards and the goals of doing this.

Feeling the light of the divine Self pouring through you, revealing for you what is important for you to know. Let it give you a glimpse of what your life would be like if you lived in a state of peace and harmony, of balance and flow all the time. What might be different about your body? Let the divine Self reveal to you a vision of what living in a state of peace and harmony might bring to you physically.

And let come to mind, in the light that you are in right now, a vision of how much emotional energy you expend, or use throughout the day.

And what might be different about your energy level and your sense of well-being if you lived in a state of greater peace and harmony, with less intense emotion, in contact with your Divine Self more often, letting the inner light radiate? Let this come to mind now, a new vision, an inspiration to let this happen.

You might picture your emotions as existing as a fog or mist all around your body. And imagine that as the light of the Divine Self shows through you, as your soul's light radiates through your heart, the warmth, and the light that radiates through you begins to dissolve the mist and fogs of emotions. Imagine this happening right now.

Let the divine Self within you reveal to you what some of the greatest benefits would be if you were to live in a state of balance, of calm and flowing emotions, a state of peace and harmony. What might these benefits be? How might this change your life for the better?

As the fogs and mists of emotions begin to dissolve in the light of the divine Self, picture a pathway opening up in front of you, that leads to many states of higher consciousness, states that are only possible, with a quiet and flowing, and peaceful emotional body. Sense this path in front of you opening up, leading higher, into many new, expanded states of awareness.

One of these expanded consciousness states allows you to hear the reassuring, calm, and still voice of your innermost self, bringing you answers and solutions, leading you to abundance, well-being and joy. Let your Divine Self reveal to you a glimpse of some of the states that lie ahead, accessible when you make it to the next level of calm emotions, of peace and harmony on a more consistent basis.

These are the rewards, the joy, the inspirations that lie ahead for you. Get a glimpse of them right now. You may sense, or see, or feel, or have no awareness at all, but know that as you set your intention to open to the new and higher states of consciousness, you are being opened to them, they are being offered to you, right now.

Picture your day ahead, or a day that you have had, and imagine yourself staying in a state of peace and calm, flowing emotions, with the light of your Divine Self radiating

through you, your heart radiant. And become aware of how much more energy you have in this state.

You are reliving, perhaps, a day that you had, reflecting on how it would be different with less intense emotions, with the light of the divine Self shining through you, with a sense of balance and peace, no matter what is going on around you. Look at the difference in your energy level, in your sense of well-being, and how you feel physically at the end of the day.

Let come to mind another day or time when you were emotional, or perhaps an ordinary day, where from this state of awareness you can observe the qualities and kinds of emotions that you allow yourself to experience throughout the day. Let a day come to mind, and review it, gaining insights about how you feel, react, and experience your emotions.

Now picture this day with the light of your divine Self shining through, your heart radiant. You are peaceful and harmonious. Look at the level of guidance you can receive. For when you are in this peaceful state, you can hear the voice of your divine Self, and its reassuring guidance, solutions, and answers. How might this day feel or be, as your emotions are calm and peaceful, answers and solutions are flowing into you, creative ideas and inspiration, made possible by a state of peace and calm. Allowing the divine Self to shine through, picture this now.

Notice the sense of increasing joy and well-being that permeates your being, as you think and picture yourself living in a state of peace and harmony, with the Divine Self shining through you.

You have opened a doorway into new states of consciousness. You have paved the way for this to become your reality. Congratulate yourself on your willingness to experience your consciousness and yourself in new ways, to open to all that is there for you.

And with that, I bid you good day for now.

## **Program 8 Loving Yourself by Refusing Negative Emotions**

Greetings from Orin. In this journey you will be guided to work with several emotions to free yourself from the impact these emotions have had on your sense of well-being. The impact they have had on your body, mind, and on your view of your life. Set your intention right now to live in a greater state of peace and harmony.

Start by bringing your attention to the radiance of your heart center. Your soul is with you and its love, and compassion, and kindness is radiating through you. Feel your heart light so beautiful, radiating out from you, touching all life around you, with a touch of peace, love, and understanding.

There are many times when you have experienced calm, peaceful emotions. There are many times when you have offered love and compassion to others. Acknowledge these qualities within yourself and give them permission to be strengthened.

And allow your soul's love to enter into your consciousness even more.

And sense that pillar of light, the radiance of light of your Divine Self shining forth from the center of your being. Opening up to the higher levels of your being right now, in this moment. Allow yourself to access new qualities of consciousness. Ask for and open to the gifts of consciousness that your Divine Self and soul are offering you. All you need do is receive.

Imagine you are surrounded by a cocoon of light - light and love, and the beautiful, wonderful, clear energy of the higher, divine parts of your being, radiating out from your heart center and from the pillar of light within you. Creating a field of light all around you that dispels the fogs and mists of emotions, of all unnecessary lesser energy. This light is growing stronger, more radiant, more brilliant.

You are allowing your soul's light and the light of the Divine Self within you to clear all the energies about you, and to create a field of consciousness that can dispel and lessen the grip that some emotions may have on you. that take you out of the moment, and make it difficult to be your Divine Self.

The first type of emotions to begin to clear are those that are forms of anger impatience, outrage, irritation. Think of that right now and how your life might be different if you are no longer touched or affected by these emotions. You could be around them in others and stay peaceful and calm yourself.

If this is your intention, you are being joined by many beings of light to assist you right now in lessening the impact that these emotions have had on you. Begin to build this light of the Divine Self, allowing it to be revealed within you, becoming stronger and brighter, making contact with the Divine Self. Letting this be your focus. It is working with you, your soul is working with you. Your Divine Self is working with you.

And you are creating a field of light, of realization of the truth that comes from contact with the Divine that is so strong, so beautiful, and carries the quality of energy that makes it so these emotions can no longer appear. Sense this field of light now.

You might even imagine that you are around, or exposed to in some way the emotions around anger. And this field of light is so beautiful, so bright that you are no longer affected by these emotions. They cannot even appear within you in this light, in the contact that you now have with the Divine Self.

And you begin to release any hold that these emotions have had on you. Any impact they have on your life is being lessened right now in the light you are in. They simply cannot exist in this light. And every time you bring them into this light as you have just done, they will never be as strong again.

As the light of the Divine continues to radiate through you, open to Its qualities of patience, peace, acceptance, and love. Letting these qualities become more present within you, as you open to them and invite them into your life.

Hold steady this light now. Let it strengthen. Feeling the Divine Self working with you. We are going to bring in the energy, the emotion of self pity, being a victim, feeling sorry for oneself. These emotions keep you imprisoned, make it difficult to move forward, and keep you from seeing solutions, hearing your guidance, and taking action that will put you on a higher path. Reflect now on if the emotion or the feeling of self pity has affected your life and how your life might be different without this emotion.

Set your intention to let go of self pity and being a victim.

Ask your soul and Divine Self to join you now, to assist you in releasing these emotions and the impact they have had upon you in your life. So as this light within you grows brighter and more powerful, the light of the realization of truth, the light that has the ability to dissipate the impact of this emotional energy upon you, feel yourself in such a clear field of light that the energy of self pity cannot touch you. And its qualities cannot affect you. And the energy of self pity cannot even exist in the light that you are holding. Let this happen now. Feel that energy beginning to dissolve and release itself from you right now.

And let the qualities of the Divine Self shine through you. Let the love of your soul pour out into every cell of your body, into every corner of your mind, renewing you and recharging you. Letting a new level of self confidence, self esteem open up for you. Feeling a new presence awakening within you, the person you have always been divinely guided, in touch with your purpose, serene, and sure of yourself as you open the light of the Divine Self and accept and embrace all the qualities it offers you.

There is another group of emotions that can veil the light of your Divine Self, and keep you out of the moment. These emotions are those of guilt, shame, or grief. Think of how your life would be different if you did not have any of these emotions in your life.

And ask your soul and Divine Self to work with you right now to release the hold that these emotions have had. First, set your intention to release these emotions and ask your Divine Self and soul to assist you right now.

Opening to allow the light and love of the innermost part of your being to grow more present, more visible. And you can sense a field of light all around you so pure, so clear, so powerful that these energies, these emotions of guilt, and shame, and grief and any like them can no longer appear, can no longer affect you. And they begin to dissolve and disappear. Let this happen now.

And your Divine Self is radiating Its qualities through you into your mind and consciousness. Open to receive these gifts and qualities of consciousness, such as peace, self love, self-acceptance, compassion for yourself, forgiveness and goodness. Let these qualities expand in your being.

There is one more emotion that you can work with that can open up a new future, bring you new possibilities and help you move forward. And that is releasing the emotion of fear fear of change, fear of the unknown, fear in all of its manifestations. You have the power of the light, the love of your soul, and the consciousness of the Divine Self within you that is the only power. There is no other power more powerful than the Divine within you that knows there is nothing to fear. That is always offering you life, abundant life.

If it is your intention to release fear, set this intention right now, and ask your soul and Divine Self to join you. Think of how your life would be different if you no longer had fear, if you no longer let fear stop you, or take away from your well-being, or your ability to move forward. Think of this now.

And now open to the light of the soul and Divine Self as a field of light is forming all around you. A field that is impenetrable by fear the light of consciousness, the power of realization. And in this field of light all around you, you can no longer be affected by fear. It will no longer appear. Its qualities cannot touch you. And it will begin to dissolve, never again to be as strong. Let this happen now.

And sense the joy as the qualities of your Divine Self are revealed a new confidence, a new surety, a new way of being in the world is opening up for you. Your ability to follow your path, to move into a new future, to open up more of your potential, to become more realized, is now possible. Let that sense of inner certainty, that sense of forward movement become more prominent within you.

And sense that clear field of light. Any time you want you can think of this light, call upon it, even in a quick moment, and know that it will begin to clear the energies around you. Bringing you the realization of the nature of these impersonal energies the knowledge that they have no power, and the ability to release them, to be unaffected by them, and to live in the clear light of your Divine Self and soul.

So coming back when you are ready, and I bid you good day for now.

## **Program 9 Freeing Yourself From Repeating the Past**

Greetings from Orin. You have learned how to create a light that is so bright, so infused with the qualities of consciousness of your Divine Self and soul that no emotional energy such as fear, anger, self pity, or any others can touch you or affect you.

You are beginning to understand the impersonal nature of these energies; knowing that they exist all around you even though they seem to come from other people, or arise within you, these are the energies you live in and around.

You may have identified with these energies as yours. And yet they are not you. When you experience these emotions, it is not you. You are divine in nature. You are radiant light. And you can learn how to stay clear around these impersonal energies that are all about you, that in the past you may have taken on, experienced, and expressed them and thought that these emotions were you.

With the contact you are making with your Divine Self and soul, you have the ability to stay free and clear, no matter what energy you are around. So in this journey, you will have a chance to practice ways to free yourself and to stay clear no matter what kind of energy you are around. And to release the grip that emotions have had on you that have kept you from knowing your true Self that have kept you bound to a lesser level of consciousness and out of the present moment.

Set your intention right now to stay clear, if that is what you would choose; to be present in each moment, aware of the light of the Divine shining through you.

Ask your Divine Self and your soul to join you right now. Open to experience this inner light that is you, the consciousness of the Divine that is you. Let It reveal Itself to you even more right now. Let the essence of your being become more visible, more accessible, more present in your awareness.

Sense that radiant light all around you. Light radiating from the central core of your being. Light radiating from your heart center and from the pillar of light. And as the light radiates forth from the Divine Self within you, it clears all the energies begins to dissipate them. And in this light these energies can no longer appear, cannot affect you and are seen for the nothingness that they are.

You can clear this energy in a moment. You can make contact with the Divine Self within you in a moment. In a brief moment you can transform the energies around you.

Let a thought or a memory come to mind. One where you can feel or sense in some way that it comes with an emotion that begins to affect you and take you out of your center. Let this come to mind right now.

You may or may not know what the emotion is. It does not matter. Make contact with the Divine Self and begin to spread the light out from the central pillar. Out through the thought, through the memory. This clear, pure light is beginning to dissolve the emotion around the thought or memory. It cannot appear. It cannot affect you.

And this is the light of realization of truth that allows you to see this emotion for what it is, to understand its impersonal nature, to release any attachments to this emotion. All is possible in this light of the Divine Self.

Spreading this light out through the thought or the memory. And the emotional component is beginning to release itself. This energy will never again be as strong. You are experiencing the spiritual power that comes from the Divine Self. The power that is no power, that is the light of realization that reveals the nature of the energy its impersonal nature and shows you that it can have no hold over you.

And let the qualities of your Divine Self of joy, confidence, harmony, peace, understanding, and wisdom pour through you, and infuse your consciousness with these qualities.

Let another memory come up that has emotion attached. And again spread this light out through the memory.

And let come to mind some judgment that you have made about yourself that brings up sad or negative emotions. Something that perhaps you say to yourself to put yourself to put yourself down or make yourself wrong. Something that has been going through your mind more than you would like. Let this come to mind right now, and sense the emotional nature of this thought, this belief or this feeling.

And again spread the light out through this. And as you spread out the light, hold in your awareness that you are contacting your Divine Self. And it is not you who is spreading out the light. It is the Divine Self within you that is throwing Its light upon the emotions. You are simply allowing this to happen by being open and calling upon the Divine Self, and having the intention to release this emotional energy. Let this happen now.

And let the qualities of your Divine Self, Its confidence, Its joy, Its peace and harmony flow through you, infusing this thought or memory with these qualities.

And think of a situation, think of your day ahead, or a day in the next few days. And picture a moment when you can feel the emotions arise within you that you would like to keep clear of. Perhaps you are around others.

And in a quick moment, call upon your Divine Self and soul, sense the central pillar of light, and begin to radiate It all about you, creating a clear field of energy. Picture this now. Practice this in advance what you will do when you encounter some energy, some emotional sense that you would like to transform.

Think of yourself around another person, perhaps one who is emotional. You observe through the radiance of your soul's light within you and the light of your Divine Self, that this person is in the grip of impersonal energies. And that what you are dealing with is simply impersonal energy, not the other person.

And the greatest gift you give the other person is to stay in the light of your Divine Self. For as you do you not only free yourself from the impact of these energies, you offer the gift of freedom to the other person. So picture this right now. Sense the other person in front of you and begin to create this field of clear light. Letting the Divine Self radiate through you clearing the way, negating the impact of these energies. They cannot affect you. And in this light they begin to disappear. Practice this now.

And let the qualities of love and compassion and oneness infuse your being as you are with this other person.

If there is a thought of the future that brings with it a sense of anxiety or concern or some emotion you would like to transform, you can work with this right now. Let that thought come to mind.

And once again, sensing your Divine Self, stepping aside so that It may radiate Its light through you knowing that It is you beyond the personality, the essence of your being. Letting it pour forth from you. Like the central pillar of light spreading light through your picture or sense or worry or concern of a future event.

And experience the qualities of your Divine Self, Its confidence, Its trust, Its light, Its clear pure energy infuse this future situation and your thoughts of it and feelings about it right now.

And think of when you fall asleep, or wake up in the middle of the night with an emotion of fear or concern.

And imagine that at that moment you turn away from, you do not accept these thoughts into your consciousness. You do not play with them, or entertain them. At the moment these worries and emotions arise, you immediately turn to your Divine Self. Feel or sense in some way that pillar of light, of spiritual power.

And you radiate this light through the emotion, the memory, the thought strengthening your contact with your Divine Self. Using this as an opportunity to accept more of the light of the Divine Self as a part of your consciousness. Rehearse or practice this right now. So that you will better remember it in the moment when it is needed.

And feel the qualities of your Divine Self of serenity, of relaxation, of being embraced and held in Its comfort and reassurance. As you picture this moment, letting peace come over you, release as if you are being freed from whatever has held you back. And a new consciousness is opening. A new confidence, and clarity, and vision is awakening within you.

Using everything that happens, every emotion that you transform as a doorway into a new consciousness, an opportunity that you embrace. Letting that light spread out all around you keeping the energy clear, pure, radiant.

And as you come back you will practice. You will notice instantly and you will discover the power of the Light that is within you, that is who you are. So come back easily now and I bid you good day for now.

## **Program 10 Releasing Pain: Transcending the Pairs of Opposites**

Greetings from Orin and all of the beings of light who are here to assist you in making a shift in consciousness to being able to sustain and increase the light that you radiate. To sustain and increase your ability to stay connected to the Divine Self and the soul.

Allow yourself to grow more peaceful. Let your breathing grow deeper, smoother, and more relaxed.

Call back to yourself any energy you have scattered out in the universe becoming more fully present right now in this moment.

Let your thoughts grow quieter, bringing you awareness to this, the present moment.

As you grow quieter within, allow for just a moment the light and consciousness of your Divine Self to flare out through you like a ripple, a wave. The movement of consciousness of the highest order coming from the central pillar within you and moving outward in a quick moment.

And the coming back within, into the silence of your being. Nothing you need to do; no where you need to go. This moment is perfect...and the next...and the next. You are doing exactly what you are supposed to be doing.

Feel the peace that comes in this state, the state of inner relaxation, the state of being rather than doing. Whatever you do is perfect. Whatever thoughts or feelings come to you are exactly those you are meant to have.

In some way, deepen your sense of acceptance of this moment, whatever it is for you.

As the light of the Divine Self moves through you and out, creating a clear field of light all around you, some tension is leaving, some inner peace is deepening. It is as if you are removing some of the layers that have kept you, the true Self, hidden. And more of your light is pouring forth from you, the divine essence of your being is revealing itself even more, because you are allowing it to do so.

There is a deepening sense of peace as you begin to accept that whatever is whatever thoughts cross your mind, whatever situations occur in your life are there for you, to teach you, to offer you opportunities to grow. And that you live in a loving universe. Your Divine Self is always looking after you, proving you with ever opportunity to grow, to gain wisdom, spiritual power, and to deepen your capacity to love yourself and others.

The Divine Self within you is touching your heart right now. If you give It permission to do so, it will open your heart a bit more, allowing you to experience and to know the peace and love that is within you, waiting to be released. Let this happen now, if you choose.

You are coming into your center, bringing your awareness into the center of your being, into the heart center within you.

And with the light of the Divine Self guiding you, imagine that you are looking out over your life, as if you are looking at a path or a field of energy.

The light that you are holding from the Divine Self that is revealing your life, is showing you symbolically all the battles, all the conflict and struggle that you are ready to leave behind.

You are looking out at a world of duality, of opposing forces. In the past these taught you much. The tension between the pairs of opposites moved you forward, out of darkness into light, out of sadness into hope, out of ignorance into knowledge. Are you ready? Would you like to find that balance that is possible as you begin to understand the pairs of opposites, and learn to stay balanced, to find the middle path, to let go of conflict and struggle, and to live a peaceful and harmonious life?

For a moment, your Divine Self will reveal to you a feeling, a picture, a knowingness in some way of what might be different in your life if you were no longer pulled back

and forth by the pairs of opposites, by the swinging in between two emotions, one pulling you one way, one pulling you the other. Let this come to mind, what it would be like if you were free from the dual nature of the energies all about you, so that you could be peaceful and harmonious with flowing emotions.

Let the light of the Divine Self and soul pour through you creating a beautiful, clear, powerful field of energy, one that will reveal the pairs of opposites from moment to moment so that you may stay calm, centered, and balanced around these energies that would pull you one way or another, away from the Divine Self and the light within you.

Let the Divine Self reveal to you right now, one of the pairs of opposites that you swing between, such as happy or sad, high or low, good or bad, feeling positive or feeling negative. Let this come to mind right now, let it appear. The thought or the understanding may appear now or in the future, or you may simply work on it without needing to know what these are, these pairs of opposites.

Notice the intensity of emotion that is attached to this pair of opposites. Whenever you find a strong emotion flaring up, you are caught in, and experiencing the pairs of opposites. Although you may prefer to experience one side of the pairs of opposites such as all the good, you will also trigger an experience of the opposite until you can sustain and stay in contact with the Divine Self and let it guide you to a higher consciousness one of peace, tranquility, equanimity, and balance.

Let come to mind, let your Divine Self reveal to you an emotion that flares up in you unbidden, sometimes surprising even you.

Know that this is impersonal energy, part of the pairs of opposites.

And ask your Divine Self to begin to calm down the intensity of the pairs of opposites within your consciousness, so that the swings are less between one side and the other.

Now strengthen the light of the Divine Self pouring through you, this clear field. Letting this light radiate outward, illuminating the field of the pairs of opposites so that you can see them, you can know when you are caught in them and easily free yourself in a moment of contact with the Divine Self.

Sense your Divine Self, allow It and give It permission to calm down any swings you might have between the pairs of opposites, the highs and the lows, the strong emotions that are like a fog or mist around you. Give It permission to calm these down so that you are balanced and able to come from your center of peace.

And ask your Divine Self to assist you in strengthening the qualities within you that will allow you to choose peace.

The strength and radiance of light is growing stronger and more beautiful. Your consciousness is becoming like a sanctuary of peace, harmony, and goodness that lifts others simply being in your presence.

Picture your emotions calming down even more. Like a pendulum that swings back and forth until it comes slowly to the center.

Your Divine Self and the light that you are holding right now, radiating out this light through all your emotions, asking for help, calming them down.

And as they calm down, a new self emerges, a powerful, confident, energized, visionary self emerges. A self that is intuitive, connected, compassionate, and wise rises up from within you.

You are beginning to rise above the field and the play of the pairs of opposites into the clear light of the Self. And the pull and the temptation and the distraction is behind you, beneath you, and can no longer touch you.

Imagine that you are now at a place of light that is so bright, so pure, so clear that the pull of the pairs of opposites, and the battles and the conflicts that they create can no longer touch you. You are rejecting them. You are turning away and it is easy. For in the light that you are, you are focused higher.

The peace that you are allows you to open new doors of consciousness, new realms to play in, new explorations, draws to you new relationships, new opportunities, and an experience of a new state of being.

Strengthen this light even more. Just allow the Divine Self to reveal Itself to you even more. It has the power to release you from the grip of the dualities. Let them begin to vanish as if, not only are they growing quieter, but fainter. As if they emitted a sound that is no more, a disharmonious sound that is dissolving into harmony.

And whatever you picture their energies see it leaving your consciousness.

It is as if the pairs of opposites are growing fainter and further away. They are having less and less impact upon you in the light that you are holding. You are not even interested in them. You no longer attract them.

You become a magnet and attract peaceful, harmonious situations, people, events, and circumstances into your life. Feel this now this new light of peace, the radiance of your consciousness that you are holding. Feel how magnetic you are to everything that matches this vibration.

And your heart is open. The radiance of love pours through you like a shining star, out into the world. And the light that you are is offering hope and comfort to everyone who can receive it, who is asking.

The energy of the pairs of opposites will never again affect you as much. The strength of the power of the light within you is growing. Your ability to live in harmony and peace is increasing. And the light that you hold and radiate is a gift to everyone around you.

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

## **Program 11 Deepening and Sustaining Inner Peace**

Greetings from Orin. Take a deep breath in and as you breathe out, feel yourself letting go at a deep level. Breathing in light, breathing out. Letting go of the outside world and taking an inner journey. Feel yourself growing calmer, more alert in some way, more aware of your inner world of thoughts and feelings. Letting your breathing take you deeper, into a more and more tranquil state. And your mind is growing quieter. Your thoughts becoming more peaceful. An inner silence is beginning to develop.

Become aware even more of that which in you is aware the consciousness that looks out through your eyes that thinks your thoughts but is not your thoughts the observer.

And breathing calmly, smoothly, and evenly, let your body relax. Adjust your body right now so that it is comfortable. Letting go at a deeper and deeper level. You feel so calm.

Opening up right now to your soul's love, its patience. Feel these qualities of love and all of the qualities of your soul's love radiating out from the center of your being, connecting you with all the love that is in the universe. Your consciousness of love becoming very magnetic to attracting more love, opening you to having even more love to give.

Feel the warmth and the nurturing love of your soul. And in the light of your soul, the central pillar of light, the qualities of light of your Divine Self become more visible. Your heart light blends into this light of the Divine Self as one radiant light pours through you, creating a field of light all around you. So pure, so clear, a field of love and kindness, of acceptance, a field of clear peaceful energy that radiates out from the center of your being, that lifts all the energies around you higher.

This is a very gentle, soft, quieting light that you are focusing on right now. And your Divine Self is offering you a gift. If you have the intention to allow more peace and harmony into your life, decide this now.

And your Divine Self is offering you the Divine Flame of Peace and Harmony. You can use this, the Divine Flame of Peace whenever you need assistance in getting calmer, in coming into the center of your being, in feeling peaceful.

Bring this into the center of your being, this Divine Flame, and allow it to spread out through your body, emotions, and mind.

Something is being restored, renewed, and regenerated within you in this light of peace. This light of peace begins to clear away those emotions.

Let another layer come off in the light of the Divine Flame of Peace. Some tension, some burden you have been carrying is being released. Something that has kept you from feeling peace is being burned away with your permission. Let this happen now. It may come to you or it may not, what is being healed and regenerated, and lifted off of you. Sense the Flame of Peace doing its work to free you, to allow you to experience more peace.

This Divine Flame spreads out from the pillar of light within you and is an aspect of your Divine Self. Let come to mind something in your life that is keeping you from feeling this peaceful, something within your consciousness in the way you are holding this area.

Think of that area, and then let it go and focus right now on making a stronger and deeper connection to your Divine Self. Let It draw you in, revealing even more of Itself to you in a state of inner peace and silence. You are turning this area over to your Divine Self as you do this.

Know that some shift happens with your intention to connect with your Divine Self, a shift that will bring you peace in this area. That peace will come into your consciousness, perhaps as a new way of thinking about it, new understanding, greater sense of compassion. Your Divine Self will offer you whatever quality of consciousness will assist you in having peace in this area. Open to this now.

And the light radiating from the center of your being has in some way increased in its brilliance, and beauty, and clarity from your deepening sense of peace, your surrendering to the Divine Self and opening to Its light and consciousness.

Let come to mind a strong emotion or even a subtle one that you have experienced recently.

Know that every strong emotion provides an opportunity for you to clear it and to begin the process of releasing yourself from whatever emotion, whatever impersonal energy has had a grip on you. The moment you experience a strong emotion, you can know that it is not you but an impersonal energy that is around you that you have thought was you.

Thinking of that emotion right now. Bring that emotion into this clear field of light. Let the Divine Flame move through you. And the peace that it brings begins to dissolve this emotion. Feeling the peace, the silence, the quieting of the mind in this space.

When you are still within and in a state of peace you can hear, or see, or sense, or know in some way the guidance of your Divine Self that is always leading you to your higher good. If you are ready to move into an even deeper state of peace and to be able to sustain that state, affirm this right now.

“I am ready to choose peace. I now choose peace.”

And with this statement several beings of light, very high beings who are holding peace for humanity become visible to you. These beings work with anyone whose intention is to know inner peace.

Feel yourself being welcomed into their presence. Their light is very steady, very balanced, very stable. They are offering you a gift of being able to more easily stay in this state of peace and harmony, magnetic to good, able to make wise choices, and to be able to calm the energies around you. And through this peace and silence able to assist others in experiencing and knowing the Divine Self within their very own being.

Open to receive this gift that will strengthen your ability to know peace.

And as you receive this gift let yourself fall into a deeper and deeper state of peace. Letting go of anything that is time to release that has kept you from feeling peaceful. One after another, let these things come up. And the beings are assisting you in releasing

these, whatever they are, be it thoughts or feelings or memories. Let these beings help you release any impediments to your knowing the deepest, most profound state of peace you have ever reached, right now.

Picture how your life will be different as you come from this state of peace, with the skills you have to recognize the impersonal nature of the emotional energy around you, and to clear it as you link with the Divine Self.

Become aware of; reflect on how when you experience any strong emotion, you can now transform it into a peaceful relaxed state, and begin to clear whatever within your consciousness has attracted this to you. All you need do is work with your Divine Self. And if it comes into your mind to call upon the Divine Flame, then do so.

These beings of light of great peace and harmony are helping you to still and quiet your emotional body. Feel the vibration of your emotional body becoming more quiet and still. Like a clear mountain lake, the light of the Divine within you is shining forth. The mists and fogs of the emotion have cleared. More and more peaceful, more silent.

Something is shifting. You will notice that you are able to stay calm and balanced in situations that in the past might have created turbulence. Sense your ability to feel even more peace, to let go of reacting, and turn instead to your Divine Self that knows that all is well.

So as you come back you will observe a new sense of peace. And the part of you that is observing even when you have a strong emotion, will remind you to turn inward to your Divine Self in that moment. If it is appropriate, It will show you to work with the Divine Flame of Peace. And the emotional energy will dissipate, and you will feel the wisdom and the love of your Divine Self taking over. So come back easily now and I bid you good day for now.

## **Program 12 Accepting More Peace, Joy, and Love**

Greetings from Orin. Allow yourself to easily and quickly shift into a sense of inner peace connecting with your Divine Self just by thinking of it and having the intention to make this connection right now. Sensing that pillar of light within you growing brighter and brighter as you allow the Divine Self to reveal Its light and consciousness to you, you invite It into your life and open to It right now.

And you can sense the presence of your Divine Self becoming more real. You are becoming more aware of this shift that happens when you call upon your Divine Self, you have become aware of the power of this light to bring about changes and improvements as you work with It, as you surrender to It and allow the light of the Divine Self to infuse your consciousness with the realization of truth that It offers.

Let this light create a clear field of energy all around you. The consciousness of your Divine Self is radiating out from the center of your being into all the energies about you. Your confidence is growing, your trust in your Divine Self, your innermost being is becoming established as a conviction and a fact in your mind, in your awareness. You are gaining freedom from the swings of emotions, the highs and the lows. Your emotional nature is undergoing a profound transformation. You are able to experience yourself as a calm, peaceful person. Able to come to the center of your being more often and operate from that clear, calm state of being.

Call upon the Divine Flame of Peace right now. Letting it arise from the center of your being and beginning to spread outward. Spreading out into every area of your life, into every relationship, into your job, letting yourself easily slip into a deeper sense of peace. Just by thinking of it, your Divine Self draws you inward into a state of greater stillness, more focused attention, greater peace and you feel your mind quieting down. Your thoughts becoming peaceful. Your body relaxed. Your breathing smooth and even, deeper and more relaxed. The Divine Flame of Peace is bringing your emotional body into a quiet, still state.

Sense how far the light of the Divine Self can radiate. The beautiful quality of energy It emits. The sanctuary your consciousness becomes for all life around you as you slip into this state of peace, as you allow yourself to be drawn into It.

This is the state where answers can arise, where new solutions can be found, where the guidance of your Divine Self can be heard.

Think of a situation in your life that you would like to bring into this state of peace and harmony. Perhaps something you want an answer for, guidance about, a new way of being—not necessarily an area that is a problem, but an area you would like to practice with, to focus on to open up in some way. Let this area come to mind right now.

And let the Divine Flame of Peace arise from within you and move through this area.

And the Divine Self draws you inward. Let go for a moment of even thinking about this area and focus now on making contact, on deepening your contact with the Divine Self. Falling into the silence, the peace, the stillness, the serenity that is here. No need to think, no need to do, going inward, joining the Divine Self.

And as you come out of this space, open to receive, to hear, to know in some way the inspiration that is being offered you a gift from your Divine Self. An intuitive idea, a seed of living consciousness that will align this area with Divine Will and Purpose, that will bring about forward movement, new understandings, a more complete vision.

You might even sense a living seed of inspiration being offered you. Let it come into your heart so that it is born in love. Let it infuse your being with all the qualities you need: enthusiasm, energy, ideas, motivation, vision, and the ability to attract all you need to carry this inspiration to fruition. Open to this now and know that you can ask for this seed of inspiration for anything in your life. As you come into a state of peace and harmony and stillness, you can be receptive to divine inspiration. So receive this now.

As you accept this seed of inspiration, as you open to inspiration in this area of your life, picture yourself operating from a state of inspiration. As you picture this, let your Divine Self guide you, show you, open you up to the possibilities that this situation is offering you, to the guidance that is there for you right now in this moment about this situation.

Open right now to a state of inspiration. You are lit up from within. All the energy that you need is provided to accomplish whatever you are guided to do. There is a sense of joy in taking the next steps, in accomplishing whatever is indicated. Your energy is flowing. You are source of inspiration for others. Open right now to the state of inspiration, an energy state. Let your Divine Self show you other qualities of this state. Perhaps even times when you have been in this state. How might you recognize that you are in a state of inspiration, inspired, in touch with your Divine Self and Its energy pouring through you. Picture this now. Listen to your Divine Self as It shows you more about this state of inspiration.

Focus for a moment on the flowing quality of inspiration. You are moving with the current. Ideas flow into your mind. Solutions appear. Doors open. Things happen. There is a sense of easy forward movement. Open to this feeling right now. Ask for more of it. Affirm and have the intention to be in this flowing state more often. And as you ask, it will be given.

And sense the clear energy that is a part of this state of inspiration, the understanding of the nature of energies you are around, the ability to not be affected by lesser energies that comes easily with this state of flow of clear energy. The light of your higher purpose becomes more visible, guides you forward, leads you on your path. Sense or picture this now. You are in a state of inspiration guided by the light of your purpose that shines forth when you are in peace and harmony, guides you through what you love to do.

You are able to focus upon it as the light around you, the light of the Divine Self within you shines forth and lights the way.

Feel the sense of joy that is part of this state of inspiration, the satisfaction, the confidence, the good feelings of moving forward, of creating good in your life and for others. Let that sense of inner joy permeate your being.

The joy of your Divine Self wells up from within you, and overflows into every area of your life because you are inviting It into your life, because you are opening to this joy.

This is a joy that is not dependent upon outer circumstances. It is the joy that wells up from within you, that comes from contact with your Divine Self. That comes from a feeling of flow. That arise out of a state of peace and harmony, out of the silence of the Divine Self. It is a joy that comes from knowing that you are exactly where you are supposed to be. Doing exactly what you are meant to be doing in this moment, and in every other. It is joy that needs no cause that is not dependent on any effect. Let this joy well up even more within you, a quality of energy that can permeate your being right now, that can become a part of who you are in each moment.

And let it come to mind how this new joy, inspiration, flow, and peace and harmony is going to change your life, that is going to change your relationships for the better, your job, your opportunities, every area of your life will be touched by and transformed by this new state of consciousness you are developing. Let your Divine Self begin to give you a feeling sense or a glimpse in some way of your new life how might things be different as your consciousness shifts into these new states.

And all of the beings of light who have worked with you throughout this course are here right now to strengthen and solidify all that you have learned and experienced. Open to the gifts they offer you to solidify your gains, to make it easier to sustain these states, to increase your potential for even more peace and harmony, flow, inspiration and joy. Open now and affirm that you are ready to move into this new vibration, this new field of light and that you accept the gifts of consciousness that are being offered.

And I and all the beings of light, your Divine Self and soul appreciate this opportunity to work with you and to be a part of your transformation. For you are transforming! Your life is changing. Your consciousness is expanding and your connection to your Divine Self is deepening. You have done very powerful work. Not only for the benefit of yourself, but also for the benefit of everyone you know, and all life around you. For as you lift yourself, you become an inspiration for others. And all that you are, all the consciousness within you is a gift to the world. So congratulate yourself, acknowledge the new steps you have taken, the new understandings that you now have for your courage in moving forward. And know that I and all the beings of light acknowledge you as well. And with that 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)