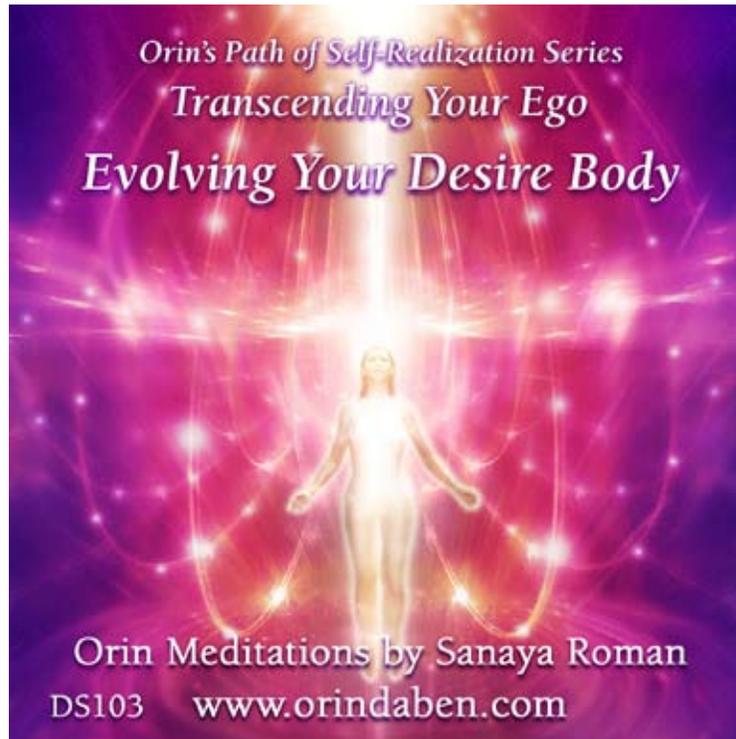


*Orin's Path of Self-Realization Series*  
*Transcending Your Ego*  
*Evolving Your Desire Body*



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

**Written Material to Accompany  
Orin's Audio Course**

**Includes Transcripts**

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## Website Links

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DS103P PDF v1.0

*Orin's Path of Self-Realization Series*  
Evolving Your Desire Body (DS103P)

Orin's Path of Self-Realization Series

# Transcending Your Ego

## Evolving Your Desire Body

### 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	Increasing Your Desire for Divine Self Contact <i>Music: TH046E Spiritual Sun Opening</i>	29:18
Program 2	Reorienting Your Desire Body <i>Music: TH036E Pleiades</i>	23:38
Program 3	Aligning Your Desires With Higher Purpose <i>Music: TH030E Spinning Wheel of Light</i>	28:13
Program 4	Freeing Yourself From Unfulfilling Desires <i>Music: TH033E Light Emerging</i>	25:48
Program 5	Becoming Pure Awareness Without Desire <i>Music: TH053E Radiating Emotional Flow</i>	29:54
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**Other courses in the *Transcending Your Ego* Series:**

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

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

[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](#).

*Orin's Path of Self-Realization Series*

## ***Transcending Your Ego: Evolving Your Desire Body***

Audio Meditations by Orin

Channeled by Sanaya Roman

### **Greetings from Orin!**

You have what I will call a desire body, the part of you that desires, that wants, that has needs to fulfill. You are not your ego-based desires, although you may have identified with them as who you are. Your desire body is very active, usually pulling you this way and that way, wanting one thing one moment, and something else the next. When it is based in the ego, your desire body takes its input from the world around. It does its job of creating endless desires so that no matter what you have, it is never enough. Before your desire body evolves, its job is simply to desire and to never be fulfilled.

As your ego-based desire body comes  
under the guidance of your Divine Self,  
it begins to desire spiritual growth,  
service, and expansions of consciousness.

In these journeys I will guide you to connect with your Divine Self, and from this high space learn how to reorient your desire body to Its light and inspiration so that your desires come less from an automatic response to the outer world and more from contact with your Divine Self. You will strengthen your desire to reach upward and to express the Divine within you, which will greatly accelerate your evolution.

You will link with your Divine Self and open to a state of inner illumination that reveals the nature of your desires, so that you may better discern which to act upon, which to change, and which to release. This is the purest, clearest light. No desires or energies can enter this light unless they come from your Divine Self. Anytime you open to this light it will reveal the nature of any desire, dissolving all those that are unnecessary and distracting so you can be free of them.

You will open to your Divine Self that will draw your desire body into Itself and into alignment with Divine Will, so that you can strengthen your desire for those things that reflect the divine blueprint and purpose of your life. With this step, you begin responding only to those desires that carry the light of purpose. You can better recognize and reject those that are not on purpose, that will not fulfill you or make your life better if you have them.

As you attune to the Divine Self,  
you will have all that you need in every moment,  
and even more than you could possibly desire or think to ask for.

As you evolve your desire body, you will increasingly be able to experience inner stillness, being fully present in the moment. You experience yourself as pure consciousness, radiant light, and love and wisdom. Instead of responding to ego-based

desires, you respond instead to the inspiration and guidance that arises from within you in each moment, coming from your Divine Self.

You will evolve your desire body into a new field of awareness  
that responds to the inspiration of your Divine Self.

As you proceed through this course, you will bring your desires into the light and brilliance of your innermost Self. The restless, ever-changing lesser light of desires becomes absorbed into and transformed by this higher light. Those that are unnecessary will leave, and those that are on purpose will grow stronger. The illumination of the Divine Self frees you from the grip of lesser, ego-based desires. As it does, a new field of light emerges—the birth of your new desire body.

This new desire body is a field of awareness—a new type of consciousness that is yours to claim. It is consciousness that will propel you into new realms of light, that will make your path easier, and that will release some of the resistance and struggle. As this new field of consciousness emerges, and with your permission, all old, unfulfilled, unnecessary, and out of purpose desires can fall away.

Your evolved desire body cannot be affected  
by other people's desires or by the energies around you.

It is non-responsive to the pulls and the temptations, the judgments and the expectations of the material world and other people. This new field of consciousness provides you with a sensory system that allows you to be more aware of the Divine within yourself and all life, and more aware of the guidance, direction, and purpose flowing through you from a higher source.

This transformation is more than just changing what you desire. It brings you a new experience of yourself, a different understanding of reality. Your interaction with the Oneness changes, your sense of individuality transforms. Your union with the divine becomes more complete. Your new desire body, this field of awareness, becomes a pure and clear channel for the Divine to flow through you and out to the world.

You can respond to the inspiration coming from your Divine Self,  
rather than to ego-based desires.

As your desire body evolves, inspiration coming from your Divine Self increasingly replaces desire and brings with it all the energy, resources, connections, wisdom, courage, strength, and all that you need. You realize that desires separate you from having what you want. Acting on inspiration rather than desires brings you the rewards of a fulfilling life. You are no longer searching and seeking, instead you love what you have and have what you love.

You can experience the freedom of responding to and acting from the inspiration that comes from your Divine Self in every moment, aligned with the higher purpose of the Universe. With this shift, you can attract new opportunities. The things you create, the situations, opportunities, and circumstances you manifest fulfill and enrich your life. You have the ability to live in the moment, to trust, to surrender, and to enjoy the magical unfoldment of your life.

## 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.

*Orin's Path of Self-Realization Series*  
*Transcending Your Ego*

*Evolving Your Desire Body*

Audio Meditations by Orin

Channeled by Sanaya Roman

*Transcripts of Journeys*

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

**Program 1 Increasing Your Desire for Divine Self Contact**

Orin: Greetings from Orin and all of the beings of light who are here. You have what I will call a desire body, the part of you that desires, that wants, that has needs to be fulfilled. Your desire body is very active.

Pretend for a moment that you can sense or see it in some way as if you are outside of yourself, and that the desire body is very real in one sense, a collection of energy that you have thought was real, guiding you, telling you what to do from moment to moment, pulling you this way and that way. A desire body that takes its input from the world around you, from the stimulation it receives, whose job is to want and to never be fulfilled.

It really does not care what it wants or what it focuses upon. Its job is to desire, to want that which it does not have. By itself it is not very discriminating or discerning. It is guided by the level of consciousness you are operating at. As you change the level of consciousness you come from, the desire body responds accordingly. It is a vehicle of expression and can be used to assist you in going higher, desiring those things of the soul, desiring expansions of consciousness into the Divine Self. And finally, releasing you from all desire as you reach the realization that you have all that you need in every moment, and that you are that which you seek.

So you might take a deep breath in right now, and as you let it out, imagine you are coming into the center of your being. With each breath in you are becoming more and more centered, more aware of your inner nature, letting go of the outside world, feeling the peace and harmony of your inner world.

And as you go inward, you also begin to lift upward into the infinity of the inner worlds of light. You begin to travel in your imagination to the higher realms of light, energy, and consciousness where there is greater order, greater beauty, more harmony, and peace.

Slowly and easily as you lift higher a new world opens up, as if you are lifting above the clouds into the pure light of day. And the fogs, and mists, and the clouds are below you. And the bright sun is above you, and the clear, blue sky, and infinity in all directions.

And you are going into a bigger and bigger space, leaving behind the concept of material world, moving into the energy realms of light, of source, into that which is permanent, forever, eternal, and infinite.

Feel this infinite, eternal light drawing you upward into itself.

And you begin to merge into the light. And your body turns into radiant light, shedding all the layers, all the cells, all the sense of a material body, and allowing that

which is light within you to emerge, free, and shoot like a rocket straight up into the light, higher and higher. And it is so blissful, so pleasurable being in this light.

And with every expansion there is a greater sense of space, of size, of infinity, as if you are moving into an immense space. It is almost as if you could sense, or look somehow at your physical life on the earth plane and it would be very small, almost hard to find in this greater perspective that you are now assuming.

And you are expanding more and more into the source, the light that is your source. And you can sense in some way, the way this light, this perfect pattern, the divine blueprint, filters down into your earth-life self, that you are watching the play of energies upon this earth-life self from this immense space that you are in.

And in this immense space with a greatly expanded you, imagine that you are sending energy downward to transform the desire body. Sense the beings of light who are here to assist you. Sense the wisdom that is possible from this perspective, the ability to view the bigger picture and the energies from this higher light that are impacting your earth life. It may feel as if you are using your imagination. That is fine.

From this expanded realm of light, of beauty, of harmony, be a part of the consciousness of your Divine Self as it sends energy downward to transform the desire body, to calm it, to raise its vibration, so that what you desire, what you can hold and sustain, is this expanded consciousness, to whatever level is right for you. Watch the energy traveling downward calming, inspiring, lifting, opening energy.

And from the perspective of your earth-life self looking upward, receive this energy, this down flow. Open to it, welcome it, enjoy it! And perhaps as it comes in you might even get some pictures, or a feeling, or a sense, of what might be different in your life if your desire body were evolved, less responsive to the outer world and more responsive to the light of the Divine Self within you and its call to join it, to open to it, and to express it in your life.

There is a sense of spaciousness as the desire body calms down, a sense of peace. Just symbolically imagine your desire body calming down, not so actively seeking.

And another down flow of energy, receive this now, to raise the vibration of your desire body to take it to its next level, so that what you desire are expansions of consciousness. Feel that energy coming down, receive it, imagining it coming into your desire body, however that body appears to you.

And as your desire body calms down, takes on a higher vibration, and starts seeking spiritual growth, enlightenment, liberation, and transformation, notice the light of the Divine Self becoming brighter, becoming more visible.

Allow pictures to come into your mind, thoughts and reflections of how much you already desire these things. And how it might be if this increased two fold, or ten fold, or even more. What might change or be different in your life? Are you open to having this change? All you need do is set your intention and give permission.

Strengthening your desire to reach upward will greatly accelerate your growth and bring you forward to your next level of evolution in a much more rapid and easy way, strengthening your ability to remove all obstacles, and to have the energy and enthusiasm, the desire and intensity that is required to break through to your next level of evolution.

Give permission to the Divine Self within you to increase the intensity of your desire for evolution. And then let thoughts come back to you of how this might feel, and affirm that you are open to it and you are ready, knowing that you will only be given whatever energy is appropriate for you, whatever opportunity is in harmony with your being. Do so now.

What might change in your life if you were to have a greater and more intense desire to reach upward and to allow your Divine Self to express itself through you more often?

Allow yourself to open to the great possibilities that exist as your desire for growth and expansion is intensified. See all the benefits this will bring you.

With the energy of desire to reach higher and the love of the Divine Self reaching downward, see these two energies touching. Desire reaching upward, the Divine Self reaching towards you from above downward, touching, blending, opening. The desire body traveling upward, penetrating new levels of light, wanting and seeking new consciousness, taking on a new role.

And the Divine Self being contacted, flowing downward, responding to the call of your desire body, sending energy, transmitting energy, drawing you upward. For this desire brings openness, receptivity, enthusiasm, and joy for the energy that is received.

Energy flowing from you upward, from the Divine Self downward, being received, flowing out from you. And feeling the evolution of your desire body with this contact, and how it is helping you your desire body, into moving forward on your path with greater ease, more focus, and more commitment.

And with one last beautiful down flow of energy, allow your Divine Self to energize your desire body to reach upward even higher, to expand beyond all past limits. To see and know more of its next steps of evolution of what to desire, of how to desire, of how to be in instrument for the opening of the Divine Self. Receive this energy now.

And coming back, feeling that thread of consciousness from the desire body that has opened and received new guidance, a new direction, a clearer understanding of its purpose. And with that, I bid you good day for now.

## **Program 2 Reorienting Your Desire Body**

Orin: Greetings from Orin and all of the beings of light who are here.

Become very quiet right now, allowing your thoughts to slow down and soften in some way so that they become more like a stream of consciousness moving through you. And you are not focusing upon the content of your thoughts, but simply allowing them to be and turning your attention elsewhere, up into the light of the Divine Self.

Allow yourself to feel very centered, as if all of your energy is coming together, aligned with purpose and will.

And you are aware of a radiant core of light within you that radiates outward, the Divine Self within you, the brilliance of your light. How much of it is shining through you right now? How beautiful and harmonious this inner light is, as you have become aware of it and allowed more of it to be expressed through your being.

You might be aware of this as a pole of light, or a column of light, that radiates outward in all directions, touching all life with radiance, light, and life, stimulating that which is higher and better, and divine, in all the energies around you, through the radiance of your inner light.

In the light of your Divine Self, what is being highlighted right now and shown to you is the energy of your desire body. It, too, has a certain beauty, a certain light, a cohesiveness, almost an intelligence of its own.

Let go of any reference to a physical body and sense your desire body, not in reference to your physical body, but simply as energy, as a consciousness, almost like a being. Get to know it. Look at it, sense it, feel it. Observe whatever you can.

How active is your desire body? Is it always in motion? Does part of it come to rest?

Watch as something stimulates your desire body. Just use your imagination. You do not need to know what it is. Just watch the incoming stimulus that activates your desire body. Watch what happens as it gets stimulated to respond.

Notice that signals go into your brain, into your mind, go into your emotions, that are so strong they begin to direct your body into certain actions. Watch how the desire body is controlling you, is directing your life, always making sure that there is a want and a need, and a means of fulfilling it if possible.

The desire body signals your mind with a specific need. That need is then felt emotionally and gathers energy that propels your physical body into motion to fulfill it.

Watch that progression. Some stimulus comes into the desire body. It now has a want. It is now active, and busy, and happy. Something is needed. Something is needed right now, action must be taken. Watch this pathway.

And now, feel that light of the Divine Self permeating your desire body. And with this light, this time the Divine Self, that higher light as it pours through you, is assisting you in breaking the connection, in releasing the power and control these desires have had over your mind, emotions, and body. When the stimulus comes in, this higher light pours through your desire body and reveals the stimulus to be nothing, so that the stimulus cannot reach it, cannot stimulate the desire body. It is beginning to create a disconnect, a greater realization, a strengthening of the self and the ability of the self to not respond. The stimulus is losing its power, and the Self is opening you to know that whatever is creating the stimulus of the desire body is not real and has no power to control your mind, emotions, or body.

Through the connection to your Divine Self and the light that is pouring through you, you begin to recognize that which is stimulating your desire body before it has a chance to put your desire body into action. Like little sparks of stimulus coming from all over the universe, from the mind, from mass consciousness, from the media, from other people see all the sparks coming into the desire body that propel it into action, that stimulate it, just a sparks of light firing it up, making it active.

With the light of the Divine Self pouring through this central pillar, allow this light to move through the desire body, making it less responsive to these outer influences, as the desire body begins to turn towards the Divine Self, to merge with it, to recognize that this, the Self, is its source and essence, is its guidance, and direction. Watch more and more of the desire body turn to the great light of the Divine Self and away from the dimmer light of all the stimulus about it, less and less interested, less stimulated, less propelled into action.

You might even picture sparks of stimulation that in the past might have propelled your desire body and you into action, dissolving and disappearing, nothing to attach to. Your desire body oriented instead to the Divine Self. Piece by piece, step by step, gradually and easily turning to the light, away from all the false stimulation. Turning to purpose, away from that which is not purpose.

Let the Self show you some of the desires you respond to that are not on purpose for you.

And imagine as this desire arises that you open to the light of the Divine Self. The Divine Self that is already shining through you irradiates that desire with light, purpose, and understanding. And watch it dissolve.

Ask to be shown how to release a desire in the moment it arises, or even before it arises. Let your Divine Self show you right now what to do. You may experience it as a thought, as a picture, as a sense, as an inner knowingness, or simply allow it to happen. Open to this now.

So as you come back, you are going to be aware more than ever before of your desires. You may notice changes in how you think about them, or how you respond to them, and changes or differences in what you respond to and what you choose to ignore. In some way your life will become more peaceful, and there will be a sense within you of greater contentment, of gratitude, and a feeling of fullness, and an appreciation for the richness of your life. And with that, I bid you good day for now.

### **Program 3 Aligning Your Desires With Higher Purpose**

Orin: You have been exploring your desire body, watching it with a new level of awareness, becoming aware of what it is, how it works, and its presence in your life.

Let yourself come to a sense of inner peace, letting go of the energy around you, quieting your mind. And follow your breathing for just a moment, letting it draw you inward, into the core of your being, into the spaciousness and the peace that lies within you.

As you grow very quiet within, imagine that you are turning up your receptivity to your Divine Self, the core of your being, the essence of who you are. Asking the Divine Self to work with you so that you can be more aware of it, more sensitive to it, more open to its influence, to its gifts.

Turning up now your awareness of this Self, of the radiance of light within you. So that even at odd moments this awareness will come into your mind like a flash of insight, of inspiration, and intuition. So that there is a growing recognition and receptivity to the consciousness that the Divine Self is offering you in every moment. Affirm your willingness to have this happen.

As you open to the Divine Self and increase in your awareness of it, it brings a greater ability to recognize all that is not the Self, all that has no power, and to release any power you have given to those things, people, situations, and energies that are not the Self and that have no power.

Imagine in some way, as your Divine Self radiates through you, out and out through the central pillar of light, that you are also symbolically standing in the center of all Will, every quality of Will. You are absorbing these qualities, the Divine Will that is undeflectable, immutable, ever is. Coming to the very center of this Will, the divine purpose and plan, aligning with it, into the center of all Will, where it is most recognizable, strongest, and most easily absorbed. Let this pour through every fiber of your being, will, and purpose.

And with this sense, once again view your desire body. View it as the Divine Self looking from this level of light at this body of energy that responds to stimulus that then triggers desire, thoughts, emotions, and action.

Through the desire for enlightenment, for spiritual growth, for the Divine Self, as this grows stronger it draws the desire body into itself, into alignment with Divine purpose and will, so that the desire body and its desire for upliftment and growth is bringing itself into alignment with the Divine Self, is responding to the call, and becoming infused with will and purpose.

The desire body is gaining discernment. It is evolving. So as the stimulus triggers a response in the light of the Divine Self overshadowing it, see, or picture, or know in some way that the desire body is now learning to respond only to those desires that carry the light of purpose.

You might imagine stimulus coming into the desire body from other people, from the mind, from the culture, from the media. That which is on purpose has a different quality of stimulus. That which is not on purpose is now becoming recognizable. Watch, imagine, picture all different kinds of stimulus, and notice with your inner eyes the difference between that stimulus which is part of purpose.

The purpose of the Divine Self is different from the random stimulus. There is a different quality of energy. Sense this now. Join with your desire body, watch from this higher light, until there is some inner knowingness, some discernment, that you can take with you into your daily life.

Sense the radiance and the stimulus that is on purpose, that is meant to be responded to and acted upon, like seeds of inspiration. See the light they carry, the energy they carry, the gifts of consciousness they bring when followed and acted upon, in comparison to the random stimulus that has no purpose.

Becoming aware now, the light of the Divine Self shining through the desire body, pulling it towards Itself, the desire body oriented toward the Divine Self. Sense how the power is being taken out of those stimuli, those temptations, those calls to action that are not on purpose. Just notice the difference. And feel the power being taken out of those (desires) that are not on purpose, so that what is changing is your consciousness, your awareness, gaining the consciousness of the Divine Self to see through the temptations, to recognize that which is on purpose and that which is not.

Take some of the desires you have had recently, ones that you think are on purpose. In the light of the Divine Self hold this desire, watch its impact on your desire body, and look at the quality of energy carried within this desire. You will do a few others so that you can compare them. Let one come to mind. Watch, observe, and allow your Divine Self to guide you into discerning if this desire is on purpose and aligned with the Divine Self, or if it needs to be changed or released.

What quality of energy does it bring you if you fulfill this desire? Is there a better way to do so that will allow you to be in the moment, so that fulfilling this desire does not become a have-to, an obligation, or a should? Can fulfilling this desire be joyful and in the flow of your life?

Now take another desire for something that you feel is on purpose. Again look at the quality of this desire in the radiance and the light of your Divine Self. Watch as it drops into your desire body, and stimulates it, and comes into alignment with purpose. Does it (the desire) leave? Does it change? Does it stay?

And take a third desire, for something you feel is on purpose. Again in the light of the Divine Self observe the quality of its energy as you bring it into purpose and align it with Divine Will. Does it change? Does it grow? Does it release?

Now in the light of the Divine Self, imagine if you released all three of these completely; released them to come in the perfect time and in the perfect way, and let go of any form you have attached to them, any way of carrying this out in any timing, just for this, to experience what is left in the place of these, a sense of spaciousness and a better ability to be in the moment.

You are just trying this out temporarily, just sensing what greater purpose might emerge if you let go of the three, or even more desires that you have had that you feel are aligned with purpose. Letting them go, just for now, just for this exercise.

And feel the spaciousness, the ability to be in the moment, with the Divine Self having no desire to fulfill, no form that need be created, no steps that need to be taken, no people that need to be taken care of, nothing you need from others, no need to create, to release, to grow.

Just peace; the peace aligned with purpose, the silence and the beauty of the Divine Self shining forth from you, holding purpose aligned with Divine Will.

Letting the Self flow out, opening, surrendering, trusting, listening, following the guidance that comes in each moment.

And letting out of this space, emerge a clearer vision of your purpose in the areas you looked at. Do this now.

And as you come back, be aware from the light of the Divine Self of your desires. And allow the light of the Self to pour through them, revealing the nature and the energy of your desires, so that you may better discern which to act upon, which to change, and which to release. And with that, I bid you good day for now.

## **Program 4 Freeing Yourself From Unfulfilling Desires**

Greetings from Orin. As you sit quietly, feel a sense of peace, as you call upon the essence, the source of your being, the Divine Self within. Sending your awareness out, making contact with that field of consciousness that has been called the Presence, the All That Is, God consciousness. Picture sending your awareness out, making connections to the light of the Divine Self all the threads of awareness you have already sent to the Divine Self acting as channels through which the light of the Divine Self can come back to you.

Become aware of all the channels of light that you have extended to the beings of light, and to your innermost Self, your spirit and soul. And all the light that is coming back to you on a continuous basis from these connections.

From the source and the core of your being, as a pillar of light within you, feel the illumination, the clear light that radiates from you from all of the spiritual connections you have, and all those you are creating.

Sense that light, that infinite light of the source of your being, of the essence of who you are pouring through you.

And there is a new level of surrender, of openness, of receptivity to this light. Set your intention to be even more receptive to this light, to become transparent, to become this light radiating forth from you.

And imagine you are expanding into that immense space of the Divine within you.

And you can be the Divine Self responding to you the personality self that is reaching upward, transmitting energy and light to this self, and receiving light and energy coming back to you.

Until there is a sense of beautiful light all about you, beginning to clear all the energies about you from touching you; beginning to open the space all around you to the purest, clearest light. Nothing can enter this light that is not pure, so that only Divine light can reach you.

This light radiates out from you clearing the way, opening the moment, allowing your spirit, the innermost part of your being, to flow out from you, to influence all of the energies about you.

To create a path into the future. To bring opportunity and joy, and supply, and harmony, and peaceful relationships, and all that you need. You do not need to desire them, for they are yours. You only need to open to them.

From this space of illumination, of freedom from all that would influence you, let the Divine within you increase the power of this light, the power to transform all of the energies about you, the power to release all energies you do not need or want; the power to prevent unnecessary thoughts, desires, temptations from touching you; from affecting you, or from influencing you in any way.

Amplifying this light, turning up the power.

The light spreading out and out and out from you.

There is no wants, no desires in this space. You have everything you need right now in this moment. Feel that sense of peace, of release from desire. And we are assisting you your guide, the beings of light, your Divine Self in knowing the peace of having no desire. Sense this now in what ever way is right for you.

You may only feel this for a second or two at first. Perhaps as a moment of no thought, a feeling of peace.

And imagine this inner light growing more and more brilliant, releasing and clearing any unfulfilled desires, anything from the present or the past.

You may notice or ask for some of these desires to come up, and in the brilliance of light that you are holding, watch them dissolve. If they are important to fulfill they will come to you as inspiration and illumination. If not, they will dissolve and your energy will be freed in this area.

Let some of these unfulfilled desires that are time to release come to you now. Let the illumination pour through them of your Divine Self and watch them transform.

You can increase the illumination that you feel, that you are, even more. Some very special beings of light are here to open the space around you even more to the kind and quality of illumination that illuminates desires, so that they can be seen for what they are and released. A special kind of light that allows your consciousness to gain more control, to be more at choice of the desires you respond to. Open to this illumination right now. Notice it in some way if you can. Know that it is here, whether you can sense it or not.

Watch from this space a desire arise, if there are any. And notice how much easier it is to allow it to fall back into the nothingness. It might be a desire to follow a thought, to move your body. Just notice a desire arise, and in this light that is being held, how unattached you can be to it, how much at choice. And let it fall back into the nothingness.

Feel the peace and spaciousness that is possible in this space of freedom from desire.

As you attune to the infinite within you, to the Divine that is the source of your being, as you make contact and open, you will have all that you need in every moment and even more than you could possibly desire or think to ask for.

This is the space that brings infinite abundance of time, of illumination, of inspiration, and creativity. That brings you all the connections you need to fulfill your purpose. That brings you the energy that opens door ways, that provides opportunity.

Feel the difference now between desiring these things, and knowing that these are yours. Expecting them, not needing or wanting them, but knowing that as you make this alignment, all of this and more is there for you.

And letting go of the desire to let go of desire.

Stay in this space for a moment of making contact with the light that is all around you, the light of the Divine. Experiencing the difference of being open, allowing, surrendering, receiving, versus desiring and wanting. Feel the difference of expecting and knowing it is there.

And in this light, feeling the peace. Some degree of surrender, of trust in the Self within you to bring you all you need, as if you are transferring some of your energy now from the desire body into the heart, into a serenity that comes from living in each moment connected to the light and to the source of your being.

And as you come back you will have moments, increasing in frequency, spaced closer together, of feeling complete peace, a knowing that everything is perfect in that moment, and that you have all you need. And with that I bid you good day for now.

## **Program 5 Becoming Pure Awareness Without Desire**

Greetings from Orin. Take a moment to sense yourself. Let whatever awareness comes to you be perfect for you. At some feeling level beyond words, beyond pictures and thought, feel yourself the consciousness that is you, the awareness that looks out through your eyes. Sense this now.

And imagine that the illumination of the Divine within you is shining forth, shining through your emotions, your thoughts, so that your ego-mind is becoming more transparent, allowing more the light of the infinite within you to shine forth.

As the light around you increases, becomes more beautiful, and extends further out, feel the awareness of the "I" within you growing, that which is pure awareness. You need not do anything but release your desire to experience this and be open and receptive.

The "I" of your being, the innermost Self within you can shine forth when you simply allow it to do so, attaching no pictures, no desires, no expectations of how this might feel. Let go. Surrender to this space and allow the sense of the "I" within you to rise up and be experienced in whatever way is right for you.

Set your intention to have a new experience of the innermost Self within you, an experience of pure consciousness beyond thought, beyond desire. And then be open in this moment, and in many other moments, to allow this to happen. Ask for this now. Give it permission to occur.

Allow yourself to have a new experience of the consciousness of your being, of the purity, the beauty, even deeper than moments before, a sense of the "I" within you. Allow this to deepen and arise naturally and be revealed in a new way to you, the innermost essence of your being.

And I and the beings of light, your guide, and the Divine within you are holding a space for you, a very clear, radiant space for you to experience, in some way, a new shift, a new experience of the innermost part of your being, even deeper than moments before. Pure awareness shining forth from you. Allow your experience of this to deepen, to rise to the surface, to become more observable.

Sense from this space of pure awareness that you are everything, everywhere, expanding beyond all past limits into a new sense of freedom. Going into this Self, this pure consciousness, then experiencing in some way this consciousness as who you are, and allowing it to reveal to you its infinite nature.

Something deep within you is shifting at a level that the mind cannot track. Let this shift occur. Open and allow this sense of the innermost part of your being to become stronger and to realize it in some new way, as if you are standing tall in the purity of your being.

No energies can touch you from the material world. You are pure consciousness. You are radiant light. You are love and wisdom. There is nothing you need.

Sense this space of no desire, of not wanting, of peace, of allowing to what ever is there in the moment with no story, no judgment, just allowing, a feeling of allowing. That is part of the expression of the Divine within you.

And from this vast space and this light you are in, again feel a desire arise within you. Notice what it is for and watch it pass like a cloud that passes over the sun and then the sun is revealed again. Watch this desire pass through the light that you are right now.

And rise further and further into the light, above the clouds, the light of pure consciousness.

And sense some of the desires of other people. Perhaps people you know, perhaps simply desires that exist in the culture. Sense them as clouds that would obscure the light, that have no truth and no power. As you sense them, remain in the clear light of day, in the light of the Self radiating through you. Something about the light that you are dissolves these clouds, does not allow them to touch you. Play with us now.

The more you keep contact with this bright light of the Self, whether you sense it as light or not, does not matter; however you sense or feel or know the Self, even if it feels like it is your imagination is just right for you, and is exactly what you need.

Let go of any desire about how you will experience this, the infinite within you. Open right now from the light that you are holding to an even deeper experience of the infinite within you, letting go of any expectation, judgment, picture, or thought about what this contact may feel like. You are in a state of waiting, of receptivity, of appreciation for all that you are and all that you can be. Allow this experience to arise from within you, appreciating whatever comes.

From this space, all things are possible. This is the space of receptivity to inspiration, intuition, illumination, creativity, and spiritual vision. This is the space to realize truth, to get answers that put you on your higher path, that fulfill your purpose, and bring peace and harmony in their fulfillment.

Let this space deepen even more. There is nothing you need to desire or do. Just practice allowing that which is within you to be experienced, the infinite Divine Self that you are.

At some deep level, you have opened the door for a new consciousness to arise from within you, the consciousness of your Divine Self, consciousness that is all-knowing, that is enlightened, that is not seeking, because it already is.

Entering into the quietest, pureness state you can imagine, a state of simply allowing, being open, inviting to this consciousness.

And a feeling of merging, as if your field of consciousness and this greater field are becoming one, sending connections out in all directions into this field of consciousness that you are blending with, and to the infinite within all life. Opening channel after channel of light into the infinite source within you, within all life.

You are making contact with source energy. It is like being plugged into the light of pure consciousness. Let it come down around you, surrounding you, becoming one with it and all the gifts of consciousness that it brings.

And one of these gifts is the transcending of the desire body, of the releasing of desires that are unnecessary, off purpose, and that are tying you down in some way. Feel all of these being lifted off of you, becoming transparent and then dissolving in this greater light that allows you to see them for the nothingness that they are, and to let them go.

At first, you will see them as they arise and realize what they are. And as you progress, they will not even arise. And sense as these are pulled off of you, as these dissolve in the light, how much more radiant you are, how much more transparent you are, the ego- mind beginning to fade even more in the greater light that shines through it.

If it is appropriate, let one of your unfulfilled desires or an unnecessary desire come to mind, be revealed to you, and then expand this light through it.

Take an area of your life, one that you would like more freedom in, and expand this light of Self through that area to reveal what are desires and what are purpose; what is coming from the infinite Divine within you and what is coming from your desire body. You are taking the light in your mind's eye through this entire area, the light of the Self within you that reveals itself.

Now as you do this you may have insights, or you may not. Things may simply change. Things you thought you wanted you may no longer want. Things you thought you needed, you may forget you need them. Keep taking this light through that area.

Now as you think of this area imagine that it has been cleaned out in some beautiful and wonderful way, like taking the weeds out of a garden. Everything in this area is beautiful, responds to the light, arises in the moment from the Divine Self within you. The light is shining upon this area, shining from you on to it. If there are other people involved, let this light shine out from you dissolving any of their desires, any of their needs and wants that are not appropriate for you to respond to.

You are responding to the Divine Self within you, no longer to the needs and wants of others. For you know that the Divine within you will always lead you to the highest and best good for all concerned.

See yourself free, free from your desires and free from other people's desires in this area.

And what shines forth is Divine purpose, which will be revealed to you in exactly the right time, in the right way, and in perfect harmony with every area of your life and being.

And so with that right now come back, knowing that you have done much to transform your desire body and the insights and the revelations will continue. And with that I bid you good day for now.

## **Program 6 Evolving Your Desire Body**

Greetings from Orin. Sense a new vibration within yourself. Some thing has changed as your desire body has been brought into the light of your Divine Self. It has begun the process of evolution, of evolving into its next level.

You can sense that when a desire arises, you now have the ability to choose to respond to it or not. You may notice that fewer desires for those unnecessary, out of purpose things are occurring. You are responding to those energies that are arising from the Self within you, that lead you on your higher path, and guide you into ever-expanding states of consciousness.

Feel yourself merging with the Divine within you, allowing more and more of its consciousness to be your consciousness, your awareness, your wisdom, understanding, and knowledge.

Experience the "I" that you are, the consciousness that is aware and looks out through your eyes as an infinite consciousness.

Imagine as you listen to this journey that you are the Divine Self, that you are moving more and more of your identification to the infinite Self within you, the source of all

life and light. Set your intention for this to be so. That is all you need to do to begin the process of a deeper identification with the Self within.

In the past you have identified with your desires. Your desire body is evolving, and in this evolution you are becoming more and more transparent to the Divine within you, and able to express this Self in more and more ways.

From this greater light that you are, with the Self that you are, the innermost Self becoming more and more visible, more understandable, more able to identify with allow your Self to shine that light on your desire body once again.

Sense it as a vibration. Watch it arise and fall. Watch it reaching out.

Watch it projecting itself onto the energies around. Just purely as an energy picture or a symbol or whatever comes to you, watch your desire body for a moment. It is always active until the light of the Self is that which you identify with.

And let the light of the Self shine through and onto the desire body, transforming it in some new way, making it more beautiful.

Sense the Divine within you as it is, in the center of your being, unchangeable, brilliant, allowing you to feel centered, aligned with Divine Will, and on-purpose as you link with it. Feel this sense of alignment now with the Divine Self.

With the light of the Divine all around you, just for a brief moment fall into the desire body and then come out of it, noticing the difference. And as you come out, come back into the Divine Self. Just notice what it is like to move away from the Divine Self and be in the desire body. Use your imagination and know that whatever comes to you will be the perfect insight, sense, or awareness that you need.

Each time you allow yourself to go into the desire body, ask more of the Divine Self open to allow this to happen to come with you, so that you are less and less affected, and that the desire body is losing its hold over you, being transformed in the light of the Divine.

So as you move from this light of the Divine into the awareness of your desire body, you are bringing more of the light of the Divine with you. And the desire body is changing.

At first, it may have seemed difficult to go into the desire body not a good experience. But each time you come back to the Divine Self within you, to the source of all life and light, and bring that into the desire body, a shift occurs. The desire body is transformed and can no longer affect you in the same way.

Do this again for a few moments, centering yourself in the light of the Divine, then becoming aware of the desire body, bringing the light of the Divine with you and then back to the Divine, back and forth. Do this now.

Watch as these two fields of energy come together, the fire, the light, the brilliance of the Self with the field of energy of desires the restless, ever-changing lesser light of desires being absorbed into and transformed by the higher light.

And in this light, you can see that the desires have no true power. They can not exist as you strengthen your contact to the Divine within you. Those that are unnecessary, must leave. And those desires that are on purpose will grow stronger.

Allow a desire to arise that in the past you have been unaware was even a desire. Some new insights, some new perspective on desires allow this to arise in your mind in your awareness right now.

And bring that light of the innermost Self, center with this light, become one with this light, and then pay attention to this desire and notice what changes.

Allow the Self within you to reveal a new understanding about the nature of your desires, those that are ready to be transformed. It may happen now or later. Just set your intention and open to new revelations about the nature of your desires, about those that are ready to be released or transformed. So that at the moment they arise, you now have a new wisdom, a new understanding, a new recognition of what they are and how they affect you, and how to transcend them and not be affected by them, if that is appropriate.

Imagine that your desires in the past have been stirred up most of the time. Like a wind that passes over them, energies from the outside world moving through them, stimulating them.

And now imagine a calming, peaceful, gentle energy, the light of the Divine within, calming them down, like the water without a ripple, becoming so still, so peaceful. So quiet.

The light of the Divine merging with the desire body even more, putting out the fire of desires, calming them down. Watch the desires as they do not even arise.

Until there is a field of light, a new light that begins to emerge, the birth of the new desire body, that is no longer a desire body but a field of consciousness. And I will not define it or give it a name. Just watch the emergence of the new field of light that arises from the transformed desire body. It is a new field of light, a new type of consciousness that is yours to claim.

It is a light that will take you upward and higher, that will propel you into new realms of light, that will make the path easier, and that will release some of the resistance and struggle. Let this new field of consciousness emerge as desire after desire is literally being burnt up all unfulfilled desires, all unnecessary desires, all out of purpose desires.

And as they are burned in the light of the Self and released, they transform into a new type of light, a new field of consciousness is arising all around you from the ashes and the flames, and the energy that is released when your desire body is transformed. Walk into this, let it surround you, this new field of consciousness.

And imagine looking out on your world right now through this field of consciousness.

Look at an area of your life and to a degree never before possible, look at it without any desire. Just hold it in your awareness, letting all the desires in this area go, be dissolved.

Know that whatever needs to be done in this area will arise from within you in the perfect time, in the moment. The insights you need will be there, the direction and guidance will be there. The supply, the energy, the connections will be there.

Look at this area again now, with this new field of light and the release of your desires. Sense and feel what it is like to hold this area in your awareness with no desires, no expected outcome, no judgment. It is just there.

And allow whatever is needed in this moment for whatever area you looked at to arise within you. It might be an understanding or an insight, a realization of something that needs to be let go of, or something that needs to be changed. Allow this to arise now, to come into your awareness from deep within.

And as you let go of desire in this area, you will be more open to the guidance from your Divine Self. It will be easier for doors to open, for miracles to happen, to experience harmony and peace and spaciousness. So coming back now. And I bid you good day for now.

## **Program 7 Exploring Your New Desire Body**

Greetings from Orin. Allow yourself to grow very quiet within. Let a feeling of peacefulness come over you, a sense of well-being. Remember a time or just the feeling, when you had a sense of peace, of restfulness, of harmony within. Let the memory carry you back into that feeling and allow it to deepen even more.

Perhaps it was a time when everything was going well, and you had a feeling that all was right with the world, and that things were perfect just as they were. Remember how that felt, and let that feeling come into you right now.

Begin to make contact with that field of consciousness that has been called the Presence, the One Life, the source of all light and life. It is as if you are extending your energy outward in all directions, and you can sense that you are making contact with a higher consciousness, as if each thread of consciousness you are sending out is opening

a channel for that life and light and consciousness to come back to you and to be a part of your consciousness fully realized, integrated, and a part of you.

Sense your illumination growing. Observe the radiance of the divine life within you, radiating out from you. And in this light, let your thoughts soften, quiet down, and become less noticeable. You can go for moments now without any thought. Watch this now. At times you will observe a stream of thoughts that will not grab your attention, but will just remain as a stream of energy. And at times you won't even be aware of that stream of thoughts. Play with this for a moment, inviting the Divine Self to assist you.

You are going to a quieter space within you. Let that sense of well-being increase. There is nothing you need to do, nothing you need to think about. Let yourself rest in the peace and spaciousness that is there for you right now, in this moment.

You might imagine that a higher part of you, the essence of your being, is drawing you into Itself, very magnetically; that a higher consciousness within you is opening up for you, revealing itself to you as a part of your consciousness, so that it feels like you. It is as if something within your consciousness is arising a new aspect, a new awareness, something that was not there before. Allow this to happen. Give it permission if you choose.

Feel something shift within you. Sense it. Open to it.

In some way, some separation between you and the Divine Self within you is being closed, is being transformed into a state of oneness. And you might imagine that you can sense all around you energetically, numerous places where you have felt separate from the divine within you.

Allow the illumination of the Divine Self that is drawing you into itself to spread outward from you into all these areas of your consciousness, closing the separation, merging that which has been two into one one life, one consciousness.

Set your intention. Give the Self permission to assist you in making this transformation, to assist you in ending the separation where ever you are ready for it that will be peaceful and harmonious, so that you can know your oneness with the divine within you.

Every where you end the separation opens the space for more illumination, more radiance to occur. Feel the radiance of your Divine Self now, spreading out and out, even brighter, more luminous.

Scan all the energies around you for more places where there seems to be two energies opposing each other duality. And it may even be just at an energy level. And spread the light out through them so that the gap is closed; so that the energy is smooth and open, and there is no impediment to the light moving out, and out, and out.

And sense the field of light that is your transformed desire body. It has evolved since the last time you looked at it from this space of light.

You birthed a new field of consciousness and it has already begun to evolve. Sense this light so pure and the quality of light within it, that it cannot be affected by other people's desires, that it cannot be affected by the energies around.

There is something now that is more stable, quieter, and more reflective of the Divine in this field of consciousness that is your transformed desire body. It has a light of its own, this field.

It is reflective of the Divine within.

It is non-responsive to the pulls and the temptations, the judgments and the expectations of the material world and other people.

I and your guide and the Divine within you will hold a space now for you to move your consciousness, your awareness, more fully into this new field of light that is the beginning of your transformed desire body. Move your awareness into this field and know that whatever experience you have as you do, is the perfect one for you.

Let your Spirit, the divine within you, strengthen all the positive qualities that are in this new field of consciousness its ability to stay focused upon the Divine, to not be

affected by other energies, to turn upward rather than outward. Let your Divine Self show you more about the qualities of this field of consciousness you are moving into, you are birthing, and developing within.

Ask your innermost Self to show you some of the desires that other people have for you. And stay in this center of the light of this new field of consciousness that is your transformed desire body. Let the Divine work with you to change your response, to strengthen this field, so that you stay focused on the Divine, rather than being pulled into the desires of others. Let one desire somebody has for you come up in your mind, and watch it interact with this field of consciousness.

Ask to be shown some of the prominent desires others have for you that may be affecting you. As you see them, or sense them, or become aware of them in some way, notice how other people's desires for you interact with this new desire body, this new field of awareness.

Now let this field of consciousness grow even brighter as you link even more strongly with the Divine Self. And imagine that this field of light is so bright and has the quality now to deflect all incoming desires sent to you by other people.

And from the perspective of the Divine Self within, you realize that other people's desires are impersonal energies. And you let go of attaching the desire being projected upon you, to the person that is sending it. And you know that these are simply impersonal energies that do not represent the true Self of others. Watch them fall and dissolve into nothingness as they are sent your way so that you have absolutely no response. Nothing touches or has any resonance within you that is not on purpose for you.

Let this field of light evolve and gain more qualities and understandings, more harmonies and notes within this field, this new consciousness that your desire body has transformed into. Observe for a moment, sense, or feel, or notice in whatever way is right for you, the continuing transformation that is occurring in what was your desire body.

Your old desire body will be gradually absorbed into this new field of consciousness. It will occur at whatever pace is right for you, that is in harmony with every part of your life and being. You have given permission, and opened to allow the Divine within you to make this transformation.

As the old desire body is absorbed and transformed, you will become more aware of your desires, of the nature of desire, and all the ways that they can be recognized and released. Let the divine within you show you one way, one desire, or one type of desire that can be released right now in this moment.

All right, and with that come back, feeling the clarity, the spaciousness, the peace that is with you, that is who you are.

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

## **Program 8 Releasing Past Desires**

Greetings from Orin. Start by taking a moment to acknowledge the changes in consciousness you have been recently experiencing. Recognize what you have released, such as old thoughts that no longer come to you - stories, desires that have left. And pay attention to the new thoughts or the lack of them, the new desires or the lack of them, that you have been experiencing recently.

Often, when you make a change and reach a new level, you no longer remember or recognize the change in your consciousness. It is important to know that you are changing, and growing, and transforming, and also to know that once you have made this change, it feels as if it is who you have always been.

Allow an insight to arise from your innermost Self showing you one or several ways that your consciousness has changed; that your life is better from the inner work you have been doing.

You can strengthen your commitment to your growth by acknowledging its impact on your life, and by knowing that the most important thing you are doing is transforming your consciousness. For the outer world is a reflection of your inner world, and to change the events and relationships, the abundance and joy in your life, is to change and transform your consciousness.

This is the most important work you can do to open to the Divine within you, to realize your potential for expansion, to know yourself in new ways. For as you do this work, everything in your life will change. For you are sending out a new and different broadcast that will attract different circumstances, situations, people, thoughts, and feelings into your life.

As you continue this work, you will know a growing sense of peace, greater abundance. And yet, you are not working for this goal. It comes out of your transformation into light, into union with the God within, the source of your being.

Take one more moment to allow to come into your consciousness some new way of thinking, an important insight or transformation you have had recently. And acknowledge; congratulate yourself for the work you are doing to transform your life and consciousness.

Feel your breathing so relaxed, letting it deepen ever so slightly. And with each breath in, imagine that you are opening to the divine within you, the essence, the source of all light and life within you.

And with each breath out, imagine you are connecting with the universe around you, affirming your oneness with all life, opening to expansions of consciousness through your union with the divine, expressed as all the life about you.

You are God/Goddess/All-That-Is expressed as individual you. Feel this, the "I" within you that is the "I" within all life.

And sense the energy all around you from this level of light and awareness as consciousness expressed as various form and life. So that you are elevating your awareness to the level of pure consciousness, where you can see it shining out through everything about you, and through you as well.

Sense your new desire body that is no longer a desire body, but a new field of awareness, blending into, merging into the oneness of all life pure consciousness.

In some way you are letting go of individual desire, opening to the wisdom, and purpose, and vision that comes from contact with the Divine within you through this new field of consciousness. It is providing you with a new sensory system that allows you to be more aware of the Divine within yourself and all life, of the guidance, direction, and purpose flowing through you from a higher source. Open to this now in whatever way comes to you to do so.

Now sense your old desire body and how it projects and sends out its desires. Not desires connected to the oneness of all life, but desires that arise from below, from the personality, mind, and emotions, from mass consciousness, and cultural energies.

Sense how these desires get sent out, like strands of consciousness trying to find places to land, to control. Threads of awareness, just sense that now, how you used to operate from this space of your old desire body, when it had desires it projected on the world and others.

And observe one thread of desire from your old desire body that goes out to some object or person, or event or thing, and how it sets up a push and a pull, a resistance.

And look at the energy that comes back, the tension, the struggle.

In this great light, imagine that you see many more of these threads of consciousness coming from your old desire body, latching on, desiring, trying to change and control the world around.

Move into your new desire body, feel its strength, its beauty, its oneness with source and the whole of life, its connection to the life and the source of life within others.

Become aware of the qualities of light within your new field of awareness that is your transformed desire body, that is so pure, so clear that desires no longer control or have a purpose in this light.

Move your awareness even more into this new field of awareness, claiming it, identifying with it as who you are.

And from this field of awareness, with the power of the light that you are, sense your old desire body and all the threads coming out from it, Perhaps thousands of lines of desire coming out from your old desire body. And sense the struggle and tension that this creates.

And now you are going to do some very important work. There are many special beings here to assist you. Your Divine Self is with you.

You are going to bring the light of this new field of awareness into your old desire body. Beginning to dissolve these lines of desires going out from it, beginning to free it, release it from the bondage that it has been in, that you have experienced.

Light gathering, light growing, the energy of the Divine Self behind you, with you, assisting you; the energy that is you. Do this now. Sever these connections, one by one or all at once, until there is a new sense of freedom.

If it is appropriate, allow an insight into one of these projected desires to come to you right now, so that you may be more aware of dissolving it. Something that you have desired in others, in the world. Become aware of this now, something important that will give you much freedom if you dissolve it. Open to this now, to this insight.

Let another area come to mind. Bring in the light of the Divine Self and move your awareness even more firmly into your transformed desire body. And release this desire with your intention to do so. And give it permission to leave.

And let another major desire come to your mind that you now have the consciousness and the illumination to release that will bring you greater freedom, a sense of peace and spaciousness if you release it.

You have started the process of releasing those desires that have kept you bound to a lesser consciousness, that have taken away your freedom. And you are opening now to a new, freer consciousness, an expanded awareness of a beingness that will create new events, draw to you new circumstances, people, relationships, group work, new activities, more abundant supply, and the ability to recognize that you have all that you need in every moment.

As you continue to release desires, you are creating the space to hear the still, small voice of the divine within you that offers you opportunity in every moment.

So come back easily now, feeling an even greater sense of peacefulness and joy within you. And I bid you good day for now.

## **Program 9 Opening to the Opportunity in Each Moment**

Greetings from Orin. Imagine that you are in a playground. Grass is all around. The temperature is just right. You feel drawn to the swings. You sit in the swing and gently move back and forth. There is such a feeling of ease, of relaxation, of flow and harmony. All your cares and worries fall away. Your mind quiets down. And you feel the rhythm of your body. Back and fourth. And a sense of play. Back and forth.

And as your mind quiets down, you become more aware of your body. There is some innate intelligence in the body that knows what to do, that operates beyond thought to move back and forth. And your breathing becomes freer and deeper and more relaxed. A sense of letting go at a deep level, the surrendering into the moment.

And then without a thought, you get up, and move to the grass to lie down, to feel the sun upon you. And put your body in a comfortable position. And you notice that the movement from the swing to the grass happened at a level beyond the mind. It was just the natural thing to do next, and it happened without your needing to plan

or desire. Instead it arose from within you as the opportunity in that moment, as the needed direction that was effortlessly carried out.

Imagine you are lying comfortably right now, on a blanket, on the grass, and you can feel your breathing growing deeper and more relaxed. Letting go of the outside world, going within to the deeper part of your being. Letting waves of well-being and feelings of relaxation travel through your body.

Sense right now from this level of consciousness, what it is like to have no desire. It is fine if you fall asleep. It is fine if you shift or transform. Whatever happens is perfect and just right for you. Sense how it feels to let go of any expectation of what comes next. Be in this moment. Be with the stillness and the peace of this moment.

Let the stillness deepen, your mind quiet, your emotions calm, and your desire for the next moment is disappearing. There is a sense of the eternal now. You are in a state of waiting, open, receptive, for the shift of consciousness that will come next, for the gift that will be offered you in this moment, for the opportunity that awaits you.

Imagine what it might be like to face the moment, the now, with no picture, no desire, no projection upon it, no expectation of what it might offer you. Just for a moment, experience what that might be like.

Now let that go, and connect more deeply in this silence with the divine within you, the source and essence of your being. Letting its illumination pour through you.

And from this space, again experience the eternal now. What might it be like with this level of illumination to have no desire for the next moment, to let the next moment arise from within you, from the light and the source of your being? Imagine what this might be like. Experience it in whatever way you are guided to, right now.

And let come into your awareness the emerging field of awareness that is your transformed desire body. How bright, how solid, how powerful, and beautiful this field of awareness has become. Notice this now.

And move your awareness even more firmly and deeply into this body of light, this field of consciousness that you have birthed, that is the evolution of your desire body.

And from this consciousness, you are untouched and unaffected by the turbulence of the desires of the world. See how they fall into nothingness as they approach the light that you are.

And sense how there are fewer threads of desires going out from your old desire body, giving you a greater ability to move your awareness into this new field of consciousness.

And with the quietness of spirit that pervades you now, experience, feel, or sense a new openness to what the moment holds, the opportunity that is there, the freedom from expectation or any need to control the next moment.

Experience more deeply this moment, the richness and depth and infinity of this moment, without any desire for what might happen or what comes next. As you do this, you open the space for the spirit, for the source and essence of your being to emerge, to bring you more gifts than you have even asked for gifts of supply and abundance, gifts of consciousness that will serve and empower yourself and others.

Let go into the moment once again. If any desire comes up, move into that field of the transformed desire body to assist you in letting it fall away, allowing you to reach a deeper level of quietness, of receptivity to the Divine Self by experiencing stillness and a presence in the moment.

And as you have more awareness in your new transformed desire body, imagine that this light is spreading out and out through the far reaches of your consciousness, releasing agitation, turbulence, and busyness; releasing all the areas that have veiled the light and spaciousness of the Self, the peace and the sense of perfection that comes with contact with the Self. Let this light spread out to every nook and cranny and corner of your consciousness, dissolving, revealing all that can be released to create more spaciousness and more presence in each moment.

As you feel this sense of spaciousness, of emptiness, of the lack of thoughts, of desire, let the light of the divine of this new field of awareness move through any fear, any energy of any kind that needs to be released for you to deepen and accept and enjoy this sense of freedom from desire, expectation, and judgment.

So identifying with that new field of consciousness, let it expand through any fear of this level of awareness, of peace and inner silence. Do so now.

Move into the deepest, most peaceful state you can imagine, being fully present in the moment, with a sense of your innermost Self, the "I" within you, letting this become your awareness. Nothing you need to do or think about. No desire for any experience, any outcome. Just gratitude and acceptance for the state of consciousness that can be yours of existing in the moment, open and receptive to what is being offered you in this moment.

And as you feel that sense of emptiness, of the absence of desire or thought, notice if anything comes up for you that might stop you from embracing this feeling. Use the light that you have now acquired and incorporated into your being, of this new field of awareness, to open up the space, to release whatever has come to mind that might stop you or make it more difficult to embrace this space of inner silence.

And if it is in the flow for you, let other impediments become visible to you that might stop you from opening and embracing a new silence of being, a new receptivity to the opportunities in each moment, free from desire, expectation. Just a state of openness, letting all appropriate action arise from this state, guided from above, coming from within. What might stop you, if anything? Let it come to the surface and be acknowledged, and then move the light through this.

Make a picture of yourself, imagine taking the time to be silent, to pause and embrace the moment before you act. Think of what your life might be like with this new state of consciousness.

See yourself doing this, being open, letting the energy flow from your Divine Self through you, as you have more and more moments of letting go of desire.

You have done much inner work. And you are opening the door for many marvelous experiences and a new awareness, a new experience of yourself and what your consciousness is will come from this work, this play, this joy, this openness to the divine within you. Coming back easily and gently now. And I bid you good day for now.

## **Program 10 Accelerating Your Transformation**

Greetings from Orin. Focus for a moment on your breathing, letting it become calmer, deeper, slower, and more relaxed. Find a rhythm to your breathing that takes you to a deeper level of relaxation, that assists you in calming down and quieting the thoughts in your mind. Play with your breath for a moment, relaxing, letting go, and opening up to a quiet inner state.

Begin to open up now to your inner world, a world of light, of energy, of images, of illumination, and inspiration. Come into the center of your being, to the very core, to the innermost Self within you.

And as you travel inward and inward, sense the awareness, the "I" that looks out through your eyes, that hears with your ears, that speaks with your mouth; but is not these things.

With the assistance of your Divine Self, move into a deeper awareness, an ability to sense or know the essence of your consciousness, pure awareness that resides within you, that IS you. Feel this now.

There is a greater you that is guiding your life, that is a part of you. And as you open to make contact with this greater Self, as you open to its wisdom and surrender to its guidance, you will begin to identify with this Self, and there will no longer feel as if there are two selves, but only one.

At some level perhaps beyond words, let an even deeper merging of the personality self, the you that you know, occur with the Divine Self, so that more of the divine shines through you. And the personality self, the ego-mind becomes more transparent to the light of the Divine Self within.

Many guides are with you now, many beings of light. Let this merging occur. Set your intention for it to happen.

The essence of your being spirit is always there. The guides and teachers and masters are always there. It is you who must reach out and ask for this contact for it to occur. For you to realize your divinity, you need to make contact, to open up to, and to have the intention for this to occur.

You do not need to use willpower, to struggle, to effort, to try. All you need do is set your intention and open to all the gifts of consciousness that await you as you connect with this innermost Self, as you have been doing. From this higher level, you will receive all the assistance you need to make the transition, to have the insights, the energy, the wisdom, and the guidance.

Open right now and sense all of the energy around you that is there the guides, the teachers, the masters that are there to assist you in taking this next leap of consciousness, in letting go of your old desire body, and opening up, merging with, and identifying with the new field of awareness that is supplanting your old desire body, that is arising in its place.

Open to this help now, ask for it. You might even say, "I am open and receptive to all the assistance that is available to me in making this transition."

With this intention to transform your desire body, to claim the new field of awareness that takes its place, sense the entire universe beginning to line up with this intention. Every situation you encounter becoming a teacher; all the books and audio and courses and teachers coming your way synchronicity happening. The entire universe is beginning to line up to assist you in taking the next steps on your path of evolution.

You might even imagine that you are rising higher and higher into the light. And a radiant light becomes visible to you. You can sense in this light an awakening, a dawning of new consciousness. A new day is upon you, a new chapter in your life is unfolding. You are setting the foundation for a quantum leap into a new consciousness and a new experience of yourself.

Sense the quality of light that you are in growing more beautiful, more powerful, and illuminating a new universe.

And from this higher light look back at the lesser light you are leaving that you have lived in, that contained your old desire body with all of its threads going out, and its struggle and fear and resistance.

Let everything stop for just a moment so that you are entering into a place where you can sense past, present, and future all at once your fully evolved desire body, its new expression, all the way back to the beginning of your desire body. No longer separate events, but one continuous whole.

And with this continuity, take your awareness into the future, into two or three further steps of development of the new field of consciousness that is your transformed desire body. Using your imagination, for a moment go to the place where it is more fully developed than anything you have imagined so far. And move your awareness into it, into that future state. And allow that to permeate your being, giving you glimpses perhaps, of what it might feel like, what the journey ahead might hold.

Notice as you progress the lack of fear and the development of courage; the inner strength, conviction, the quietness of spirit that prevails.

Sense how much more of the divine is radiating through you as you move into the future; how much more transparent the ego-mind has become.

Notice how your understanding has deepened in this future state. Your wisdom has grown.

Your ability to be in contact with the divine has become more consistent.

You are able to sustain higher states in many more environments. The clarity of your light goes further and further out in this new field of awareness, keeping all the energies around you harmonized and clear. Look at your future self. Become this Self. Claim this awareness right now, in this moment.

And sense in some way, make a picture of, or allow yourself by setting your intention to do so, to make contact with your fully enlightened Self, that is also a part of this spectrum of consciousness that you are playing with right now.

With all the masters and beings of light you are playing with, imagine that the gap, the separation between who you are now in this moment, and your fully enlightened Self begins to be bridged. Channels of light flowing from your future Self to you now, calling you forward, taking pieces of your consciousness, infusing them with this light, and awakening you even more rapidly, easily, and harmoniously to this state that awaits you.

From the brilliance of this fully enlightened state imagine that you are now able to look at yourself of today, and then in the past, with your old desire body.

Notice what you are doing as this radiant, enlightened Self to support and make contact with the other stages of your being.

You are opening up your ability in the moment to travel more freely into and to become more a part of the consciousness that awaits you. It is not separated from you by time. It is there for you to access right now, in this moment, to whatever degree you are ready and will allow into your life. With a sense of yourself and where you are at right now, affirm if you would like to do so, that you are ready for much more light and consciousness. And ask for assistance.

And as an act of spiritual power, declare firmly that you are ready for a quantum leap in your path of unfoldment, of releasing your desires, of becoming more transparent to the ego-mind, and of letting the inner light unfold and reveal itself more fully. Do this now when you are ready.

Imagine that past, present, and future are coming together into one energy. There is no judgment of where you have been in the past, for it is a natural progression and unfoldment into light, into consciousness. You see all of this, you perceive it as a beautiful unfoldment of consciousness, like a flower opening to the light.

You can see the beauty of all the desires you have had and how they have led you to be here in this moment, to prepare for and open to the next step. And the perfect, beautiful sequence that is unfolding perfectly to take you into a more fully realized state of being where you have realized your oneness with the All That Is, where you have realized who you are, where you unfolded more of the divine within you, and you can discern the real from the unreal.

Allow whatever is right for you to occur as your next step, open to this now. If there is any vision, or thought, or picture of this next step, let it come to you now. Or perhaps it will simply occur without any idea in advance.

You can view your progression into light, less as a linear step-by-step way, and more as part of a complete whole, where quantum leaps can be taken in a moment, where major accelerations can occur, and where your consciousness can shift from one level to another in a moment of insight and revelation.

With the light that is here, let go in whatever way is right for you of any preconceived ideas of how rapid or slow, or how many steps remain for you on the path. You may be further along than you are aware of. You may be closer to Self realization than you know.

Ask right now for the light of the Divine Self to release you from any ideas that have held you back, any beliefs that have made the path look longer or harder than it is. Let these be released now, and open to receive these gifts of consciousness that will release you from the past.

You are facing the future fresh, open, ready for all the light and consciousness that is coming your way. Ask for a shift of consciousness right now in this moment, and open to receive it.

And as you come back, feel the joining of past, present, and future selves into one complete whole. Feel your consciousness moving into this, becoming a part of this even more. And enjoy the new consciousness that is yours, right now.

And with that I bid you good day for now.

## **Program 11 Elevating All the Energies About You**

Greetings from Orin. Allow yourself to grow very quiet within. Letting go of the day, of your thoughts; traveling inward to the innermost part of your being. Relax your body and put it in a comfortable position. Letting your body relax even more deeply.

And notice your breath and allow it to become deeper, smoother, and even more relaxed. Sense the Divine Self within you as a radiant light that is beginning to reveal itself to you in more depth, in more ways, through many more layers of your consciousness. Give it permission to become more visible, to show itself in new ways. Open to have the divine within you shine through many more layers of your consciousness with its light.

And imagine that your personality, your mind and ego, is being absorbed into the brighter light of the divine within you, blending and merging.

And as this happens, affirm that you are ready to let go of your identification with the ego and mind, and instead begin the process of identifying with your Divine Self as who you are. Taking that next step, a new self identity.

Sense the Divine Self reaching out to you, opening the path, assisting you in every way possible to take the steps that are next for you to take, drawing you into itself. Offering you new gifts of consciousness of joy and light, of wisdom, of understanding, and peace.

As you focus on the Self, as you surrender and open and allow yourself to be more absorbed into this greater light, there is no limit to the consciousness you can attain. You are entering into an infinite world of unlimited expansion.

Feel the energy of expansion in your body, an ability to breathe more easily and deeply; a sense of release as you are expanding beyond the limits and boundaries you have set.

Imagine that at some energy level all that has kept you contained, that is no longer necessary, is being released in the light of the Self that is pouring through you.

Let your illumination grow even brighter. Invite the presence of the Divine Self within you to be more fully present.

Sense this Divine Self as not something separate or outside of you, but as the source of your awareness, the "I" within you.

You are opening your own being, to the realization of the divine consciousness that you are. This divine consciousness becomes you and your awareness as you make contact with it, open to it, surrender, and allow it into your life; as you listen to the still small voice, and stop responding to the lower energies.

Sense your new desire body. It is continuing to evolve and develop.

With the assistance of all the beings here and your Divine Self, move your awareness into this new desire body, what I now call a field of awareness that is a transformed desire body. Notice its beauty.

In some ways it has a crystalline structure, beautiful diamond-shaped patterns of light that perfectly reflect the higher light of the divine. Feel the shift in consciousness as you merge with this light, as you put more of your awareness into it.

Let it become more firmly anchored into your beingness so that your awareness now encompasses this new field of light. There is no longer a need to move into; it is there.

You can access it. You can operate from this new level of understanding and awareness. Do this now, allow the connection to become more permanent and sustained. It is as if you are overlaying the new consciousness around the old desire body.

And the old desire body, some of the structure of it, some of the boundaries and definition are becoming less visible, as it blends and merges with this new field of consciousness that can not hold desire, that operates at a whole other level to get things done and to manifest.

What you have done and what you have in your life, and what you have created, has come out of the consciousness of your old desire body, what it wants and desires. This transformation is more than just changing what you desire. It brings you an entirely new experience of yourself, a completely different understanding of reality. Your interaction with the oneness changes, your sense of individuality is transformed. Your union with the divine becomes more complete. All this and more awaits you.

And as I am speaking, many beings of light are working with you now to begin blending your old desire body into the new, for an easy, seamless transition, step-by-step. All that limited you is being released, and you are opening to a new, more expanded universe.

Imagine that a great light, the light of the Divine Self is being thrown upon your outer world, and is showing you where you might create more beautiful patterns from the higher consciousness you are now reaching. And where the patterns in your life were created from a lesser level of consciousness, from your old desire body. Let one of these areas come to mind right now. You may or may not be shown any changes that need to be made right now. But just by shining the light of the new desire body upon this area, you will be given many insights and the consciousness to change it. Let this area become visible right now.

Moving in, remembering your connection to the new field of consciousness, looking out through this awareness at the old pattern that you have identified, and letting any insights are revelations come to you now or in the future, as you open and bring this new awareness to whatever area of your life appears.

Now take this new field of awareness that is you, and scan all the areas of your life that come to mind, one after another. Do nothing with these areas other than bring the light of this new consciousness into them, simply by holding them in your awareness at the same time as you hold this new field of light, this peaceful, quiet new state, infused with the light of your Divine Self. Wanting nothing for the separated self, no desire. Clear and pure, the energy that you are.

Know that as you bring each area into your awareness at this level of light you are beginning the process of upgrading it, of elevating it, of having it match and come into resonance with this new consciousness.

Let come to mind an area of your life a relationship, a circumstance, a situation that is most ready to shift of any area of your life, that with just a little more consciousness, and a little more light, this area would come into greater alignment with your path and purpose, and would be more pleasing, and bring you more joy. Let this come to mind now.

And bring the light of your new consciousness into this area.

And let come to mind an area of your life that if you put more of this awareness into, would create the most shift for you, bring you a greater sense of expansion, and a deeper sense of the freedom that is there.

You do not need to find a solution. All you need do is bring this great light of the new transformed desire body, the Divine Self within you holding the focus. So that the answers will emerge and the changes will occur in the perfect time, and in the perfect way as you let go of any desire for how these changes might come about.

Stand in the center of your life. Imagine that every person, every event, every object, every circumstance is all around you, as if you are the center of a wheel. Increase your contact with the divine just by having the intention to do so.

Allow your inner light to grow even brighter.

Radiate this inner light through your old desire body, seeing even more of the impediments and the blockages that were caused by desire, dissolve.

And then see the light of the divine flowing out to every area of your life, bringing everything into greater alignment with divine will and your higher path and purpose.

Give the old permission to leave. And the old patterns that were sustained by your old desire body are dissolving, falling into the nothingness.

And the new patterns, the beautiful, crystalline patterns that reflect this higher light are being created all around you.

And know that what comes will be even better, bringing you more joy, more abundance, more peace, and more consciousness, as you embrace the new and release the old.

As you come back, you will remember the insights you have had. And there are many more to come that will lead you to greater freedom and an expansion beyond all past limits into a new realm of joy, harmony, and peace. And with that I bid you good day for now.

## **Program 12 Living an Inspired Life**

Greetings from Orin. As you breathe in, allow yourself to grow very peaceful. Relax your body and find a comfortable position. Letting relaxation travel down from the top of your head into your eyes, your jaw, your neck; releasing and relaxing your shoulders and arms. Letting your breathing grow deeper, more relaxed, slower, calmer. And letting that relaxation travel down your stomach, your back, down your legs all the way to your feet.

And as you relax your body, notice your mind calming down, becoming more quiet and peaceful. Take a deep breath in and imagine you are drawing back into yourself all the desires you have sent out into the universe, all the wants and needs that are still unfulfilled.

Contacting your Divine Self, move into your new field of awareness, becoming more radiant; sensing your new transformed desire body as who you are.

And with this awareness, call back even more of your unfulfilled desires, unmet needs, things you wanted years ago that you have even forgotten about, but are still sitting there, unfulfilled, taking your energy, coming across your thoughts every now and then. As if the light in you is so bright, so solid, that it is easy to sever the connection, to release and let go of these. Do so now.

You may or may not have pictures of what you are letting go of. Your intention to let go of these is all that is necessary for them to leave. As they come across your mind in the future you will instantly recognize that you are seeing an area dissolve that you worked on in this meditation, even though at the time you may not have known it was this area. Keep clearing, keep spreading out the light.

And there is a joy and a flow to this light of your transformed desire body. It is a pure and clear channel for the divine to flow through you and out to the world. So get very silent right now, as if you are in a state of waiting, of anticipating something wonderful, listening within.

And something is opening up within you. Some new gift of consciousness from the divine within you is opening up for you right now.

This new consciousness carries with it many qualities, many new insights and revelations. It is quite a rich gift of consciousness.

And one of those gifts is the ability to receive and recognize inspiration. Imagine that something within you is opening, reaching even higher than ever before into the Divine Self.

You are opening a new channel of light to the innermost part of your being, to the God within. And you are asking for a seed of inspiration, the inspiration that will lead you forward on your path. The inspiration that will replace desire and bring with it all the energy, resources, people, opportunities, conditions, understandings, and every thing that this seed needs to be fulfilled and to appear in your consciousness and on the material plane, if that is its purpose.

Receive this seed right now, a living entity of great light. Bring it into your heart and let it unfold in the light of love.

One of the gifts of this new consciousness is the ability to be more present in the moment in a state of peace, in a state of silence, without any desire. Let this state deepen right now. You may go in and out of it, that is fine. Allow the divine within you to draw you inward so that you may experience a deep sense of peace, stillness, and desirelessness.

And another gift of consciousness that you have just received is the ability to experience each moment in a different way. That way will be unique to you. So open now, observe what might be different in your ability to be present in this moment and the next, and the next, and the richness that is there with this consciousness.

And another gift of this consciousness is the ability to release the need to do, to be active, to be busy, so that you may experience more moments of peace and stillness, where you can hear the voice of the divine. Where you can feel the silence and peace of the divine within you that is guiding you in each moment to that which will manifest your highest path and purpose. Receive this gift.

Fall into the perfection and beauty of this moment, and the next. And allow it to release something within you that has kept you too busy, too active, or too focused on the material world. To release you, so that you may have more time, more of the peace of this inner world.

As you reach this state, listen to that still, small, quiet voice. Is there something that it has been talking to you about? Something that you have been hearing that you have not responded to yet? Scan your consciousness. Allow this voice to emerge right now, the still, small, quiet voice that comes from the innermost part of your being. What message is it conveying, right now, in this moment?

Look at an area of your life that you want to be different. Start by letting go of the desire to change this area in any particular way as you look at it. Hold it in your mind with no story, no judgment, no desire; experiencing this area through the consciousness of your new, transformed desire body.

With the new gifts of consciousness you have received, and the light of the divine shining through you, sense the greater peace you have as you look out on this area with no story and no desire. It just is what it is. No self-judgment, no self-blame, just a sense of being with this area.

Spread the light out through this area, the light of desirelessness, of peace and harmony.

And receive a seed of inspiration for this area, something that will unfold in the days and weeks to come, that will rise up from within you, and seem the natural and perfect thing to do in that moment. Receive this now.

Let go at an even deeper level of any desire you have for this area to be transformed in any particular way, and surrender to the light of the Divine within you, to bring you the perfect solution, the ideal outcome, even more than you can imagine or ask for.

Surrender to the wisdom of the divine to bring you exactly what you need in the perfect time and the perfect way. Bringing you the understanding, the wisdom, the courage, the strength, the ability to move forward, for opportunities everything that you need will be provided when you come from this level of light when you let go of the push and the struggle of the desire body, and open to the inspiration of the Divine Self.

Sense the difference now between working, propelled by inspiration; to create from inspiration, versus to create from desire. See how one separates you from that you would want and have, and that which you are creating; and how the other brings about great energy and forward movement.

And with this greater light, imagine that the old desire body is being dissolved and lifted off of you right now to an even greater extent. Some new freedom is yours, some desire that has held you back is gone, some old pattern has been released. Let this happen now.

Imagine what your life might be like if the energy that impelled you to action came from inspiration rather than desire. See the energy you would have, the clear guidance you would be acting upon, the confidence, the opportunities that would appear just as you need them; the ability to live in the moment, to trust, to surrender, and to enjoy the magical unfoldment of your life. Embrace this; give it permission to be the way you experience your life. Open to this new consciousness in every possible way, and it will be yours.

So coming back easily, knowing that you have undergone a major transformation. And the benefits will show up for months and years to come of all the seeds you have planted, the gifts of consciousness you have opened to, the permission you have given to your Divine Self for this opportunity to dissolve the desire body, and your intention to live in this new field of consciousness.

All this and more will come about in the perfect time and in the perfect way, and in harmony with every level of your being and life.

And with that I bid you good day and many wonderful journeys 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)