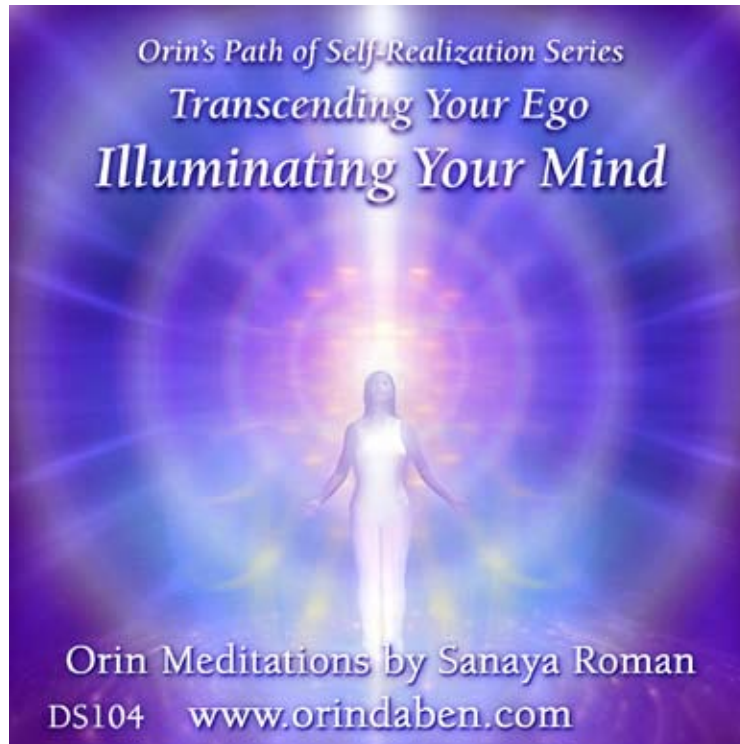


Orin's Path of Self-Realization Series

Transcending Your Ego

Illuminating Your Mind



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

Written Material to Accompany
Orin's Audio Course

Includes Transcripts

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Orin's Path of Self-Realization Series
Transcending Your Ego
Illuminating Your Mind
Audio Program Index

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

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

Program 1	Experiencing the Light That Reveals the Mind <i>Music: TH047E Spiritual Sun Lifting</i>	26:50
Program 2	Realizing the True Nature of Thoughts <i>Music: TH039E Sea of Light</i>	28:42
Program 3	Rising Above Mind–Chatter: Having a Spacious Mind <i>Music: TH026E Solar Light Transmissions</i>	28:49
Program 4	Responding to Your Thoughts in New Ways <i>Music: TH034E Angels of Divine Love</i>	27:47
Program 5	Letting Go of Worry Thoughts <i>Music: TH016E Healing Treatment</i>	29:25
Program 6	Freeing Yourself From Limiting Beliefs <i>Music: TH063E The Blessed One</i>	29:59
Program 7	Dissolving Fixed Opinions: Awakening Divine Vision <i>Music: Pole Star TH037E</i>	30:09
Program 8	Strengthening Divine Self Guidance <i>Music: Radiating Emotional Flow TH053E</i>	29:26
Program 9	Connecting With the Divine Self of Others <i>Music: Emotional Flow Calm TH052E</i>	28:56
Program 10	Receiving Divine Ideas: Opening to New Possibilities <i>Music: TH038E Great Bear</i>	27:59
Program 11	Releasing Limiting Thoughts About Body and Aging <i>Music: TH009E Temple of Healing Love</i>	30:10
Program 12	Illuminating Your Mind: Enjoying New Ways of Thinking <i>Music: TH027E Songs of the One–Suite 1</i>	29:13

Other courses in the *Transcending Your Ego* Series:

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

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

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

[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: Illuminating Your Mind

Audio Meditations by Orin

Channeled by Sanaya Roman

Greetings from Orin!

In this course you will open to the illumination of the Divine Self that reveals the nature of your ego-mind, that reveals the thoughts, beliefs, concepts, illusions, thought forms, and other aspects of the mind that have veiled the light of your Divine Self.

A new light is dawning within you.
A new consciousness is being born as you awaken
to the illumination that reveals your ego-mind.

As you listen to these journeys and open to the illumination of your Divine Self that reveals your ego-mind, you can sense a new light dawning within you. A new consciousness is being born, a greater freedom to think, to act, and to be in the world as you truly are.

With this illumination, your thoughts reflect the inspiration and the creativity of your Divine Self. You have fresh, expansive, original ideas. You are no longer at the effect of the thoughts, beliefs, and projections others put upon you. You can more easily choose the thoughts you want. You stop being distracted by unnecessary thoughts that lead you in circles, take your energy, and that do not serve a purpose. You recognize thoughts that come from your Divine Self because they reflect divine ideas and show you your path. These illumined thoughts free you from the illusions that have kept you bound to a lesser level of light, feeling stuck, or not knowing how to move forward in some area of your life.

As you contact your Divine Self,
you have the power to free yourself
from unnecessary and unwanted thoughts.

These thoughts are not really your thoughts; they are thoughts that come from mass consciousness and are everywhere. They are easy to pick up and think they are yours. You can recognize these types of thoughts because they do not carry the illumination of the Self. They do not lift you. They do not serve you. They bring doubts and worry and make you feel less about yourself, your life, and about other people. They do not reveal the beauty and the light within you and others.

You can have an increasing ability
to be in the present moment.

You can recognize and detach from thoughts that pull you out of your center. You can open to the spiritual power of the Divine Self that reveals the truth about your body, health, finances, relationships, and any situation in your life. This truth shows you that you are the Divine Self, and that there need be no limitation, shortage, or discord in any area of your life.

In the light of your Divine Self, you can watch thoughts arise and fall away. You can realize that thoughts in and of themselves have no power over you; they only tell you stories, they color the way you look at the world. Certain types of thoughts have become beliefs that keep the light of your Divine Self from shining through you.

You will open to the light of your Divine Self that can dissolve these beliefs, with your permission—beliefs that say you are not capable, that you are not worthy, deserving, or as good as others; that you are flawed in some way. As you connect with your Divine Self and experience Its consciousness, you know that these thoughts cannot be true.

You can experience the illumination of your Divine Self that reveals the infinite potential and possibilities for every area of your life, such as for your relationships, job, finances, and health. These thoughts and realizations offer hope and inspiration, and bring about uplifting, harmonious situations.

Acknowledge the Divine Self as who you are.
Realize your true identity.

As these thoughts and beliefs dissolve you can acknowledge who you are deep within. You can know that you are the Divine Self. You are infinite. You are eternal. You are perfection. You are wisdom and understanding. You are purpose and Will. You are complete and whole, just as you are.

You can open to your Divine Self in silence.
You can move beyond your mind into pure awareness.

Throughout these journeys, I will guide you into states of pure awareness beyond the mind. In moments of inner silence and receptivity, and with the intention to connect with your Divine Self, every thing can happen. Time stands still. Another dimension opens up. Energy that was not available before becomes available. Wisdom comes through you. You become more magnetic to your higher good. Something that has held you back is released—some thought, opinion, worry, or fear is gone. Whenever you meet the Divine Self in silence, something wonderful happens. Some new gift of consciousness becomes yours. An empowering opportunity that was not available before is now a possibility.

Out of your silent contact with your Divine Self can come creative thoughts, clear inner guidance, and knowingness about what steps to take in any given situation. Out of this contact can come a surge of energy, an up-swelling of joy, or a sense of relief or inner peace. When you do take action, something will be more flowing. You will be more actively engaged in what you are doing and there will be a feeling of rightness about it. You may choose to do the same thing you were doing before, but the quality of energy you bring to it will be different. And, you may choose to do something altogether different than what you had originally planned to do after you link with your Divine Self.

As you open to your Divine Self,
you can experience other people in new, more loving ways.

You can open to the love of the Divine Self that is beyond the mind, beyond judgment and criticism—love that joins and harmonizes rather than the ego-mind that separates and divides. With the illumination of the Self that reveals the ego-mind and takes you beyond the mind, you can more easily recognize and release thoughts, beliefs, stories, and judgments of others. These might have kept you feeling vulnerable, alone, unloved, or separate from others in some way. With this illumination you can offer more love, understanding, and compassion to yourself and others, and have more satisfying, fulfilling, loving, and harmonious relationships.

Receive divine ideas that guide you
to creating the Divine Perfection that is possible in all situations.

You will learn how to open to and receive divine ideas from your Divine Self. You might even picture them as shimmering thought forms—complete, beautiful seeds of light. Each one is a great gift. Each one opens up another possibility for your life. Each divine idea contains all that it needs to unfold perfectly in your life.

You can receive divine ideas for any circumstance or situation, for your health, well-being, relationships, projects, and finances. These seeds of divine ideas dissolve any thoughts that are untrue, that show you lack, discord, or limitation. As the old thoughts leave, you change your future. You are altering what you draw into your life in a real and powerful way. You are opening to having the perfection of this area become manifest in accordance with the divine plan and purpose of your life.

Receive divine seeds of purpose.

In these journeys, if you choose, you can receive divine seeds of purpose from your Divine Self that will bring you some fresh truth, understanding, or vision of your purpose—why you are here. This purpose, as it unfolds, will be a gift not only to you, but to those around you. The seed of purpose is very special and only given to those who are ready, who have asked for it, and who have reached the level of illumination that allows them to use it.

This seed offers you a greater realization of who you are, of the plan and purpose of your life, and of the nature of reality. It is a precious gift of consciousness. This seed aligns you with Divine Will and assists your ego in becoming more transparent to the infinite, eternal light of your Divine Self. With your invitation, this seed of purpose can take your mental body to its next level of illumination and open up the concepts that form your identity, so you can birth a new you, beyond the ego, and take the next steps on your path of Self-Realization.

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:
Illuminating Your Mind*

Audio Meditations by Orin

Channeled by Sanaya Roman

Transcripts of Journeys

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

Program 1 Experiencing the Light That Reveals the Mind

Greetings from Orin. In this journey you will open to the illumination of the Divine Self that reveals the nature of the mind. As you open to this light, the quality of illumination that it brings will reveal to you those thoughts, beliefs, concepts, illusions, thought forms, and other aspects of the mind that have veiled the light of your Divine Self.

With this light your mind can reflect the inspiration and the creativity of your Divine Self. You can have fresh, new, original ideas. You can experience more of the completeness of any idea you have. You can free yourself from the impact of the thoughts, beliefs, and projections of others upon you.

With the level of illumination you will be guided to open to in this series of journeys, you will have a greater ability to choose the thoughts you want, to let go of thoughts that are not necessary, that are not on purpose, and to learn how to receive and open to those thoughts that come from your Divine Self, that show you your path and that lead to your liberation and freedom from all of the illusions, misperceptions, and concepts that keep you bound to a lesser level of light.

So let us begin now to open to the light that reveals the mind so that you can better work with it, understand it, and know what it means to have an illumined mind, experiencing this as part of who you are.

Start now by opening to the light of your soul and notice just by thinking of it your soul is called to you, and your inner illumination begins to increase. Sense the illumination that your soul provides.

Feel the love of your soul pouring through you, recognizing all the love that you are and have within you. You have a depth of love within you that you are learning to express. Let some veil, some separation between you and your ability to express all the love that is within you fall away, so that at some deep level you are better able to experience and express the love that is within you.

And the light of your soul lights up, illuminates in some way the light of your Divine Self. The central pillar of light, the core of light within you, begins to glow, to radiate, to become more visible to you.

And the Divine Self begins to pull you into Itself even more deeply. And you open to the consciousness of your Divine Self, the light of your Divine Self pouring through you, radiating through you.

And you are becoming aware of your inner world, a world of pictures, images, thoughts, ideas, concepts, and beliefs.

And in the light you are in right now, begin to sense your mind; perhaps symbolically like a room. What can you do to make this room more beautiful? Perhaps it needs more windows. Perhaps the cobwebs need to be cleared out. Make the room of your mind symbolically more beautiful right now in some way.

You might sense a sun of light, the light of the Divine Self, beginning to illuminate this room. The walls become more transparent. Something begins to open up. More light pours in. Perhaps you want to open the windows and the doors. Perhaps you want to dissolve the walls so that you are in the light, in nature, in beauty, wherever you are led to be.

And the light grows brighter and more beautiful until there are no longer any walls in the room of your mind. There is a sense of spaciousness, a sense of connection to the radiance of the Divine that is being revealed all around you.

Allow this radiance to grow—the central pillar of light within you, spreading out and out symbolically, many, many, many feet from your body. And even letting go of a sense of a body, becoming this light, this radiance.

And a great being is joining us now. One whose light reveals the light of the real, who provides the energy and space of illumination to make it easier for you to reach this level of illumination, of mental illumination, where you can know what is real. Where you can look at the mind and see its nature, its role, and work with it more effectively.

A great light is being offered to you. A new space of illumination is being opened up for you. No matter what level you are at, you are being offered an even greater illumination of the mind than anything you have yet experienced. If you would like to accept this, if it is your intention to illuminate your mind and your thoughts, accept this light, move into it, and allow it into your life and consciousness.

It is as if you are in the clearest light, the light is so beautiful, the light of the Divine that is shining through you. The quality of light that you are being assisted in opening to from the divine being who is here begins to clear, begins to open for you a new potential.

Sense the clarity and brilliance of this quality of light, of this inner light that is being born in you right now, in this moment.

There may be a sense of expansion, of increased illumination. It is as if you were seeing under the light of a 100 watt bulb and now the light is being turned up and up, revealing more, allowing you to have more vision, understanding, and awareness of your mind, of the nature of your thoughts. And to awaken within you the spiritual power to work with your thoughts and to transform them.

You are being joined by several more beings who work with the very, very great radiant being who is here. They are stepping down this light so that you may incorporate this radiance into more levels of your being and sustain it more easily.

Sense the radiance of this light. Allow it to continue to expand. Notice its crystalline nature, the clarity that it opens up for you.

From this illumination, imagine that you are standing outside of yourself symbolically, looking at the mental illumination that you have.

Sense the light of the mind that you have developed so far, however it appears to you.

Notice a general light that radiates out from the middle of your head—the light of mind and the light of matter.

And from this perspective, from this illumination, begin to blend with this light in a way that the light in your head grows brighter, clearer, more filled with the qualities of illumination of the Divine Self.

It is as if the light radiating from the middle of the center of your head is growing much brighter. Its illumination opens up the ability to know more about the mind, thoughts, concepts, and ideas.

The light of the mind, opening up, opening up in the brilliance of the soul's light combined with the light of the Divine Self. Blending this with the light in the middle of your head, a light that illuminates the thoughts and the role of the mind.

And let go of this thought of a light in the head. And now let the illumination of your Divine Self grow even more beautiful and radiant, all throughout your being.

And from this perspective - as if you are outside of yourself, using your imagination, look at your mental body, your mind. Notice where it is clear. Notice the light that radiates from it. Play with it for a moment. How could you make it more beautiful, clearer, more reflective of the light of the Divine?

As an observer notice what happens as the inner light, the light of the Divine Self, the central pillar of light begins to grow more beautiful, more radiant. And begins to radiate from within all the way through the mind, beginning to clear, beginning to open everything that stands in the way of the Divine Self revealing Itself to you. Watch this happen now.

Notice as you turn up the level of radiance, as you open more to the Divine Self and the radiance of the Self pours through you, observe what happens to all the energies of the mind, to the thoughts, and patterns, and beliefs, and concepts. Watch what happens as these are filled with light, and the light becomes so bright the nature of these thoughts, patterns, concepts, beliefs, and memories are revealed, to whatever degree and whatever level of revelation is perfect for you to have right now. Know that this will be expanding as you continue.

As you come back throughout the next days, you will have new insights and revelations about the nature of your mind and thoughts. These revelations will be unique to you and exactly what you need to take the next steps on your path.

And so come back easily now. And I bid you good day for now.

Program 2 Realizing the True Nature of Thoughts

Greetings from Orin. Call upon your soul right now. Open to its awareness. You might enter into your soul's light by sensing the radiance of your heart center, and imagining in the middle of your heart is a bud, like a rose.

And in the center of the bud is a light, a radiant light, a seed of light that is opening up the rosebud. And as the bud of light opens up, the radiance of love begins to spread throughout your body, mind, and emotions.

And this beautiful, soft and radiant light of love begins to soften in some way your thoughts; begins to infuse your thoughts with love.

Imagine if every thought you had carried upon it a quality of love; if you could recognize the love that is within every thought. Just open to this if you would like to experience each thought as a carrier of love. Set this as your intention so that every thought you have will be a loving thought no matter what kind of energy is with it. You will sense the love at its core.

Just open to this as a possibility, that every thought will carry the radiance of love—love for yourself, love for others, love for all life.

And open to the radiance of your Divine Self, letting the illumination that reveals the mind and thoughts grow even brighter right now. As if the central pillar of light within you, the core of your being is spreading Its illumination through your mind and thoughts. Let this happen now.

And your Divine Self is illuminating for you divine love, the love that is the foundation of the universe—the love that is part of everything, that is everywhere—omnipresent. The love that is available to you in every moment, permeating and penetrating every level of your being if you open to it, and make contact with the Divine. So open right now to your Divine Self. You might want to get very still and quiet within. Letting that inner radiance, that inner light grow brighter.

As you grow quieter within, your thoughts may still be there. That is fine. They have less ability to draw you inward to them right now, to draw your attention to them. And your thoughts become like a stream of energy that you can rise above. Focusing on the light and the illumination of the Divine Self right now.

And allow this illumination to reveal to you the love that is ever present, all around you. The love that makes possible change and growth, that is patient, that knows that

you are perfect right now, as you are. The love that accepts and the love of the Divine for you that is always there without judgment, loving you unconditionally.

Let this love penetrate your thoughts, come into the core of your being and radiate out from you—such softness, such harmony—a sense of ease, of acceptance.

And as this peaceful, harmonious feeling grows stronger, as the presence of love comes into your being at more levels, feel the Divine Self within becoming present. As if some veil, some separation is coming down. And in the softness of love, more light, more beauty, more illumination of the Divine Self can be revealed.

Let this feeling of self acceptance become stronger. Opening up to the sense of the beauty of who you are. And from this space of love and the radiance of your Divine Self, sense your thoughts. Let them become more illuminated and let the quality of love pour through you and out to your thoughts.

From this state, allow yourself to have a deeper realization about the nature of your thoughts. Sense your thoughts as a flow of energy.

From this state of love, you understand in some way that thoughts are simply energy. They arise and they go away. They have no power over you. Sense in this state of your heart's light, of the love and illumination of your Divine Self, any power they have had over you is changing in the light of realization that you are holding right now.

You might even sense them as a small child with a smile in your heart. You see that they tell you stories; that they color the way you think of the world. Look at your thoughts for a moment from this soft heart light.

Your thoughts have tried to convince you that they are telling you the nature of reality. And you can see in a new light the nature of your thoughts. Your vision and your view of your thoughts are expanding. You are looking at them in the light of illumination that is there right now for you. Let some new insight, some new understanding of your thoughts emerge into your consciousness.

And let a thought arise, one that you have resisted or tried to change that seems to keep arising.

Now open to this illumination of the Divine Self and the softness of love, letting the courage and strength of love pour through you. Letting the illumination of the Divine Self that illuminates the nature of the mind and thoughts awaken you—shining this light on the mind. Letting this light move through this thought.

Until you can understand that this is just a thought, until you can see the thought as transparent, just a concept, just an idea, and not necessarily a reflection of the truth. See it, see it for the energy form that it is.

And move this light through the thought; watching it change, dissolve. Noticing that as you reveal the nature of this thought, it begins to release itself from you, it can no longer stay in the radiance of the light that you are holding. Keep shining this light on this thought, letting the softness of love and the radiance of light reveal the nature of this thought even more.

And you might even let a playfulness about your thoughts arise, the smile in your heart, the joy of holding your thoughts lightly. Seeing that they are not you and they are not necessarily telling you the truth about reality.

Let another thought arise right now, something that your Divine Self is showing you. Let some thought arise for you to examine and look at.

Play with this thought. Experiment with holding it lightly, not as a statement of fact but as an energy form.

Spread love around this thought. Let the light illuminate this thought, the light of the Real, the light of the Divine Self, and watch it transform. Sense what it is like to hold a thought lightly.

As the illumination spreads through you, as you open to the light of the Divine Self, imagine that you can see all of your thoughts around you, or sense them in some way, like little satellites of energy all around you. Each one is telling you something about yourself, is telling you something about the nature of reality and the world you live

in. Some of these thoughts show you your purpose and are illumined thoughts. Some come from a very high source; others come from mass consciousness, from the media, and the books, and the energies around you.

Others are memories, thoughts given to you by your culture and the people around you, or given to you from your family.

Just notice the general nature of the thoughts that you have collected and allowed to remain within your being. And in the light of the Divine Self, with a gentleness and fearlessness of love that embraces all, that knows its power, the power of love, just begin to spread that inner light outward, out through all of these thoughts. Letting the Divine Self spread Its light outward through the thoughts. Observe, be open and note what happens.

All right, enjoy in the days to come playing with your thoughts, holding them lightly, paying more attention to them, to the nature of the energy that you allow into your being.

Just increasing your awareness right now of the thoughts you allow into your consciousness: their nature, duration, intensity, the frequency and persistence. Becoming aware of how you think, and allowing that light of the Divine Self to reveal for you even more about the nature of your thoughts as part of the path to bringing the light to the mind.

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

Program 3 Rising Above Mind-Chatter: Having a Spacious Mind

Greetings from Orin. You are building a wonderful level of illumination that is revealing to you the nature of your thoughts—how they come about, their impact upon you. And even more importantly, revealing to you how to transform them and work with them in the illumination that is provided by your contact with the Divine Self within you.

Sense right now the central pillar of light within you—the divine Essence of your being the source of light and life within you.

Have the intention to deepen your contact with this innermost Self so that you can know this Self as who you are.

And sense or picture in some way your Divine Self is reaching out to you, magnetically drawing you to Itself, providing the motivation and the impulse to do this work.

And as you continue to open to the Divine Self, the path gets easier and smoother. Each channel you open, each contact you make brings you that much more of the consciousness of your Divine Self and makes it that much easier to strengthen and deepen this contact. It is a process that builds upon itself. Energy is created that becomes self-generating. The more you do, the more you open, the more you are drawn in, the easier it becomes to make contact and to know yourself, to identify with the Divine Self as who you are. Let that inner light grow.

Opening to a gift of consciousness from your Divine Self that will allow you to see, or sense, or become more aware of the thoughts that come to your mind throughout the day. The more awareness you bring to this, the more power you have to accept or not accept those thoughts. So open to this gift of consciousness that helps you become more aware of the thoughts you have, the nature of those thoughts; awareness that will allow you to change them or not accept them. Receive this consciousness right now.

Let a thought arise right now, in this moment. Can you watch your thoughts arise? The light of the Divine Self is now being turned upon the thoughts. Thoughts may seem to come from nowhere, pass through your mind, and then leave.

Let some transitory thoughts come through your mind right now, thoughts that have very little emotional energy for you—thoughts that can come up, be observed, and released. Let your innermost Self show you some of these types of thoughts, ones that you might have through out the day.

Sense some of these thoughts, more like chatter in your mind—a parade of thoughts that you almost do not even pay attention to, one after another. You might even call it “mind chatter.” Notice how much of your day is filled with these types of thoughts. Letting that light of the Divine Self reveal to you more of these thoughts and their nature.

If you are ready and if it is your intention, you can begin to clear your mind of these type of thoughts: thoughts that lead nowhere, that take up energy, that do not serve a purpose.

If you clear these thoughts with the light of the Divine Self, you open up the space to have more illumined thoughts—powerful, creative, inspired thoughts that will bring you freedom, show you your path, and bring many, many gifts to you. If it is your intention to clear some of these thoughts, let the light of the Divine Self grow stronger within you. This time let the light spread out way beyond the space that you were able to radiate through before. More of the power of the Divine Self and the light of realization is pouring through you. You are opening to It and accepting it.

This is the power of the light that reveals the nature of your thoughts. And it is revealing the thoughts right now that are meaningless, that do not lead anywhere; and it is shining the light upon these thoughts. And in this light, they begin to dissolve into nothingness.

In some ways it is like pulling weeds out of your garden, you are clearing away those thoughts that fill your mind with the unessential, with the unnecessary, and the unimportant. These thoughts take energy and time. As you clear them your mind becomes more spacious. Do this now. Go to this next level of releasing and clearing the mind chatter. All you need do is be quiet and open up to the Divine Self and Its light and radiance will move through and clear these thoughts, help dissolve them, and reveal their nothingness.

Each time you do this, you will be freed from another level and layer of these types of thoughts. You might imagine that you are outside of yourself, observing the stream of mind chatter that is in your mental body. It is as if in the past you have been attuned to these energies all around you coming from mass consciousness, coming from the energies around you—the thoughts of others, the thoughts that are in the general atmosphere. Like having on a TV or radio that you are not really listening to, but is sound that is coming through.

Just look at the nature of these thoughts as if you are outside of the mind, outside of yourself looking in—watching the parade of thoughts that go through the mind that you have allowed into your consciousness in the past.

And again sensing the central pillar of light, opening to that quality of the Divine Self that reveals the nature of the energy you are working with. Let it reveal even more the nature of these thoughts.

Now in this light, see them come in as if from nowhere. See how one leads to another.

In the past you paid attention, you were drawn in. And it may have been many moments before you came back into your center, remembered what you were doing, thought of your purpose, and let go of the distraction of these types of thoughts. You have the power to free yourself from these types of thoughts. They come from mass consciousness and all the energies around you. They may trigger thoughts that are particular to you, but these thoughts do not carry the illumination of the Self. They do not lift you. They do not serve you. They do not reveal the beauty and the light within you. These thoughts have no illumination.

And the light of the Divine Self—strengthening this light now, letting It grow even stronger and more beautiful. Let It reveal to you even more about the nature of these thoughts so that you may recognize them and turn away from them more quickly.

And remember and sense that love in your heart that accepts, loves unconditionally, that can hold the thoughts lightly, and can play with them—choosing to accept them or not. The part of you that is powerful, that is aware of all the energies coming into the consciousness that are being offered in each moment, and is able to choose in each moment what energies to accept.

Feel the power of this, the Divine Self, within you growing. And in this illumination, it is very clear when a thought comes in that has no light—one that comes from the consciousness of all the energies around. It is very impersonal in nature. These thoughts come into many people. They are just energy!

Let your Divine Self show you some of the thoughts or a particular type of thought that it is time for you to stop accepting, to not play with any more, or to simply hold lightly, not putting attention on to it. Let this come to mind right now.

And as this thought comes to mind, get very silent and connect with the Divine Self, letting the illumination of the Divine Self move through this thought until it transforms in some way.

Open right now to a gift of consciousness from your Divine Self if you choose, that will assist you in becoming more aware of when you have gotten lost in the mind chatter, and help you find your way out of it more quickly.

This quality of awareness, if you should accept it, will allow you to have more consciousness of the types of thoughts that you are choosing to pay attention to. And give you more power to turn away from those thoughts that do not have any light, that simply come from mass consciousness. And you have a choice whether you let them arise in your mind or not, whether you pay attention to them or not. Accept this gift of consciousness right now, if that is your intention.

Let the Divine Self reveal to you even more, show you in some way how to recognize more quickly thoughts that have no light or no purpose, that do not serve you. Let one come to mind that you have had today, or a stream of thoughts. Shine the light upon these. Become more familiar with the nature and quality of these types of thoughts. Imagine that you can even feel them arise.

All you need is open to the Divine Self, let that light radiate through your mind and your thoughts, have the intention, and ask for help to keep your mind clear of all unnecessary thoughts that might distract you from your purpose. For as you do this, you make it easier to sustain this space and light of the Divine Self.

As the light has radiated out through these types of thoughts, look now once again at the thought forms, at the quality of energy of the thoughts in your mind. There should be fewer that have no light, more spaciousness and more ability to find and focus upon those thoughts that are illumined, that open up, that show you the way, that carry the revelations and understandings of the Divine Self.

You have pulled the weeds from the garden. Your garden is strong. The plants are healthy. The light is pouring in, just the right amount, the right quality of light to reveal these new types of thoughts, to make them stand out even more.

All right, feel that new sense of quietness, of spaciousness in your mind. And as you come back you will become more aware of your thoughts, for you have accepted that gift of consciousness that brings awareness of the thoughts.

And with that awareness you have a greater ability to choose which ones to play with and which ones to let go of. You can put your attention wherever you choose, for the light of the Divine Self brings you that choice. And with that I bid you good day for now.

Program 4 Responding to Your Thoughts in New Ways

Greetings from Orin. As you relax your body, take a deep breath in and allow yourself to grow very centered, coming into the center of your being, turning your awareness inward, into the core of light within you. Focusing upon the Divine Self that is the essence of your being. Your intention is to deepen your contact with this Self, and to experience the spiritual power of the Divine Self that lies within you to transform your thoughts. Sense the light within you.

Imagine that you are opening to your Divine Self. Reflect for a moment on the qualities of your Divine Self that you are becoming familiar with, Its power, Its presence, Its love for you, Its magnetic draw that calls you inward toward Itself. Its expression as the I of your being. Reflect for a moment on the Divine Self that is you.

As you do this, feel, sense, or know in some way that your Divine Self is aware that you are turning your attention on to it. And It is opening the way for a deeper connection to occur so that you may know and express the power, the love, and the wisdom of this Self that is the essence and core of your being. Feel the light of the Divine Self, the living presence of this Self. You are awakening to this Self within you. Your light is growing stronger, more radiant, more visible.

Your sense of identity, of who you are is changing and expanding as you touch upon the Infinite within you. You are gaining many new qualities of consciousness that are appearing as changes and improvements and more peace and harmony in your daily life. As you deepen your contact with your Divine Self, open to Its quality of spiritual power—the power of the light of realization, of truth that reveals the nature of the energies you are working with. And imagine that this power is pouring through you, revealing more about the nature of your mind and thoughts.

Your mind is a vehicle of expression for the “I,” the Divine Self within you. It is for you, the Divine Self, to use to create a wonderful joyful life, to receive inspiration, to carry out the divine plan of your life. Let the Divine Self reveal to you more of the nature of the mind, its purpose and function in relationship to the Divine Self.

And the Divine Self is infusing you with the understanding so that you may know more about the role of the mind and how you are to use it, You, the I within. Open to this awareness. Receive this gift of consciousness and knowingness right now, and let the insights come to you about the role of the mind, its true role in relationship to the Divine Self.

You as the Divine Self with the qualities of light, with the qualities of consciousness that are awakening within you, have the power to transform the type of thoughts you have, to release thoughts that take you out of the moment. You have the power of the Divine Self to release unnecessary thoughts—thoughts that go nowhere; thoughts that take away your sense of well-being; thoughts that block your awareness of the Divine Self.

If this is your intention, choose now to open to the Divine Self even more, and receive Its gifts of consciousness, Its spiritual power that will assist you in releasing these types of thoughts. Set your intention to release them, and open right now to the gifts of consciousness of spiritual power that are available to you right now and in every moment.

Sense this inner light of the Self, the central pillar of light—radiant, powerful, enormous, infinite, and eternal. Something about you is becoming more transparent so that this light radiates through you and out to the world, creating a clear field of energy.

And with the power of the Self and the light of consciousness, let come to mind certain types of thoughts that you have that take you out of this space. The first type of thoughts are thoughts of the past—past events that you might relive, regrets, things you wish you could have done differently. Let something come to mind. Something that will serve as an example of this type of thoughts so you can work with it and transform it, and do so with all other kinds of these thoughts as well.

Give the Divine Self permission to make you aware of when you are having this kind of thought.

And begin to spread the spiritual power of the Divine Self out through this thought of a past event. Beginning to take out any emotion that is drawing you to having this thought. Releasing you from whatever keeps drawing you back to reliving this past event or thinking about it.

Letting the light radiate through this—the light of realization, of consciousness, releasing you in an instant from whatever has kept you bound to reliving this thought, this past event. There is nothing that is more powerful than the Divine Self. There is no energy It cannot transform. Let this happen now.

And now let another thought come to mind. A thought about a future event that has not happened yet, perhaps something you have worry or fear about, or concern in some way. Let this come to mind. Let your Divine Self show you some thought that you can transform that will bring you more freedom and peace of mind in doing so.

And again sensing the central pillar of light within you, filled with the spiritual power of your Divine Self—with the light that reveals, that transforms, that removes all obstacles. Let the light of the Divine Self move through these thoughts. Revealing them to be just thoughts. The event may occur and it may not. It may happen in a very different way, if at all. As you move the light of the Divine Self through your thoughts of this future event, feel these thoughts dissolve. And as they dissolve, open to the infinite potential that you Divine Self brings you as you call upon It, open to It, and become receptive to Its inspiration and guidance. Do this now.

You might observe new thoughts arising about this future event.

And let your Divine Self show you another type of thought, a reoccurring thought; perhaps reminding you of something you have yet to finish or decide upon. Something unfinished, something incomplete that keeps occurring to you, a reoccurring thought. Let one come to mind right now.

Feel the power and the light and the wisdom and the understanding of the Divine Self radiating through you. Claim this as who you are within. This is the consciousness that sources your being, that is experienced as the awareness within you. Open to more of the infinite potential of this inner Self that is always reaching out for you, wanting to offer you all of Its gifts. Sense that central pillar of light radiant, brilliant. A field of light is all around you.

And it radiates through these incomplete, reoccurring thoughts. Perhaps allowing one after another to come up and be transformed in this light—released so that the next time these thoughts arise, a solution will appear, or the thought will disappear altogether. Let one after another of these reoccurring thoughts come up in the light of the Divine Self that you are holding, and be transformed.

And let another type of thought come up. One in which you are rehearsing something you want to say or carrying on a conversation with a person who is not there.

Bring this into the light and the spiritual power of the Divine Self. Let go of what you are rehearsing. Focus on the light of the Divine within the other person. Feel the essence of your being connecting with the essence of the being of the other person. Let all stories, concepts, and words disappear. Let the contact between the two of you become pure, beyond words.

Something wonderful happens when you do this. The need for conversation, for convincing, for rehearsing disappears. Experience what happens now when you connect at this level, beyond words and stories. With the Divine Self of another something is completed, some circuit of energy is made. Some shift occurs.

Feel the radiance of your Divine Self that is who you are. Its spiritual power pouring through you, revealing to you those thoughts that take you out of your center, that veil Its light. So that you can be the one who chooses what to think, who uses the mind as a

vehicle of expression for the Divine Self to receive inspired, creative, wonderful ideas. To think and make plans; to carry out these ideas; to communicate; and to become a vehicle of the expression of love.

In the days to come, you will have an increasing ability to be in the present moment, to choose your thoughts, to recognize and quickly release thoughts that pull you out of the moment and out of your center. You are on your way to a new illumined mind. And with that I bid you good day for now.

Program 5 Letting Go of Worry Thoughts

Greetings from Orin. You have done very powerful work as you have linked with the Divine Self, and set your intention and opened to receive the consciousness to transform your mind and thoughts.

Connect with your Divine Self. Sense the pillar of light within the core of your being—the pure consciousness of the Divine Self that is within you. Invite this consciousness into your life. Open to It. Welcome It.

Reaffirm your intention to make the realization of this Self your goal, your priority. Knowing all else will flow from this: peace and harmony, loving relationships, abundant supply, a consciousness that is aware, receptive, and that knows the spiritual dimension as Its home; that is aware of the nature of reality. This is who you are.

Imagine that you are opening a doorway to this infinite consciousness that lies within you. And as you do this, there is an inflow of light, of radiance, and spiritual power.

You, the Divine Self, have the ability to look at the mind and see it for what it is—a wonderful, refined instrument that can carry out the inspiration and the purpose, the will of the Divine Self.

With this light of realization spreading through the mind, allow yourself to have new insights right now about your mind and thoughts and how you can open your thoughts to be more receptive to the Divine within you. You might receive insights, or simply receive a knowingness, or pure consciousness that will reveal to you in some way how you can be more open, how you can better receive the consciousness, the guidance, the awareness of your Divine Self.

Feel a new sense of openness coming over you, a receptivity to a higher light within you. You are ready to embrace the new, to experience yourself in original ways, to face life fresh, to open to the unlimited potential within you. All this and more, the Divine Self is offering you.

You are going to work with the Divine Self right now to learn more about the thoughts that have kept you from moving forward, that have created worry or concern. And to learn how to shift these, and thus change the future you are creating, and open to more of the potential that is there for you. So start by thinking, reflecting on a concern or worry you have had about your body, your health or your wellbeing, your lifestyle, your diet—whatever comes to mind.

And as this comes to mind, hold that light of the Divine Self steadily, feeling the consciousness and the radiance of the Divine Self pouring through you, becoming a vessel for this consciousness. Becoming more transparent in some way to allow the radiance of the light of the Divine Self to pour through you. Letting Its spiritual power come alive for you and become a reality in some new way that will assist you.

As you bring this area of concern into the light of the Divine Self, let it be revealed to you the thought, or the belief that is behind the worry. And there may be more than one.

As one thought comes to the surface, there may be another behind it. These are the thoughts that are triggering the emotion. As each thought comes up, bring it into the light of the Divine Self to allow it to transform. It may transform right now, or it may dissolve or change in some way at a later time. All you need do is allow the thoughts to be revealed and bring them into the light of the Divine Self. Let the Divine Self dissolve

all the thoughts that you have been holding in this area. Surrender all of them to the Divine Self. Wipe the slate clean. Start afresh.

And in the power of the light of the Divine Self that is dissolving these thoughts, removing them from your consciousness, let Its peace and harmony come into your being; Its reassurance that all is well. Open to the realization that there is no power more powerful than the Divine Self.

And let the power of the Divine Self be with you, the power of realization that reveals the truth. Open to a new truth in this area, one that shows you the potential that is there—the hope, the new direction, the encouragement, the support, the inspiration, the understanding, the guidance, and all that you need. Open to this now.

Accept all of this consciousness, all of the gifts your Divine Self is offering you in this area: the peace of mind, the confidence, the awareness, the understanding. Accept these gifts right now, if you would choose.

And now ask to see another area of concern; perhaps an area around supply, abundance, lack. Let this come to mind right now, something that has been a concern to you.

And allow the Divine Self to shine Its light upon this area. Let more about this area be revealed. The thoughts you are holding about it that are causing the concern, and the underlying beliefs that are causing these thoughts. Or, whatever your Divine Self wants to reveal to you about this area. Open to this right now.

Bring these thoughts into the light that is radiating from the core of your being. Let the consciousness and the realization of the Divine Self illuminate these thoughts, transforming them in some way, revealing to you what is true and what is not, as seen from the spiritual dimension of light.

Hold each thought lightly. Each thought is telling you a story. Each thought is offering you an opinion about the nature of reality which may or may not be true. Let the Divine Self within you reveal to you the thoughts that you are holding about this area that are too limited, that are not true, and for which a greater truth exists.

And in the light you are holding those thoughts that do not reflect a greater truth cannot remain. They must let go of you, and they are. Feel the peace and the reassurance of your Divine Self showing you that all is well. Your mind is growing quieter and more peaceful. A sense of well being is coming over you as these thoughts release themselves from you. And in this quietness, a new set of thoughts is emerging, thoughts that carry inspiration about this area, solutions, answers, and guidance as to what steps to take. Open to this now.

And let come to mind another area of concern—perhaps about a relationship, your family, your job, something about society, or the outside world. Let this area come to mind right now, some place your thoughts have been tied up in that when you release the thoughts in this area, you will have more energy, be revitalized, and feel freer. Let this come to mind right now.

And again, let the thoughts that are creating your concern come to mind, become visible in some way. Your Divine Self is working with you to bring you these realizations, to make it easier in this light to see those thoughts, to know what they are that have been causing the emotion and the concern in this area, and the beliefs that are behind the thoughts. Let these become more visible right now—one after another.

Let the Divine Self reveal to you, release you in some way from any of these thoughts that are reflecting a reality that is not true, that may not happen, that are less than what you are capable of creating. As you link with the Divine Self and know Its power, light, and wisdom, see these thoughts that have come into your mind as starting to disappear as you hold them up to the light. They cannot stay.

As the light of the Real, the power of the Divine Self, the light that illuminates truth pours into these ideas and thoughts and beliefs, any that do not match this level of light can be easily seen for what they are. And in this recognition they release themselves from you, never to come again. Sense all these thoughts releasing themselves, leaving you, dissolving into nothingness.

And open to the potential, the infinite possibilities for this area. Let new thoughts come in, new realizations that offer hope and inspiration, that bring new solutions. Let these thoughts be ones that take you forward on your path, that gain you more freedom to become all that you can be. Feel yourself becoming magnetic to new thoughts in this area. Thoughts that reflect the new consciousness you are reaching. Let these thoughts come to you right now.

Feel the sense of spaciousness as the old thoughts leave and the new thoughts come in. Feel the sense of peace and well being that comes in this space.

And know that the Divine Self is always with you. It is within your consciousness.

And come back easily now, and there will be an increased sense of well being as you return to the room, to this space you are in.

And with that I bid you good day for now.

Program 6 Freeing Yourself From Limiting Beliefs

Greetings from Orin. You are learning more about the nature of your thoughts. You are gaining more awareness about how to use your mind. You are better able now to recognize those thoughts that are not leading you forward, and to quickly release them, knowing that these thoughts are not real and have no power. You are beginning to identify with the Divine Self as who you are, and you are opening to Its consciousness.

You have expanded your spiritual power. You are learning how to create a field of light and radiance that has the quality of revealing the truth, that illuminates the mind so that it can be seen for what it is. Picture and sense in some way the central column of light, the pillar of light within you, the essence of who you are; the consciousness of your Divine Self that is within you.

Call upon your Divine Self, open to It. Welcome It. Allow the radiance that you are to grow. Let the spiritual power within you radiate out from the center of your being, creating a space of clear energy all about you.

Let this sense of spiritual power grow. Let the brilliance of your light, the expansion of your consciousness continue to increase. It is as if you have opened a doorway to the Divine Self, and the light of the Divine Self is pouring into your being. A new level of radiance is brought forth from the center of your being.

And something about your consciousness is becoming more transparent so that the inner light within you is shining forth more clearly and brightly than ever before. Feel this now. Invite it into your being—into your conscious awareness.

You are surrounded by thoughts coming from others, from mass consciousness, from the media, from the people you are with. In this clear field of light, with the consciousness you have right now, let come to mind some belief, some thought about the nature of reality that you have accepted as true that is not for your higher good. Let your Divine Self show you something—some thought you have accepted, some belief you have allowed in—that needs to be examined in the light of truth, in the light of the Real, and released. Let it come to mind right now.

See how this thought may be connected to other thoughts and other beliefs you are holding that also do not hold the light of the Real.

Let the Divine Self reveal to you the nature of these thoughts, that they are impersonal; they are not truly coming from other people. They exist as energy all around you that is part of mass consciousness, and you have a choice of whether to accept them or not. If it is your intention to become aware of these thoughts, ask your Divine Self to assist you in having immediate recognition of those thoughts and beliefs that are being projected upon you by others, by the media, that are coming from mass consciousness.

Note that these are impersonal energies and others are under their influence as well. With a greater awareness of this you can keep your mind clear, your thoughts focused. You can enjoy more silence of mind and receptivity to the wonderful, radiant,

shimmering thought forms; the ideas; the purpose; and the creativity that is available to you. These lesser thoughts divert your energy. Let the power of this light grow even stronger. Creating a field of light so powerful, so clear that you can deflect these thoughts that come from mass consciousness, that do not reflect the truth.

And from this light that reveals imagine that you can sense, picture, or become aware of in some way all the thought forms that surround you of all different qualities—from the lowest to the highest. It is as if you are in a sea of thought forms, which you are. Let the Divine Self and Its light reveal mass consciousness.

And in this field of light you are in and the power and the light that you are, sense yourself—and the Divine Self is showing you how—disengaging in some way; deflecting, not accepting; staying clear of; giving no power to, no energy to this field of thought forms.

The more you focus the light upon them, the more they dissolve and disappear. Just as the darkness disappears when the sun comes up, so is it revealed that these thoughts have no power, are not real, and they can be allowed to dissolve and return into the nothingness.

So let the light of the Divine Self reveal to you more about the nature of the world of thoughts. These insights will come to you later at the right moment, at the perfect time. Just open now and have the intention for the nature of these thoughts that you are surrounded in to become clearer to you, and the nature of the thoughts themselves, and for you to better understand the nature of these thoughts.

And with your Divine Self turn up the light, the power of realization. Let the Divine Self merge with you even more completely.

And It is beginning to clear the thought forms in your aura that do not reflect divine perfection, that show you a reality that is not true. Turning up the light even more, beginning to dissolve the structures that are formed around these thoughts, that have turned them into habitual thoughts, that have made them magnetic to even more thoughts that are not true. This structure is being dissolved in the light that you have allowed into your being—the field of consciousness you are allowing.

Giving permission to the Divine Self. Allowing the light to grow even more powerful. Beginning to reveal to you the patterns of thought, the collections of energy, the threads of beliefs—all that you have taken on without knowing that you were doing so, all that you have accepted as true that is not true. The light is revealing this now, and dissolving these.

Many of these have become rigid and act to veil the light of the Self. Gather enough light to burst through these rigid structures, to let them dissolve. Keep opening to the Divine Self, opening, allowing more light. Expanding your spiritual power, the power to become aware of and the power to release the hold these beliefs and thoughts have had over you.

If there are any beliefs you are holding that have said that you are a victim, that you are powerless, give permission to your Divine Self to dissolve these so that you may claim your power and know who you are.

It is as if the mental structures built around these beliefs are being dissolved—piece by piece, being dismantled. Each one, an imprisoning factor ready to go, with your permission.

If there are any belief that says you are not capable, that you are not worthy, deserving, or as good as others; if there is any belief that says you are flawed, that have taken away from your sense of self worth, let these be dissolved right now. Have the intention to dissolve them. Give them permission to go, and allow the light of the Divine Self to expand through all of these beliefs.

You are the Divine Self. You are infinite. You are eternal. You are perfection. You are wisdom and understanding. You are purpose and Will. You are complete and whole. Let a deeper sense of the consciousness of the Divine Self permeate you mind, come into your thoughts. Claim more of the power that you are.

Beginning to dissolve the structures of beliefs entwined with emotions and thoughts that have kept you locked into certain patterns. As you work with the Divine Self in this way you can release them. You can lessen their grip on you. Step by step, in a gradual and harmonious way, you can transform the contents of your mind. You can think in new and different ways.

This will allow you to experience yourself and your consciousness as if a new self has been born within you—a self that is clear, centered, and open; a self that hears and responds to the inspiration and guidance of the Divine Self. Feel yourself now as this, your Divine Self—confident, with clear vision, wisdom.

From this state imagine that you are now very aware of the beliefs and thoughts that you are around that are constantly being broadcast. See yourself refusing to take delivery of them, of recognizing these thoughts that come from mass consciousness that are not yours, immediately.

And you hold them lightly and you know they have no power over you, and you do not accept them into your being. They turn into nothingness in the light that you are.

Sense a new light dawning—a new consciousness being born, a new freedom to think how you choose. To act, to be, to claim your true identity! And feel this freedom radiating out from you offering this gift of renewed life to everyone around you.

And you will find it easy to hold this state, to remember this state, and to recognize the incoming thoughts that are not yours, the impersonal nature of them. And to be able to easily recognize and know the truth that these thoughts have no power, that they are not yours, and that you are the Divine Self—that the very essence of your being, the consciousness within you is the Divine Self. And as such, as you make more contact with It, you can realize more and more of Its power, Its consciousness and Its infinite nature that knows only abundance, love, and peace.

And as you come back you will know that something is different, that you have made a shift, that you are freer and clearer in some way. And you will be able to sustain this shift. And as you come back, let that light radiate out.

And I bid you good day for now.

Program 7 Dissolving Fixed Opinions: Awakening Divine Vision

Greetings from Orin. Allow yourself to grow centered and peaceful, setting the intention to come into the center of your being. Moving inward, into the realm of your thoughts and beyond your thoughts, into the realm of your soul and Divine Self.

You are taking a journey inward into the core of your being—the essence, the Divine Self within you.

As you allow yourself to go inward, the Divine Self is reaching out to you. It meets you, It joins you. Open and allow It to work with you to make it easier to go inward; to let go of the outside world.

When the Divine Self joins you there may be a sense of increasing ease of going inward. You may be aware of a sense of peacefulness that comes over you. Thoughts of the outside world may be easier to dissolve. Notice what it is like when you set your intention to go inward and contact your Divine Self, and your Divine Self joins you to open the way.

Feel yourself relaxing, releasing, and letting go in some way of any of the burdens you have been carrying. Turn them over to your Divine Self, letting your Divine Self be part of your life, welcoming It. Inviting the consciousness of your Divine Self into your mind and into your awareness.

Let there be a feeling of welcoming openness to the consciousness of your Divine Self. You are opening more channels of communication, more ways in which Its energy can come to you—Its wisdom, Its knowledge, Its love.

Your Divine Self is an infinite being. It has an infinite number of gifts for you of consciousness, of awareness, of spiritual understanding. This Self is within you. It is the “I” of your being, the awareness within you that looks out at the world.

You can best connect with your Divine Self in moments of inner silence when your thoughts are quiet, when you have the intention to make this connection, when you ask for it and are open to receive the energy that comes back.

You make the connection to your Divine Self most easily when there is a willingness to hear the messages; when there is a desire to awaken. All of these open many channels to your Divine Self so Its energy can enter your life and consciousness.

Opening the doorway to your Divine Self with silence of mind is a powerful and easy way to strengthen the connection and to receive the many gifts that your Divine Self has for you as you join with It and know that It is within you, waiting to open and be expressed. Set your intention right now to experience the inner silence that opens the door to your Divine Self, that makes it possible to receive Its gifts of consciousness, Its guidance, Its energy.

You can practice this state. It need only take a moment. Start by thinking of the Divine Self, perhaps paying attention to the central pillar of light within you. Letting that illumination spread, grow, and permeate every level of your consciousness. As this happens, as the illumination grows brighter and more beautiful, as you become more aware of that which always is, allow your thoughts to grow quieter, have the intention to connect with the Divine Self in a place beyond the mind, beyond the thoughts. Because It is beyond the mind and thoughts you may have no memory of this contact, no thought about it except those that arise after.

Be in the moment right now; perhaps aware of your environment, the sounds, the feeling of your body as it touches the surface of whatever you are sitting or lying upon. Feel your breathing. Notice your posture. Come into the moment with no thought about it—just awareness. If thoughts arise, that is fine as well. Notice that they can rise and fall, and you can put your awareness on a different level, on the light within. And your intention right now is to make contact with your Divine Self, growing quieter and quieter. Being open now, open to receive.

And in this space of silence, in the connection that you now have with your Divine Self, you are opening to a gift of consciousness that has been there all along, waiting for you to claim it. Accept this gift, if you choose.

Think of what you know about the Divine Self—that It is omnipotent, or all powerful.

That It is omnipresent. That you are the Divine Self in incarnation.

That It is omniscient, all knowing. It knows what you need before you ask It.

Sense the love your Divine Self has for you. It is always providing for you just what you need, whatever you are ready for that will move you forward on your spiritual path. It is always providing you the opportunities to grow, to become stronger and wiser, to fulfill more of your potential. Reflect for a moment on what else you know about the Divine Self to be true, and know that as you are connected with It, the Divine Self within you is showing you, revealing to you more about Itself. Open to this now.

As you focus upon the Divine Self, observe how It begins to draw you closer to Itself.

Picture the illumination radiating from the central core of your being, and note how, with your intention to contact the Divine Self, more of Its illumination is being revealed.

Give permission to the Divine Self to assist you in allowing your mind to become more transparent, to become a vessel of light and illumination so that It may reveal Its light, Its illumination, on a more consistent and sustained level.

Sense now the central pillar of light radiating through your mind and thoughts.

Give the Divine within you permission to help you release strong opinions that block the light of the Divine Self. So that this light is shining through any rigid or lesser opinions that have come from others and your environment that are not yours that do not reflect the life, and the light that you are capable of expressing. Let the light of the infinite Self within you radiate through these opinions.

They may still be there, but you will become aware of them and you will be choosing, and you will be at choice to accept them or not. Let this happen now. Let this light begin to reveal, begin to free you from opinions that have kept you bound and less free so that you may express more fully the Divine within you. Do this now.

And in the place of these opinions, open to the gift of divine love, divine vision, divine purpose. So that as you look at situations and people where you used to have an opinion, there is simply love. The vision that comes from love, and a recognition of purpose being fulfilled, until it dissolves into love, acceptance, and peace.

In the illumination that is present right now, in the light of the Divine Self, you might even sense all of your opinions, judgments and pronouncements as energy forms all around you.

And with the illumination of the Divine Self, see these becoming more transparent, more fluid, more flowing; less rigid and fixed. Something about them is changing. Some new light of awareness is moving through them. Let this happen now.

Let an opinion come to mind, one that you have held. Let whatever is perfect for you to look at arise.

Meet this opinion with no thought, just the silence. Do not examine it. Don't have an opinion about your opinion. Just hold it as an energy, meet it, look at it from this space of illumination. Look at it as just a thought; not necessarily a reflection of truth; perhaps it is and perhaps it is not.

Radiate the light of the Divine Self through this opinion. Watch it dissolve.

And let another opinion come to mind. Perhaps let many opinions come to mind, whatever is perfect for you. And as each one comes up, meet it with silence, feeling the radiance of your Divine Self with you. You are connected to It. You are allowing Its presence and your contact with the Divine Self to transform this opinion, or these many opinions, in whatever way is perfect and in harmony with your being. Let these opinions come up and meet them in silence. Do this now.

As these opinions are met with silence something about them changes. There is an opening for more light to pour through you and out to the world. It is as if the clouds have parted and the sun of light of your Divine Self is growing like light bursting forth from the core of your being.

Your mental illumination is increasing. Your connection to your Divine Self is deepening. Many more of Its gifts of consciousness are available for you to claim. Open right now for a gift of consciousness that makes it easier for you to meet your opinions in silence, to pause before you voice them or act upon them and to feel the illumination of the Divine Self rising up within you—lifting these opinions in some way, opening them up.

And know that any that are perfect for you to have will remain, and any that have come to you from mass consciousness, from the media, from the culture, from your family that are not appropriate for you, will begin to dissolve. And with this will be a new freedom to know who you are, to express those views that reflect this level of awareness, of presence, of connection to the Divine Self that are infused with love. Feel your illumination spreading out and out and out!

Now come back easily and gently knowing that any changes will happen in harmony with your being, with ease and grace. And with that I bid you good day for now.

Program 8 Strengthening Divine Self Guidance

Greetings from Orin. Focus for a moment on the pillar of light, the pole, or the core of light within you. Allow the Divine Self to reveal Itself to you even more right now. Something about this light grows more beautiful, more radiant, or more brilliant in some way.

You are opening to the infinite consciousness of your Divine Self as you open to and invite the Divine Self into your life. It offers you many qualities of consciousness, such as peace and harmony, love, joy. It awakens within you a spiritual consciousness and all that It has to offer is yours, when you consciously make contact with this Self. In each moment that you get quiet and connect with this Self, you gain another quality of consciousness. Something that has kept you from this Self is released. Some expansion takes place.

Feel or sense or know that right now your Divine Self is reaching out to you, calling you, opening up the path for you, doing all that It can to assist you to becoming all that you can be, and to assist you in recognizing, and claiming this Divine Self as who you are. Feel yourself growing very quiet right now.

As you connect with your Divine Self simply through your intention to do so, the Divine Self begins to reveal Itself to you in a new way.

It is offering you a gift of consciousness, a new awareness. One that allows you to receive more of Its gifts—a gift that allows you to be more silent, to quiet the mind. Accept this gift if you choose.

It is in moments of silence when you are present with whatever you are doing, when you reach out to the Divine Self in any way—it is in these moments that the Divine Self can offer you Its many gifts of awareness and put you on a higher path; guide you to a better future, and open the way for more peace and harmony, a more joyful, and purposeful life.

Come to this moment right now. Be aware of this moment. Slip into the peacefulness that is being offered you. Allow your thoughts to become quieter. You can hear the sounds around you. Feel your body as it touches the surface of whatever you are sitting or lying upon. You are fully present in this moment. Your thoughts are quieting down even more. You are slipping into the silence, even if it is for just a moment.

In this silence that goes beyond thought, your Divine Self is met and heard. Feel that moment when you get silent. Something ignites within you. Something is passed from the Divine Self to you. Some new awareness is opened up for you that will bring you new insights and perspectives, that will allow you to move past old patterns, and will open a new future. Practice for a moment—you have the intention to open to the Divine Self. You let It draw you inward and you fall into the silence. And as the thoughts arise, you repeat it—thinking of the Divine Self, intending to connect, letting It draw you inward, opening to It, and then falling into the silence. Do this now. Practice this.

In that moment of inner silence everything happens. Time stands still. Another dimension opens up. Energy that was not available before becomes available. Wisdom comes through you. You become more magnetic to your higher good. Something that has held you back is released—some thought, some opinion, some worry, some fear is gone. Whenever you meet the Divine Self in silence, something wonderful happens. Some new gift of consciousness becomes yours. A new opportunity that was not available before is now possible. All it takes is a moment and the intention to consciously connect with the Divine Self within you.

Picture yourself today or tomorrow having moments of inner stillness; perhaps those that you create with your intention and those that happen on their own.

Picture yourself having completed one activity and getting ready to start another. And before you start the next, you pause, you think of the Divine Self and ask It to be with you, and then you grow silent and receive. Picture this happening.

And then out of that contact, that brief moment or longer if you choose, sense arising from within you the thoughts, the guidance, and direction coming from your Divine Self. You are open to these and you are willing to let go of what you thought needed to be done. You are allowing new thoughts to arise, new guidance, new directions to appear.

And as you do this and act upon these, there will be a surge of energy, an up-swelling of joy. Something will be more flowing. You will be more actively engaged in what you are doing. And there will be a feeling of rightness about it. You may choose to do the same thing you were going to do before, but the quality of energy you bring to it will be different, and you may choose to do something altogether different than what you had originally planned to do. Think of something that you are going to do today or tomorrow.

Connect with your Divine Self. Let It draw you inward, and meet your thoughts of this activity with the silence of the Divine Self. Letting go of your thoughts, taking them into the silence of the Divine Self, and be open to the new thoughts that arise as you go into the silence right now—contacting and meeting the Divine Self.

Let other thoughts come to mind of things you will be doing—activities, goals you have set; whatever comes to mind for you to look at. Again, take each one into the Divine Self, into the silence, opening to the gifts of consciousness your Divine Self has for you, given to you in the silence—beyond thought. Do this now.

Think of a decision you are trying to make or faced with right now. Let one come to mind.

Face this decision in silence, without a thought about it. With the Divine Self, allow yourself to grow very quiet, your mind still, connected to the Divine Self. Letting go of anything you have thought about this decision. Letting go of any opinions, judgments. Facing this decision in silence.

Let new thoughts arise—thoughts that come from the Divine Self; thoughts that bring insights and new perspectives. They may come now or they may come later.

Let come to mind something you think you need to do but you do not want to do, or you are not enthusiastic about doing. If there is something like this in your life, or something else you would like to work on right now, let it come to mind.

Start by letting go of all your thoughts and opinions and ideas and concepts about this area. Call upon the Divine Self. Allow that illumination to radiate forth from you, and becoming very silent facing this area as your Divine Self, letting go of any of your thoughts about it as you go even more into the silence. Opening to all the gifts of consciousness your Divine Self has to offer you.

Something has changed. Something about this area is shifting. New thoughts are occurring. Thoughts that show you a different way, that reveal the nature of this area, that bring you solutions, new understandings, and more freedom. If any of those new thoughts are ready to arise around this area, or perhaps there is just a general feeling of release, let this occur right now.

Feel the power of silence, of surrender, of being open and receptive. There is an ease to this. There is nothing you need to do other than receive. Receive right now, in this moment whatever gifts of consciousness your Divine Self has for you, including those gifts that will make it easier for you to surrender to It, to know that this Self is you.

And to be silent, to meet the situations in your life as your Divine Self—so that you can experience a new life, a new consciousness, so that you can be on a higher path, and claim all the riches within you waiting to be expressed and revealed. Open in silence to receive these gifts of consciousness and light.

So coming back easily now, sensing the new silence within you. And with that I bid you good day for now.

Program 9 Connecting With the Divine Self of Others

Greetings from Orin. As you breathe in, let a sense of peace and tranquility spread throughout your body, emotions, and mind, coming from the Divine Self within you as It pours Its light, love, and peace throughout all of your energy. Open to this right now. Accept this gift of peace.

Something within you is calming down, becoming more relaxed, unwinding. Feel this energy in the muscles in your body, opening to a sense of comfort, of release, of letting go.

Sense that illumination pouring through you—the central pillar of light, so radiant. And it has always been radiant. You are opening now as It reveals Itself to you. You are becoming more aware of this inner light that is always with you. Ask the Divine Self to show you more of Itself. Open in silence to receive these gifts of consciousness and light, of love and understanding.

Let the sense of peace and inner silence deepen within you.

The Divine Self is working with you to assist you in moving beyond the ideas, beliefs, opinions, and concepts that have defined who you are, that have limited you as well. The power and the illumination of the Divine Self is growing with your permission.

You might sense the beliefs and thoughts and concepts and ideas that occupy your thoughts, that make up your thoughts as strands of energy that in some way modify or veil some of the brilliance of the light of the Divine Self.

And that the Divine Self with your permission is turning up the illumination so that this light is revealing even more about the nature of all of your thoughts, all of your memories, concepts, beliefs—all those that have defined you.

And you are allowing these to become more transparent. For the light of the Divine Self reveals them to be just thoughts, small energy forms that come and go, that take on the coloring of the environment, that have a very transitory nature. See or sense in some way how these pass through you—come in and leave.

And the light of the Divine Self is becoming so brilliant, so present that these thoughts dissolve. These beliefs become finer, more transparent, so that the light of truth of the Divine Self that reveals the nature of reality, that opens the door to see the Divine in all life, is spreading outward and outward through your consciousness. And all that has stopped it is being dissolved. Just as much as is ready to go right now with your permission.

This is the light of truth. This is the light that shows you what is real, permanent, and divine in nature, and that reveals all that is transitory, impermanent, and not divine. This is like a searchlight, a spotlight.

And you sense a beautiful wondrous light coming down from above, embracing you with a soft light that spreads out from the core of your being, illuminating new consciousness, new awareness.

You meet this in silence right now. There is something about this energy that brings a feeling of love, connectedness to the Divine; that begins to open your heart, this love, this light.

And this love, this soft light is opening you to divine love. Some new quality of love is being born in your heart. Some new ability to express this love is being offered you. Accept it if you wish.

In the soft light that you have opened to, you begin to sense on the inner the Divine Self of others. This is the light that reveals the Divine in others and in all life. At first you may look out on the inner planes and sense the central pillars of others, or a glow, or a radiance—just a few at first.

And as this light continues to spread, you become aware of a radiance, a glow coming from all the energies about you, revealing the light of the Divine in all life, in a wider and wider circle.

The brilliance of your inner light is lighting up for you an enormous field of consciousness. And the love and softness is opening up your ability to love, to know your oneness with others. Experience this now, connected to your Divine Self, letting go of all thought.

In that moment of silence something new happens about your connections to others, about your ability to connect with others. A new way of being connected to other people is being offered you—the way of the Divine Self, beyond judgment, beyond criticism or attachment, beyond all the concepts, thoughts, and memories, beliefs, and stories. Accept this now, this consciousness, if you choose.

Let come to mind a person you will be with in the future. Feel the illumination of your Divine Self, the softness of Its love. Picture yourself with this person, and for just a moment you enter into the silence of the Divine Self. All thoughts about this person fall away. All judgments are gone. All beliefs, memories, concepts, stories, and pictures you have held of the other person are temporarily gone. In that moment of silence you are meeting the other person—Divine Self to Divine Self. Picture this happening now—that moment of silence when you are with this other person.

Let another person come to mind that you will be interacting with. Imagine yourself with this other person. You will remember to make contact with your Divine Self, and to experience the joy of that moment of silence when all thoughts, beliefs, stories, concepts, and judgments of the other person are gone. There is just love—divine love in the silence, as you connect with your Divine Self and know the Divine Self of the other. Picture this now.

Note the energy that comes back, that lifts you higher, that changes your connection in some way. Something opens up between the two of you from this moment of silence. Some new potential between the two of you becomes possible.

Picture yourself around a stranger. Perhaps at the store. Someone you do not know at a personality level. Taking a moment with this person to call upon your Divine Self, to feel that radiance of light pour through you. And you enter into the silence for a moment—connecting Divine Self to Divine Self. Picture this now.

As you do this, the radiance of your Divine Self helps awaken the other person to the realization of the Divine Self within him or her.

See yourself pausing for a moment with everyone you meet in the next day or so, connecting with your Divine Self and being present with the other person in silence—beyond all thoughts and pictures, beyond all stories and judgments. Letting those fall away as you sense and connect with the Divine Self in yourself and in the other person.

With each person you connect with in this way, the radiance of your Divine Self grows even stronger. Sense how your light grows; how your awareness of your Divine Self strengthens every time you connect with the Divine Self of others.

And picture a future situation when you are with a group of people—your family, at a job, at a gathering.

And you take a moment to grow silent and make contact with your Divine Self.

And you connect with the Divine Self of everyone present, allowing the illumination of your Divine Self to move outward, to grow stronger, and more brilliant, to reveal the Divine Self in others. So that all present can come into resonance with the space you are holding if they choose.

Allowing the Divine Self within you to do whatever It does to reveal to you the perfection, the beauty, the Divine within everyone.

As if you are in a sea of light, light is all about you—the light of the Divine. You see it everywhere. You recognize It everywhere—the face of the Divine shining back at you through the faces of everyone around you.

And notice your own illumination as you recognize the Divine in others. Your illumination has grown. The clear light around you is growing even clearer as you offer this light to others.

Okay, hold this space. You are going to discover wonderful new connections to others as you connect in the silence beyond thought—Divine Self to Divine Self.
And with that I bid you good day for now.

Program 10 Receiving Divine Ideas: Opening to New Possibilities

Greetings from Orin. Your mental illumination is growing. You have increased your ability to look at your mind, to explore its contents, and to transform the way you think. You are learning to recognize those thoughts that are unnecessary and that take your energy, and let them go.

You are strengthening your connection to the Divine Self within you. Surrendering to It your thoughts, opinions, concepts and stories. Entering into silence and allowing the inspiration of the Divine Self to emerge from within you and be reflected in your thoughts.

Focus once again on that central pillar of light within you—the radiance of your Divine Self shining through you.

You are becoming transparent. The light of your innermost Self shines brightly, beautifully, illuminating all the energy around you with Its clear, purposeful, directed illumination. The light within you lights up and shows you perfection. It shows you the Real, the Divine. It opens your mind. It brings you new thoughts, illumined thoughts that carry much power, that manifest as the circumstances and forms that bring light to the world. You have the ability to recognize and receive illumined thoughts.

I am calling upon beings of light to join you now, to assist you in allowing more of the Divine Self to reveal Itself to you, and to assist you in opening to more mental illumination than you have ever allowed or observed. With your permission, feel the mental illumination, sense or see or experience it in some way as it grows brighter, more intense, more radiant. Lighting up your thoughts, revealing even more about your thoughts, about the nature of thoughts in general.

And as this illumination continues to grow, it is lighting up the Universal Mind, the world and realm of ideas, of infinite possibilities.

Imagine that you are entering into a realm of unlimited potential, infinite possibilities. And the beings of light who are here, are with you so that the ideas and possibilities you open to are those that are part of your purpose, and are part of the divine plan for your life.

This realm contains many ideas, very complete ones. It contains all ideas that are known and ever will be known. Each idea is like living energy that holds within it a seed of living light. Each seed contains within it all it needs to fulfill its purpose.

Think of an area of your life; perhaps an area around abundance or supply. Let something come to mind that you would like to open more possibilities for. Let this come to mind right now.

Start by being willing to let go of everything you think you know about this. Be open to new possibilities. Enter into the silence, letting go of all thoughts. No need to do anything. No need to think anything. Relaxing into the silence now; into the Divine Self; opening that doorway where you can receive the gifts of consciousness your Divine Self has for you.

This time the Divine Self is bringing you the gift of consciousness that will assist you in opening up to the world of ideas of unlimited potential and infinite possibilities. Receive this consciousness in the silence right now.

And your Divine Self is bringing to you new ideas. You might even picture them as shimmering thought forms—complete and whole seeds—beautiful seeds of light. Each one a great gift, each one opening a new possibility for your life. Each one containing all that it needs to unfold. Each one containing the guidance, the energy, the enthusiasm, the opportunity, and all that will be required.

As you hold it in light, it will emerge and blossom. As you honor these seeds of great ideas, as you listen to them, pay attention to them, and act upon them, they will grow strong and transform any area you plant them in. So receive a seed or seeds of ideas for the area of your life around supply and abundance that you asked for.

Get very still, connecting with the Divine Self in the silence and let one of these ideas emerge into your mind—as a picture, a thought, a direction, a feeling. Let the very first of this seed begin to emerge. Do this now.

You may receive ideas now, and in the days and weeks to come as well. Have the intention to honor and pay attention to these new ideas that will emerge. These new ideas will emerge piece by piece. It is important to honor the new ideas that will arise in this area, even if they do not yet fit in with what you know; even if they do not yet show you the complete picture. Like little sprouts emerging; you will not know completely what they will become. But as you honor them and follow your guidance, each new idea will open more of the creative possibilities for your life, will align you with your greater purpose and allow you great expression of the Divine within you.

Think of an area you would like to receive a divine idea for. An area in which you would like to explore more of the infinite possibilities and the unlimited potential that could be unfolded for you in this area. Let this come to mind right now.

And you affirm that you are open and receptive to new possibilities. And allow yourself to go into the silence, quieting your mind for just a moment. Having the intention to make contact with the Divine Self within you, and be open to Its consciousness. Do this now.

As you enter into the space of silence, your Divine Self opens, makes it easier for you to receive divine ideas from the Universal Mind. Let come into your being, into the core of light within you, a divine idea carrying many illumined thoughts with it that will open up the possibilities and expand the potential in this area that you are focusing on. Receive these divine ideas that are coming to you right now.

In the light of your Divine Self if there is any particular idea whose time it is to arise and be recognized in your mind, let this happen now. It may come to you as a picture, a symbol, an image, a feeling, a thought, a knowingness, or simply a sense of peace. Let whatever is ready to unfold in your consciousness do so right now.

Turning up the illumination, picture yourself whenever you recognize when something is not working, or you are stuck in an old pattern, that you get quiet and make contact with the Divine Self and open to receive illumined ideas that carry with them solutions, new paths, new insights that bring with them fresh, original, creative ideas.

You can do this in a moment, simply having the intention and being open to receive.

Think of another area you would like to shift and receive more creative ideas for.

Go into the silence; having the intention to connect with your Divine Self.

And receive the illumined ideas. Opening your mind to new ways of thinking, new ways of being, new possibilities and understandings.

You will appreciate and recognize the new ideas as they come. You will grow them with love and appreciation for all that lies within you, and all that you are.

All right, coming back now filled with new creative ideas. And I bid you good day for now.

Program 11 Releasing Limiting Thoughts About Body and Aging

Greetings from Orin. Think of your Divine Self, perhaps imagining it as the illumination that spreads out from the center of your being, illuminating all of the energies around you with light, awareness, love, and all the consciousness that resides within your Divine Self. Move your awareness into the central pillar of light, and as you do your consciousness is becoming infused with the consciousness of your Divine Self.

Every moment you make contact with this Self, the innermost part of your being, some new awareness, some new gift of consciousness takes place. Each time you connect with your Divine Self the light of this Self illuminates your being—your mind, your emotions, your body, your relationships, and all your connections to the life force energy about you.

Through this connection to your Divine Self, and your awareness of the light that is radiating through you, become more aware of your connections to all the life around you. Let it light up the divine light within all life, within other people, within the animals and plants around you.

And with each contact you make with the divine life in others, something about your light becomes clearer and stronger, more radiant in some way with this contact. You are becoming more balanced, more centered, more able to stay calm and focused and aware of your purpose in each moment.

Let the light of illumination of your Divine Self draw you inward right now to a very stable, centered place.

And from this stable, centered place, let the illumination spread and grow brighter, illuminating the realm of thoughts.

You might imagine all around you are many thought forms—thoughts that you have accepted as your own. Many come from other people who are simply the vehicle for those thoughts to find their way to you. It is as if you are a planet and these thoughts are circling your aura like satellites circling the globe. They are all around you.

The ones that we are illuminating right now in this light are those that have very little energy, very little life, very little purpose or use—incomplete thoughts, thoughts that were once useful to you that no longer represent the truth that you know—old thoughts, old beliefs.

In some ways they are like an old building that is beginning to disintegrate and fall apart—these thoughts. For they lead to disintegration, and move you away from the Self. You are gaining the illumination to free yourself from this accumulation of thought forms. You have the ability within you as you connect with your Divine Self to release these that are keeping you stuck in old patterns, unable to move forward.

We will look now in more detail at some of the specific thoughts that you may be holding on to, not even aware that they exist. And yet, these thoughts are blocking the light of the Divine Self in some way and keeping you from realizing your full potential, and making it more difficult to manifest and realize more of the unlimited possibilities for your life.

If it is your intention, if you are ready, begin to let the light of the Divine Self reveal Itself even more, to illuminate those thoughts that are holding you back, whose release will bring new freedom, new forward movement, a sense of rejuvenation and revitalization, of release and relief as they are revealed and dissolved. Set your intention right now for this to happen.

And the Divine Self responds by revealing Itself even more, by making it easier for you to experience a new level of inner illumination. Picture or sense or feel in some way this inner illumination increasing in its potency, in its radiance, in its power to reveal and release that which has held you bound to a lesser level of light. Open to this now.

And in this light thought forms are revealed that have held you back or veiled your inner light in some way. Your Divine Self is now going to reveal to you some of those thought forms. And we will start with those that you have accepted about your body.

These are ideas and thoughts that exist in mass consciousness that you have accepted and that will create your reality, unless they are dissolved. So let your Divine Self show you in general, any thoughts about aging that are not for your higher good, that are just a reflection of mass consciousness and a general belief that need not be true for you in the level of illumination that you are now achieving. Let some of these thoughts come to mind. Bring them into the great light of illumination you are now holding. Do so now.

As you bring these thoughts into the illumination of your Divine Self, watch them dissolve as their unreality and untruth is revealed. They cannot exist in the light you are shining upon them.

Look at some of the thoughts that you have around specific areas of your body that you have accepted as truth; that you have allowed into your consciousness that it is time to release. Think of your eyes, your voice, your ears, your nose, your teeth, your face, your hair. What thoughts have you accepted that it is time to release now in the light that you are holding? Let some of these come to mind.

And you might imagine that light goes out from your Divine Self touches these thought forms, and they fall apart, they disintegrate. They cannot hold up in this light. Let this happen now. Let these thoughts reveal themselves, and with your Divine Self they are released.

As those thought forms are released in whatever area you released them in, open to divine perfection revealing and manifesting itself in that area.

Think of your mind, your ability to think, your memory, and any pictures you have accepted, any thought forms about this area that it is time to release. Let these thoughts come up, be revealed and released. Let this happen now.

These are simply thoughts that come from a level of consciousness that does not recognize the power of the Divine Self, that does not yet recognize that thoughts are not a power, and that the only power is the Divine Self.

And in the illumination that is all around you, that is you and your awareness in contact with the Divine Self, become aware of any thoughts that you have accepted that are not your thoughts, that are not for your higher good around your heart, your lungs, your shoulders, your arms, your neck, your bones, your skin, and your spine.

As these come to mind allow the illumination of your Divine Self to dissolve these thoughts as they are shown to be untrue—simply a thought. And know that as you remove them, you are changing your future. You are changing what you draw to you in a real and powerful way. Let these come to mind right now and spread your illumination, the light of realization through them, onto them, dissolving them—these untrue thoughts.

And as you release these thoughts, see the perfection of this area being manifest in accordance with the divine plan and purpose of your life.

Look at any thoughts you have accepted that it is time to dissolve in the light of illumination around your stomach, digestion, intestines, and all the organs in your body. Let these come to mind, and one after another be dissolved in the light you are holding right now. Staying balanced and in your center, in contact with the Divine Self as you do this work of releasing thought forms.

Open to divine perfection in this area, allowing the innermost part of your being to dissolve anything that stands in the way of divine perfection in this area.

And let come to mind any thoughts you are holding about your legs, your knees, your calves, and your feet—any thoughts you have accepted. Let these come to mind and again dissolve them in the light that you are holding.

And open to the divine perfection that exists in this area as an illumined thought in the mind of God, the All That Is.

And let this illumination grow to bring to you new insights, new awareness of the thoughts you are holding about the area of food, vitamins, supplements of all kinds, herbs, any medicine, any thing you are bringing into your body. See that the power is within your Divine Self. Open to Its inspiration in every moment about what you need to be sustained, to experience well-being. Spread the light of illumination through these areas.

And know that in each moment as you do this you will be guided, as you pay attention to those actions, behaviors, and thoughts that will bring you your highest good in all areas of your life. Let divine perfection reveal itself to you in these areas.

As thoughts come up in the days and weeks to follow, and they will, become aware of the illumination of your Divine Self. Grow silent, ask for assistance in dissolving these thoughts, and know that your request is always heard.

And coming back easily now, feeling the clarity, and the clearing you have done. Sensing more light radiating from you now, more of the divine perfection radiating through you. And with that I bid you good day for now.

Program 12 Illuminating Your Mind: Enjoying New Ways of Thinking

Greetings from Orin. Allow yourself to grow very centered right now. Thinking of your Divine Self and allowing It to draw you inward into Itself. Each time you make contact with your Divine Self you open to some new gift of consciousness, for contact with this Self through your intention, through your openness to It, always strengthens you in some way. It opens the door to new opportunities and brings you many blessings, many new gifts of consciousness that awaken you spiritually.

And as you connect with your Divine Self, you are developing spiritual consciousness, an awareness of the Divine within you and the Divine within all life. You are opening to a greater world that is the source of the light and life within you. As you open to the Divine Self, you are connecting with the light of truth, the innermost part of your being, the peace and harmony that lies within you, that knows all is well. And no matter what the appearance of the outer circumstances, this innermost Self knows that anything can be changed.

And It is always opening the way for you. All you need do is make this connection, be open to receive, surrender your own thoughts and opinions, and embrace the new ideas—the thought forms of light, the consciousness of the Divine Self that awaits you.

Imagine that you are coming into the center of your being, to the Divine Self within you, to that pole of light that is radiating out from you. All of the qualities of consciousness you have gained from the journeys you have just done. Your mind and your thoughts are much more transparent. They no longer veil the light of the Divine within you. You have opened to divine perfection. You have allowed a consciousness of perfection to infuse your mind and thoughts.

Allow the quality of energy of Divine Will and Purpose to emerge from within you as a quality of your Divine Self that you are focusing on right now.

You are acknowledging the Will aspect of your Divine Self that is aligned and carries forth the divine plan of the universe and of your life. Let this quality of energy radiate through your consciousness and your thoughts as the central light within you grows radiant and beautiful and strong, and reveals to you more of Divine Will and Purpose.

Divine Will and Purpose is radiating out from the center of your being illuminating for you what is on purpose, what is a part of the plan and purpose of your life, and what is not. It is as if you are shining a light upon the entire field of your consciousness, upon all of your thoughts, and infusing them with the light of purpose. Holding the light of purpose over every area of your life—do this now.

And as you expand the illumination within you that reveals Divine Will and Purpose, imagine that in some way you are opening up to the grand design, the plan of the universe. You do not need to know what it is. Having the intention to make this connection will help align you with it. Open to this now, allowing this quality of illumination to be part of your awareness.

And your illumination is growing. If you are ready, if it is your intention, open to receive illumined thoughts that will reveal to you your purpose in each moment. You will have a better sense of knowing what is on purpose and what is not. And it will be easy to turn away from those things that do not reflect your purpose. Receive this illumination, open to it right now.

From the illumination that you are in, in contact with the Divine Self, opening to as much of the consciousness of this Self as you can permit, as feels comfortable and in harmony with your being—let the illumination of this Self pour through you and into you—into your mind, your thoughts, your awareness, your consciousness, ending some level of separation. A new blending is taking place right now, in this moment.

And as this happens, those thoughts that tell you that you are separate from your Divine Self are being revealed and released. Open and allow this to happen with your permission.

And you are being offered a seed of purpose that will bring you some new truth, some new understanding, some new vision of your purpose—why you are here—something that will be a gift, not only to you, but to those around you.

The seed of purpose is a very special one only given to those who are ready and have reached this level of illumination. It is very real. Receive this seed of purpose of a divine revelation when you are ready. Let it light up the illumination of your Divine Self, your awareness of It.

This seed brings with it a new mental construct. It begins to give you a new foundation for your thoughts and mind. It opens up to a new level of realization of who you are, of the plan and purpose of your life, and of the nature of reality. It is a gift of consciousness that you are ready for.

It begins to light up for you the entire structure of your ego-mind, of your personality, allowing it to align with Will and Purpose, and to become more transparent to the light within. Give it permission to take your mental body to its next level of illumination, to begin to open up the very concepts of your identity, of who you are. This will happen gradually and easily, and in harmony with your being. Open to this now.

This seed of purpose is radiating out from you, from the very center of your being. It is like a beacon of hope, of comfort, of love, of a nurturing, warming light that moves out from you touching all life around you, elevating all consciousness that is in resonance with this energy.

And many beings of light who have already made this transition to a new consciousness, to a new mind, are joining you right now. See how radiant they are, how transparent they are to the inner light of the Divine Self that radiates through them.

As you sense the central pillar within you, and the light within all the beings who are joining you, you come into resonance with this new energy that lies before you—this next step on your path of evolution. Something is opening up within you. Some new field of awareness is becoming visible. Some new level of fluidity, openness, and receptivity is awakening within you.

Focus on these beings, and receive and open to all that is being offered to you in this space to lift you up, and to assist you in taking your next steps with ease and grace, and with the support of the universe.

Something about your mind, your ability to think, and the nature of your thoughts is being reorganized into a higher pattern so that you may have brilliant thoughts, inspiring thoughts, clear thoughts that carry the light of the Divine.

There are many new thoughts that await you. You might sense these radiant, shimmering thoughts all around you. Some are closer; some are further away. All of these thoughts will lift you, and others are infused with purpose and are awaiting the perfect moment to come into your awareness.

These thoughts come into you, bring you their energy, and then move away. There is no attachment to them. Each one is a gift—a living energy form that is there for you to explore, to use the energy within it, to create good for yourself and others. And then to release as you open to the next one.

In this light, standing in the center of Will and Purpose, you have all the illumination you need to reveal and release thoughts that you are attached to, or have been attached

to in the past that do not reflect your higher purpose. See these thoughts flying away from you, dissolving in this light. You do not need to know what they are.

As they come up in the days and weeks to follow, you will let them dissolve and know that they have lost any power over you in the light of realization that you are now holding. You are gaining the quality of nonattachment to thoughts. Let this deepen now.

Letting the Divine Self reveal to you a quality of illumination where thoughts are released, are seen for what they are—as energy forms that come and go, serve a purpose, and then leave. Let all unnecessary thoughts fall away in this light, releasing an even deeper level of these thoughts—giving them permission to go.

And giving permission to yourself to have no attachment to your thoughts. They come and they go, like the clouds that pass over the sun. The radiant sun of the Divine Self is always there, beyond thought. Come into the center of your being, into this sun of light—quiet, receptive.

Allowing the moment to bring to you all that you need, revealing all that you are, and in gratitude for all that you have. You are a magnificent being of light. You have all you need within you. All you need do is contact your Divine Self. Be open and receptive and silent. And you will discover a new world within you, a rich and wonderful world.

So coming back now, sensing the radiance that you now are—so magnificent, so aligned with purpose, so peaceful and harmonious. Your thoughts are different. You have moved beyond the mind, and the mind and your thoughts now serve you, and are your friend.

So coming back now with an appreciation of how far you have come. And acknowledging the Divine within you. And I bid you good day for now.

What's Next?

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

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

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

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

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

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

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

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