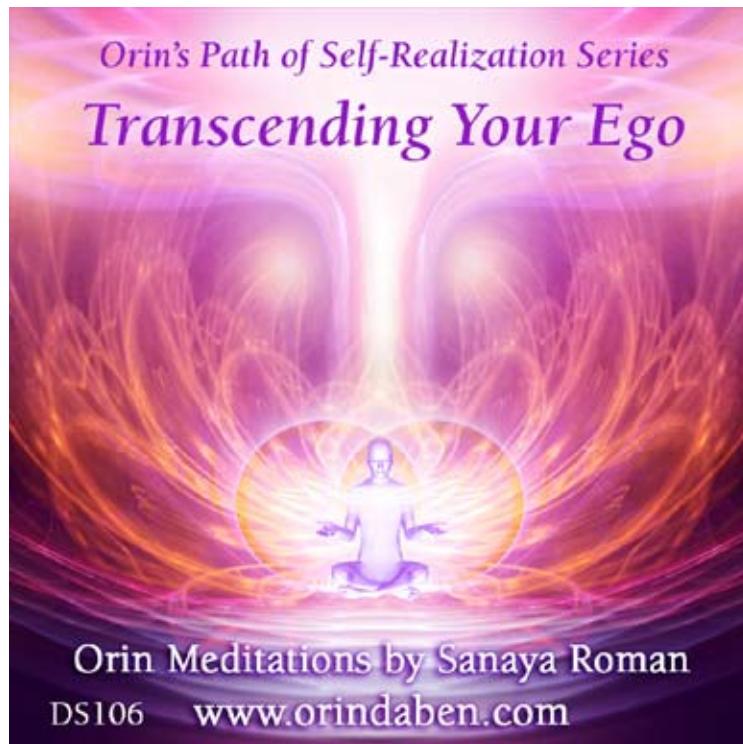


*Orin's Path of Self-Realization Series*

# *Transcending Your Ego*



Orin Meditations by Sanaya Roman  
DS106 [www.orindaben.com](http://www.orindaben.com)

Orin Meditations  
by Sanaya Roman  
Music by Thaddeus

Written Material to Accompany  
Orin's Audio Course

Includes Transcripts

## Table of Contents

<u>Audio Program Index</u>	3
<u>Welcome and Greetings from Orin</u>	4
<u>Course Information</u>	7
<u>Teaching or Sharing Orin's Journeys</u>	16
<u>Transcripts of Journeys</u>	18
<u>What's Next?</u>	41

## Website Links

To view these important pages on our website, you will need to be connected to the Internet when you click on the links below.

- [Links to Articles and Free Things to Do](#)
- [Orin's Path of Self-Realization](#)
- [Complete Listing of All Orin and DaBen Products](#)

## PDF Tips

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You can click on the purple hyperlinks to go to the indicated pages within this document. Blue hyperlinks will take you to our website at [www.orindaben.com](http://www.orindaben.com), if you are viewing this document online; or if your computer automatically connects to the Internet.

To navigate this PDF document file use the Bookmarks at the left side of your screen. If they are not visible, press the F4 key to show them.

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

***Audio Program Index***

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

To listen to the audio journeys, you will need to purchase them from *LuminEssence* at [www.orindaben.com](http://www.orindaben.com) and download them using your Member ID and password.

Program 1	Stabilizing Your Emotions Music: TH029E Master of Light	27:54
Program 2	Experiencing Desirelessness Music: TH066E Ever-Unfolding Expansion	28:19
Program 3	Receiving Gifts of Consciousness Music: TH030E Spinning Wheel of Light	27:14
Program 4	Rising Above Your Ego Music: TH067E Liberation	29:48
Program 5	Freeing Yourself From Attachments Music: TH024E Initiation	28:13
Program 6	Practicing Self-Forgiveness Music: TH011E Angels of Healing	28:06
Program 7	Releasing the Need to Suffer Music: TH007E Blending with Your Soul	29:05
Program 8	Moving Beyond Needing Approval Music: TH056E Sacred Journey	30:06
Program 9	Letting Things Be Music: TH004E Temple Gardens	28:11
Program 10	Responding as Your Divine Self Self Music: TH005E Silent Majesty	28:20
Program 11	Allowing a New Consciousness to Arise Music: TH047E Spiritual Sun Lifting	28:35
Program 12	Radiating Your Inner Beauty Music: TH041E River of Love	28:15

**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 4: Illuminating Your Mind DS104](#)

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

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***

Audio Meditations by Orin  
Channeled by Sanaya Roman

### **Greetings from Orin!**

You are far greater than you know or can even imagine. Your true identity is the Divine Self within you. You are not your thoughts, emotions, or desires. You are not your ego! With the foundation you have set with the previous five courses in this series, you are ready to experience the illumination that reveals your entire ego-structure and go to the next level of transcending your ego. You are ready to deepen your awareness of yourself as a Self that is infinite and eternal, the Self that experiences your thoughts, feelings and desires, but knows It is not them.

Transcending your ego is an important  
and significant step to take  
on your path of awakening, of Self-Realization.

In this course you will be guided to experience an even greater state of illumination than was taught in the first five courses in this series, made possible by the increasing illumination you have experienced as you worked with these courses. You will move into states of pure awareness and knowingness beyond your ego that are not based in thoughts, emotions, or desires. You will open to experience divine consciousness, states of awareness you can only experience as you transcend the ego.

As higher awareness unfolds within you, you recognize but do not act upon ego-based desires, thoughts, or emotions. You are content to love what is and let things be as they are, unless you receive inner guidance and inspiration that propels you into action. You surrender your desire to control things; you are peaceful and in the flow. Letting go of ego-based thoughts, desires, and emotions brings a major transformation of consciousness. It swings the door to the Divine Self open wide. It allows you to touch upon states of consciousness that are not possible to experience until you begin transcending the ego.

You will awaken the seed  
of your transcended ego.

In the beginning this seed might appear as a small dot of infinite light that emerges from the center of your being. This is a seed of awakened consciousness. It is the consciousness of the Self that lives beyond the ego, coming into manifestation. You welcome this unfolding seed of light that brings you a greater, deeper, and richer experience of awakened consciousness.

This growing seed of light reveals your ego-personality. It facilitates your ego in becoming more transparent and opens the way for your Divine Self to emerge more fully from within. It reveals that which is ready to go. In its light, darkness and limitation

begin to fall away. Thoughts that show you a lesser and more limited world release themselves from you. Desires that have kept you in bondage start dissolving. Emotions become more balanced, flowing, and peaceful.

You can transfer your identity from  
that of an ego-based self  
to the Divine Self within you.

This seed of light of your Divine Self beams light into every nook and corner of your mind, emotions, and personality. It moves you past old limits, releases you from outworn identities, and opens up the roles you play. This light has the ability to penetrate every area, thought, understanding, and memory and lift and transform your experience of them.

Step by step you can let go of attachments and old ways of being as you transcend your ego and know your oneness with your Divine Self. Your vision of who you can be and what you can accomplish expands. Your connections to others grow more rewarding. Fresh opportunities present themselves. Doors open. Synchronicity happens. Things seem to just work out.

As you shift into divine consciousness beyond the ego,  
it is important to forgive the past.

As your consciousness of truth grows, you will recognize better ways to be. You cannot continue to expand your consciousness if, when you have more awareness, you are hard on yourself for what you did in the past. You can release guilt, shame, denial, and other aspects of the ego that cause you suffering and that can keep you from wanting to experience more light. You will work with your Divine Self to forgive the past, let go of attachments, and release any patterns or habits of growing through pain and suffering.

You release the need for others to appreciate,  
approve, or recognize who you are.

Deepening your contact with your Divine Self assists you in releasing the need for others to appreciate, recognize, or approve of you. You can reject expectations others have for you. You know who you are, you know what is right for you, and you are able to set boundaries with others. You no longer give up what is good for you to win other people's approval or appreciation. You love and accept yourself for who you are, and turn within to receive guidance.

As you set your intention to be true to your Divine Self with your actions, behaviors, and words, you reap rewards beyond anything that the approval of others can bring you. Your path opens up and wonderful opportunities appear. Potential that has been latent is activated. As you connect with your Divine Self, Its qualities of courage and understanding flow through you, opening the way for you to take action and speak words that reflect the truth of who you are.

You can learn to embody  
the high states you experience  
as you contact your Divine Self.

You will be guided in these journeys to not only reach high, transcendent states that reveal your ego, but also to embody and live the consciousness of these states in your daily life. You will let the illumination that arises from within you shine through various areas of your life to transform them.

You can experience what a gift it is, what joy, what delight, what an incredible experience when the clouds of the ego part and the light of the Divine Self bursts forth from within you. There is a feeling of well-being, a smile in your heart. You feel buoyed up. It is as if you are lifting out of the density and darkness into the light. You know something wonderful is happening. A new light is dawning and appearing in your life—a light that allows you to transcend your ego and know your true identity as the Divine Self.

All the riches of divine consciousness can be yours. All that you can allow and open to are yours. You have everything you need within you. You are the Self, and you are now aware of and claiming more of your true identity. You live in an unlimited universe!

## Orin's Message About Transcending Your Ego

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

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

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

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

In this course you will link with your Divine Self to dissolve the filters of your mind, emotions, and desires—your ego—that have kept you from hearing the guidance of your Divine Self and from receiving all the gifts It has to offer you. You do not need will power to transcend your ego. As you open to your Divine Self It will provide you with all the courage, understanding, energy, awareness, enthusiasm, and motivation you need for this shift.

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

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

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

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

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

## **Transcending Your Ego: Awakening to Your True Identity by Sanaya**

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

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

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

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

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

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

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

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

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

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

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

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

## Why Transcend Your Ego?

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

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

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

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

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

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

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

## People's Comments Who Took This Course

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

"I sense the love the universe has for me, I trust more."

"I have been able to stop sabotaging myself."

"I have less resistance to what is."

"I have more courage to be myself and speak my truth."

"Listening to these journeys helps me feel stronger and more confident."

"I love listening to Orin's meditations before going to work, I always have a better day and things flow more smoothly."

"I finished the Divine Will courses, and was wondering what was next."

This series has been perfect as my next step of growth"

"I get to such a high state as I listen. I feel more balanced all day."

"I get so many insights after listening I just love the journeys."

"Things have gotten easier. I have less drama and tension in my life."

"After working with these journeys I feel more certainty about what choices to make. My inner guidance is clearer."

"My life has gone from ordinary to extraordinary. All events become an opportunity to practice what I am learning."

"This course has given more purpose and meaning to my life."

"I have less fear and worry, I feel much more peaceful. I have more trust in myself and the universe."

"I have fewer feelings of stress and overwhelm, and am actually getting more done."

"I am more accepting of things as they are. It's OK for people to be as they are, me too, less judgment."

"I experience love and compassion on a more consistent basis."

"My thoughts are more comforting and reassuring, not as fearful."

## Suggestions for How to Study This Series

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

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

## Strengthening Your Divine Self Connection

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

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

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

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

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

1. Start by sitting quietly. Set your intention to make contact with your Divine Self, to open to It and to receive Its energy, love, inspiration, and all the transformation, awareness, and gifts of consciousness It is always offering you.
2. Let go of any thoughts, and imagine that you are the Divine Self of infinite intelligence, unconditional love, and all knowing wisdom, looking out through your eyes. Sense the "I" within you that is always present, that which is pure awareness.
3. Let your mind come completely to rest, to a state of inner stillness, with nothing to do or think about, even if just for a moment. Let go of any thoughts about the outer world and go within, asking for your Divine Self to draw you into Itself.
4. You can make the connection to your Divine Self even stronger by having the intention to release any thoughts or beliefs that may be an obstacle to contacting your Divine Self or to receiving Its gifts.
5. If you would like, ask for guidance, an insight, or an answer as you enter into the silence.
6. It is in moments of silence that the Divine Self can impart to you as much of Its wisdom, power, and love that you can receive. Notice what new thoughts you have after these moments of silence, calling upon your Divine Self. Doing this brings more power, love, wisdom, guidance, abundance, and spiritual vision.
7. Afterward, you may receive an inner message, and it is fine if this feels like you giving yourself a message. Contact may come through a sense of energy, peace, an inner knowingness, an answer, a deeper breath, or in many other ways. It is fine if you do not have any response you can feel or identify; know that contact has been made simply through your intention to make contact. With this, some insight, extra energy, or inspiration has been imparted to you that will unfold at the perfect time.

## **Your Life as Your Spiritual Practice**

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

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

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

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

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

Do not worry if your life does not improve overnight. The spiritual path is not always an easy one. You are learning to surrender your personal will to a higher Will, and to allow things to come to you from a higher level of your being that you have no

direct control over. In the beginning it may only be your trust and faith that tells you everything is happening for your higher good, even if it does not appear that way. As you progress, you will come to know with conviction that this is so.

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

The spiritual path has many rewards.

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

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

Spiritual progress is not usually experienced  
as some amazing, event-changing shift.

It is a gradual awakening composed of many shifts and realizations.

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

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

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

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

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

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

It is important to forgive yourself for the past.

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

## Listening to the Audio Journeys

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

### How often do I have to repeat the journeys?

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

### I can not visualize or see the central pillar of light

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

### Practice on your own

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

## What Is the Divine Self?

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

## Why Contact Your Divine Self

As you open to your Divine Self, you can receive its guidance, peace, harmony, and illuminating light. You can more easily turn away from the distractions of the physical

world, and restore yourself in the light, love, and power of this eternal Self. With Divine Self contact you can transcend your ego and let go of the cause of pain and suffering.

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

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

#### Some Descriptions and Qualities of the Divine, Eternal Self

Omnipresent (everywhere at once).

Omnipotent (all powerful).

Omniscient (all-knowing).

Eternal, infinite perfection of being.

Infinite Being, love, and wisdom.

Infinite, endless light.

Self that is free from all attachments.

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

Is always the same.

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

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

Source of all answers.

A center of consciousness within the One Life.

A center of consciousness in the great ocean of Life.

A center of consciousness upon the surface of the one great "I".

The consciousness of the whole, manifesting through your point or center of consciousness.

Consciousness at rest, no thought.

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

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

## Relationship of Divine Self and Soul

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

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

In some of the journeys in this *Transcending Your Ego* series, Orin will guide you to link with your soul. Your soul is an intermediary between you and your Divine Self

until such time as you are able to directly experience and realize the Divine Self as who you are. It is the light of your soul that reveals the light of spirit, of your Divine Self.

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

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

## Divine Will and the Divine Self

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

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

We have evolved our policies after much thought, reflection, and experience based on today's technology. These policies may evolve and change as future technologies are developed. Please know that your support and willingness to purchase the audio journeys from LuminEssence makes it possible to keep this work available and to allow for new work to be created.

### Sharing Orin's journeys

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

2. Do not duplicate, copy, or transfer any *LuminEssence* audio recordings onto any format, including tapes, CDs, DVDs, audio listening devices, digital media, file sharing programs, or through the Internet or any other medium or method except for your own personal use, as they are copyrighted.

3. You are not authorized to record any *LuminEssence* journeys in your own voice for commercial resale or to copy any audio journeys onto any media for commercial sale.

4. Do not share any Orin journeys by making them available in any format on the Internet. Once the audio journeys are available via the Internet it is very easy for others to find them and to post them on other sites.

5. Please do not advertise that you are renting out, charging for, or sharing Orin's audio journeys via the Internet or any other medium for a fee or for free. This includes but is not limited to any broadcast or podcast of the journeys.

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

### Teaching Orin's Transcending Your Ego Course Series

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

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

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

## **Teacher/Study Group Discounts**

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

## **Sharing Orin's journeys in a live class setting**

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

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

## ***Transcending Your Ego***

Audio Meditations by Orin

Channeled by Sanaya Roman

## ***Transcripts of Journeys***

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

### **Program 1 Stabilizing Your Emotions**

Greetings from Orin. You are getting ready to continue your journey, one that you have prepared for in all that you have been doing—a journey into greater light, understanding, peace and harmony—the unfolding of your consciousness to reveal all that is within you, and that has always been there, awaiting your conscious realization of it.

You are far greater than you know or can even imagine. You are on a path of transcending the ego, an important and significant step to take on the path of enlightenment.

Open right now to the higher light within you, the light of your Divine Self, the light of consciousness.

You might imagine this light as inside of you, in the center of your being. It can be sensed as a pole of light that radiates outward. It can be sensed as a radiant sun, shining its light forth from your heart.

It can be sensed as a feeling of peace, a deeper breath, a sense of release, a feeling of completion or a shift.

You do not need to sense It or be aware of It for this Self to be present, for It is always with you. It is the essence of your being, it is the source of light and life within you.

Call upon this Self right now, set your intention to deepen your connection to this Self. And feel It respond in some way.

It is always reaching out to you, drawing you closer, opening the way, guiding you in every moment. Something is opening up within you, right now in this moment.

Your heart center is radiant. Your inner light is visible to you in some way. It is as if you are moving out of a dimmer light, stepping out into the light of day into the sun of your being.

It is as if you are leaving behind a smaller, more limited world, and stepping out into a bigger, more unlimited, more spacious and freer world. Open to this new level of illumination that is being offered you.

In this new light, the gift of consciousness is one that allows you to be more detached, that allows you to see the ego for what it is, to be less affected by your ego and other's, and yet more compassionate and understanding.

Imagine how your life would be different if you were able to remain peaceful and calm, and stay in your center, no matter how other people act around you. Make a picture of this now.

Let this light become more visible to you, this inner light that illuminates your emotions.

In this light, something about the emotions becomes calmer and stiller. They are quieting down, becoming less reactive.

It is as if you can sense your emotions all around you. You might even sense their vibration, their movement, their intensity. In some places they rise and fall rapidly. Sometimes they swirl around and around, wrapping you up tightly.

We are going to amplify the light. Ask the Divine Self, if that is your intention, to bring forth more of the light that frees you from these emotions, so that there is a greater sense of peace and stability, of balance, so that you feel more spacious, freer, and more at choice about how to respond.

When you are ready, open to this level of illumination, greater than any you have accepted or experienced in the past, that will begin to calm these emotions, calm the waters, release the emotions that have imprisoned you, and begin to free you to have a new identity, to experience yourself in a new way. Let this happen now.

As this light spreads out and out and out, like a sun arising, the storms of the emotions begin to clear. The fogs and mists disappear. You might notice a sense of deeper breathing, as if something is being lifted off of you, freeing you.

The illumination is growing more beautiful, brighter in some way. The emotional energies that have interfered with you are beginning to disappear in the light that is now emerging from the core of your being.

Your Divine Self is working with you right now to stabilize this level of illumination, so that you may experience it as who you are. Sense everything calming down around you, both symbolically here, as energy, and in your life. Waves of comforting, calming heart light, inner light, moving through every area of your life.

Beginning to clear the emotional energy, the pitch and the fever of it, the intensity, the drama—calming it down. Like the wind on a lake, becoming quieter and quieter, until there is nary a ripple. And the water has become like glass, reflecting the higher light of the Self, out and out, into a much wider range of energy than ever before, so that your inner radiance is greatly expanded.

Sense your light traveling out and out, radiating, shining forth, meeting no obstructions. All limitations are falling away. Let this light radiate, 360 degrees all around you, opening up new fields of potential, new possibilities.

All the places where the emotions have stopped you from knowing who you are, from radiating more light, are now being dissolved, disappearing, fading away.

Imagine that this light is radiating out into the future, the light of the Divine Self, freeing you from stuck emotions, opening up new paths that are possible in this higher light you are opening to.

Area after area is being opened up for you. Limitations are falling away.

All the opportunities to live your life in a bigger way, a more expanded way, are opening up, presenting to you opportunities to awaken your unmanifest potential, and let it manifest as new circumstances, ideas, relationships, and even more. Let the power of this light smooth your emotional body even more.

A great being of light, very angelic, is standing in front of you, symbolically offering you an opening to greater peace and harmony. You are asked if you are willing to let go of the battles, the highs and lows, the conflicts.

If it is your intention to live in peace, this angel will embrace you and join its energy with yours, to assist you in moving into this higher level of inner peace.

It is as if some weight is coming off of you, some of the burdens you have been carrying are being lifted. Take something you would like to release, perhaps that has had emotional energy for you, and turn it over to your Divine Self, to the great Angel of Peace. And allow it to transform in wonderful and miraculous ways. Do this now.

If there is some place you feel off-balance and a need to come to your center, feel this blessing of the Divine Self with you right now. Think of this area and receive the gift of consciousness that allows you to come back into balance, into a state of peace in this area.

In this great light, let your personality reassemble itself in a higher way, as if your beingness has spread out into this light. And as you come back into your individuality, you are reassembling yourself with much more light. In every part of your being

something is more beautiful about your energy, more whole. A greater sense of self, of inner strength, of compassion is arising from within you.

You are not the same, you have risen to a new level of light. You are transforming your emotions. You are releasing your old identity and embracing a new one. And this new identity brings you greater joy and peace, greater compassion and understanding.

Feel that inner shift to greater wholeness as you come back easily and gently, calmly and peacefully, into the room.

And with that I bid you good day for now.

## Program 2 Experiencing Desirelessness

Greetings from Orin. Sense the peace and calm that is possible for you to reach right now in a brief moment, as you set your intention to open to the peace and harmony of the Divine Self within you. Let it permeate your being.

This Self is always with you, it is within you, as close as your hands and feet. This Self is the center and the core of your being, a part of you. As you call upon this Self, It always responds. When you ask to have contact, when you open to it, you have access to all of your Divine Self, in every moment.

It is always there, waiting for you to consciously realize It. And it is out of your willingness to realize this Self that you transform your life, and move into a new identity, that of a Self that is whole and complete, that can realize the truth in every situation, that can express with love, and be present in every moment, aware of the opportunity and the blessing.

If you would like to deepen your contact with this Self, and open to more of Its gifts, set this as your intention right now. Affirm that you are ready.

Sense the Self within you, unfolding more of Its consciousness as your consciousness unfolding.

A quietness is pervading your being, like stillness spreading out.

The light of consciousness is revealing to you your desire body, the new field of awareness that you have created that is open to inspiration, that is re-orienting itself upward to the light. As this consciousness spreads out and out, there is a deeper sense of stillness, of peace, an increasing awareness of the moment.

Imagine that you can look at your desire body, as if you are outside of it, unaffected by any lesser desires that are still there. And able to see the new orientation that has occurred, a new field of receptivity to a higher light, spreading out, like a flower opening up.

As this opens up, it is as if you have receptors to light, inspiration, and the consciousness of the Divine that is increasing. As if you are collecting, opening to, receiving a higher light. As you do, you open even more, and then even more. Even more of your being becomes focused upward to the light, to the light of the Self within you.

As you gather more of that light, symbolically, another shift occurs.

It is as if with each shift you are opening to a new level of infinity.

Just when you think you have come to the edge of your ability to expand and bring in more light—a higher light, a finer light, a more beautiful light,—ANOTHER shift happens, and even more expansion is available to you.

More and more of your being is turning upward, drawn by this light that is continuing to grow. There is such beauty here—many patterns of light. Opening up beyond all past limits. All your desire turning upward for more light, for more contact, for more expression of the light within you.

You are moving your awareness into this light, becoming it—into this sense of fulfillment, of beauty, of consciousness Itself.

The space you are in is getting larger and larger. The Self is drawing you inward, into Itself, into infinity, into a realm of beauty and light, love and harmony.

As this field of consciousness expands and draws you into Itself, allow yourself to become pure awareness, focusing in the moment, letting go of thinking, just enjoying.

Stay in this high state, stay in this immense space of beauty and light, of pure awareness, and sense the desire body as it looks right now, as its state right now, in ordinary reality.

It is as if you can view your ordinary reality with a new awareness. Take an area that feels more constrained, that still feels as if it is wanting to control, or if it is being caught in a desire.

From this high space begin to release this part of your being from any desire that is holding it back, one in particular. Or, perhaps you want to scan this desire body, at this lesser level you are leaving behind, and see where you can free it—free the consciousness, free the energy that is contained in this area. Do this by imagining this light, this expansive light you are holding, coming into this area, and in some way, transforming this area, expanding it, lifting it, opening it up.

Let a desire arise within you that needs to be transformed or released. Know that you have the ability to transform it and release it, you as the expanded Self. Stay in that high, expanded state, aware of that state, aware of the desire that is ready to be transformed, and watch the light of consciousness reorient this desire, change it, transform it, or release it. Work on this and any other desire that arises.

Your Divine Self is going to open up your desire body even more with your permission and readiness, to take you into moments of desirelessness, where you have no desire. You are in a state of receptivity and openness, of listening within for the still, small voice—a state of pure awareness, of having no perspective, no desire—just awareness.

If you are ready for this experience, ask and be receptive, have the intention to move into a state of no desire, and the freedom that this brings.

If thoughts arise, this is perfect! Practice from this state having no response to your thoughts, no desire for them to leave. Just observe them. Watch them arise and fall. Let go of reacting to the content. Play with this. Become pure awareness without desire once again. Observing, listening within, quiet.

If desires arise to change something around you, to make the world different in some way, invite the consciousness you are opening to, to teach you and show you more about desirelessness. About the peace that is possible, the acceptance of what is that brings a peace beyond anything ever before possible. You are transcending the world of desire as you do this.

As you open to this state, you may only sense it for minutes or seconds at a time. Your willingness to experience it will allow it to expand. In this state, you are free from the pulls of mass consciousness. You are an unlimited being, open to what each moment is bringing you, able to hear the still, small voice that is guiding you. There is a profound silence in this space, and yet it is also filled with light, energy, love, and all the qualities of consciousness Itself, without the pulls and interference of the material world.

This state will rapidly transform your life, your understanding and your consciousness, for it allows you to enter into the world of the Self more purely, more completely, and bring back with you many new qualities.

Moving beyond desires into pure awareness brings a major opening and transformation of consciousness. It swings the door to the Divine Self open wide. It allows you to touch upon qualities that are not accessible with the desire body attached.

Right now, as you are in this space, in whatever way you are guided to do so, spread your awareness out into the field of pure consciousness. Let it draw you outward, absorbing all of the consciousness you can, bringing it into yourself, opening to it. I AM THIS! And even more.

As you come back, you are bringing back with you new qualities of consciousness, guided by your Divine Self, that will unfold in the weeks and months to come. You have expanded your ability to be in a field of awareness of your Divine Self that is pure

awareness-rich with potential, gifts of understanding, new direction, a clearer mind, and all that you need to continue this expansion.

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

## Program 3 Receiving Gifts of Consciousness

Greetings from Orin. Set your intention right now, to open to a quality of light that reveals the mind. This is a quality of light you may have already explored, one that allows you to better understand your thoughts, what they are, and to move into a higher light that reveals the nature of your thoughts and allows you to think in a new way.

The mind likes to be in control, think things out, come up with answers. It believes that it knows the complete picture. It believes that its perspective is all there is.

Thank your mind for having brought you this far. And what a fine mind you have—one that is learning to work in a new way, with a new role, as you open to the Divine Self.

Allow your mind to soften your thoughts, to grow quieter, as you invite the consciousness of your Divine Self to rise up within your being, to become more visible, and to experience this consciousness as who you are.

As the consciousness of the Divine Self unfolds within your consciousness, you become wiser. Your thoughts bring you answers, show you the way, and bring you all that you need in understanding, perception, and perspective to fulfill the purpose that exists in each moment.

As you open to the consciousness of the Divine Self, your thoughts take on a new character, a new quality. They support you, they help your Divine Self open the way. They become part of your growth and expansion.

If you are ready, if you choose, open to an expansion of the light within you, of the consciousness of your Divine Self that will reveal to you more than you have ever seen, or felt, or known—the nature of your mind.

The light is beginning to grow, spread out, take you further and further into a higher space. As if you can look at your mind from an all-new perspective, or perhaps many perspectives, one after another. Let this happen now, as this higher light opens up new understandings.

Allow it to expand, this light. Revealing the higher mind, the mind of the Presence, of the Self. In some new way, beyond words perhaps, you are getting a glimpse of divine Mind, that which your mind is a part of, that which IS your mind.

And the light of the Self is opening a new and more powerful doorway into Divine Mind, Universal Intelligence, the realm of Divine ideas, new understandings, and expanded consciousness. And its ability to be focused into the mind, so that you can experience its thoughts, is here.

Expanding and expanding. This is the realm of consciousness, of ideas, inspiration.

Think of some area of your life you would like more awareness in. It can be any kind of consciousness that you would like. Perhaps you would like more consciousness of music or art, or a particular topic, of enlightenment, of expanded spaces.

Let something come to you right now that would be a gift, that would greatly expand your potential if you had it. Let this area become visible of what new consciousness you would like, being shown to you from the highest level of your being.

A Being of Light meets you, and asks you what consciousness you are ready for. What understanding you would like. All you need do is ask, and it will be given. Ask for this now.

The Being of Light symbolically leads you to a place in the Divine Mind where this consciousness resides, although there is truly no “place” as you know it. This is a sacred gift, the gift of more consciousness. It will arise from within your being, and

seem as if who you are. It will unfold in exactly the right way and in the perfect time. It will come from within. If you are ready to receive this gift, the consciousness you have asked for, open to receive it right now. Let it permeate your being. Let it expand you in every possible way.

The Being present asks you, if there is other consciousness you could use. Perhaps more awareness of a project you are working on, an activity you are doing. Perhaps you might ask for more consciousness of your path and purpose.

Ask for this now, and open to receive the infusion of consciousness that is freely and gladly given.

If you feel ready to receive it, ask for the consciousness, whatever you are ready for, however much you can handle that is for your higher good, of the Divine Self that reveals the mind, that reveals the nature of thought, and that opens the way to Divine Mind. Receive this when you are ready.

Sense that light within you opening up a pathway into Divine Mind so that more of your awareness is expanding into the Divine Mind, into the higher light of Divine Ideas, creative intelligence, new thoughts, new perspectives, and a release from more limited thoughts that are holding you back.

Something is beginning to crack open, a light beginning to pour down upon you from the Divine Mind-consciousness Itself, opening the way for you to go higher, further, and deeper into the infinity of consciousness Itself. Let this happen now, as light begins to come through the crack, and a door is flung wide open into the light of pure consciousness.

Let go of thinking, just open. Something is happening beyond the mind. Your consciousness is being infused with a new quality of awareness that will allow you to perceive the Divine Mind, and to more frequently and often receive divine ideas and clearer guidance. Just be open and receive.

It is as if something about your thoughts and beliefs are being reorganized, coming into a higher pattern. And there is nothing you need to think about or do, other than give permission for this to happen. Your brain, your mind, is being infused with rays of light, beams of light. The living consciousness of the higher mind is permeating your mind, opening up your thoughts, revealing a whole new world.

As this infuses your consciousness, think of an area of your life you would like new ideas, guidance, or insights about.

Hold it in your mind and then let it go. And then just focus on contacting, and opening to this light of the Divine Mind. Knowing that all you need—all ideas, understandings, and insights will flow into your mind, and arise within your thoughts at the perfect time. Open to this now.

Take another area you would like insight about, that you would like to experience the Divine Mind operating in and through you.

And then let it go. And deepen your connection to the Divine Mind. Letting it draw you into itself. It knows exactly what you need, and it will be given to you, the understandings, and ideas and insights, simply by your asking and being receptive.

And now, the door will be held open even wider, for more of your consciousness to be infused with the light, understanding, and awareness of Divine Mind. To reveal to you even more of the nature of your mind, of the nature of your thoughts and beliefs, and of the beginning steps to gaining mastery over them with this understanding, with this infusion of consciousness.

If you are ready for this opening, simply ask for this consciousness and it will be given to you right now in this moment, and it will unfold in your awareness for many days and months to come. Ask for this now, if you choose.

As you come back, something will be different about your thoughts. There will be greater ease in choosing the thoughts you want to have, in recognizing and receiving transformative thoughts. A greater peace in understanding the nature of thoughts, a

greater receptivity to new thoughts, and fresh, original ideas. And a deeper and growing wisdom, an ability to choose the thoughts that you allow yourself to pay attention to, and to release those that you do not want, so that they do not appear, and you are freer than ever before.

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

## Program 4 Rising Above Your Ego

Greetings from Orin. Sense the Divine Self within you, becoming aware of It on a more continual basis. Sensing the stability, the strength, the joy and the love that this energy brings, that this Self represents.

This is the Self within you that is the center of your being. Allow yourself to grow quiet. Ask the Divine Self within you to assist you in growing quiet, for you are not alone. The Self within is always reaching out to you, offering you Its consciousness, Its peace, Its understanding. Receive this sense of peace, allowing all the energy that is not yours to carry to fall away.

Coming into your center, feeling more peaceful, more balanced, letting go of the outside world. Moving into the center of your being where there is peace and harmony, where all good flows into you, into the source of all good. Tapping into this source and allowing it to permeate your consciousness with whatever is needed right now to bring you even more.

Going inward and inward, into the center of your being. And with each shift inward, there is more peace, an expanded awareness, a greater sense of harmony, of letting go of limitation, of throwing off of any energy you have taken on that is not yours.

Coming into the peaceful, silent center of your being. The Divine Self drawing you in, meeting you there. Its magnetic call, its loving heart, reaching out to you, assisting you in every way possible, to move deeper into your center.

Feel yourself letting go at a deeper level, growing lighter and freer. Turn any cares, any concerns over to the Divine Self. Know that It already knows what you need, and is working to give you everything that you can receive.

The Self within you is whole and complete, is fully aware. It is consciousness Itself. It can infuse you with light and awareness at the personality level. It can transform your entire personality. It can reveal to you more of who you are, giving you mastery over the ego, the mind, the emotions, and the desires. Anything you can think to ask for can be given. It can give you anything you can think to ask for.

If you would like to expand into the light, move into a greater depth and a stronger ability to blend with the quality of light that reveals the ego, that opens a new identity, set this as your intention. Give permission for this to happen.

This is the Self revealing Itself to you. Be aware, bring all of your attention to this moment, to being fully present in this moment, and the next, and the next, with no thought, no desire, calm and peaceful emotions, feeling your connection to the Divine Mind.

Stand symbolically in the center of your being, aware, present. And feel something welling up from within you, a new consciousness, a new light emerging from within you, from the depth of your being. Perhaps a small dot of light in the beginning, infinite light that begins to emerge.

A seed of new consciousness, a consciousness of the new Self that lives beyond the ego, coming into manifestation. Welcome this new light. You have already experienced it, perhaps. This will be a greater, and deeper, and richer opportunity to move into this new identity. Feel it emerge.

This light carries the ability to reveal the ego, to reveal the entire personality structure in a new way that will allow you to gain mastery over it, but not in the way of the ego. A mastery that will come from understanding and awareness. An understanding that

will allow the ego to become more transparent, and the Divine Self to emerge more fully from within.

As this light emerges, this ball of light, this seed of consciousness, it is beginning to show you the outlines of the ego that you have identified with and called, in the past, the "I" of your being.

Perhaps you see it like an outline, or a shadowy form. However it appears to you, if it appears to you, is fine. At different times you will sense the ego in different ways. Sometimes you will sense it as an understanding of how it works. Other times you will sense it as transparent.

Let this rising light from within you reveal the organized structure of the ego—of the thoughts, the emotions, the desires, the memories, the conditioning. Some aspect of this is being revealed, some of its structure, its coherency.

This light is continuing to grow, and move out, and radiate through the structure of the ego that you are aware of. Beginning to reveal to you, in this space, what it is. You do not need to know anything right now in this moment. The understanding you are unfolding in this journey will bring you many months of awakening and understanding, and new opportunities to transcend the ego.

You are allowing this light to grow, this light that reveals, the light of the Self within you. Something about the ego is growing less defined. It is beginning to open up, like a flower opening in the light. A sense of release and openness as this happens.

It is beginning to reveal to you the temporary nature, the unreality of this structure, how frequently it can change, how easily it reacts to lesser energies. You are gaining understanding rapidly. Some new awareness is unfolding—one after another. You are seeing that which has encased you, and you are seeing it for what it is.

You are rising above the ego. The light within you is drawing you into itself, so that you are beginning to transfer your identity from that of the ego structure and the personality, into that of the light within you.

The light is revealing that which is ready to go. Some level of darkness, some level of limitation is opening up, is falling away, is disappearing as this light, this inner light continues to grow.

Thoughts are beginning to release themselves from you that show you a lesser and more limited world. Thoughts and feelings and desires that have kept you in bondage to a lesser understanding are dissolving in this light. And you need do nothing but allow them to go, and give your permission, and continue to open to this light, this Self within.

Let this inner light expand even more. Knowing at one level, it is already fully expanded, and yet in the level of time and space, it is unfolding in a sequential way. How much inner light can you allow? How radiant can you become? How much consciousness can you allow into your life?

This Self is beginning to dissolve past limits, old thinking, old identities, roles you have played—all those that have come out of the ego, the personality. Light is being beamed into every nook and corner of your mind, of your emotions.

Places that have not been exposed to the light are being offered light. There is no area too big or too small that cannot receive this light, for it has the quality to penetrate every area, every thought, every understanding, every memory.

The light of realization is dawning in your consciousness. The day has arrived! The seeking is ending, for the seeker and the sought are becoming one. The time has arrived, and the time is now! The transforming is dawning, is occurring right now in this moment.

A new light has been born within you. A light that has been there before, and is now appearing more fully developed, more present, throughout every area of your awareness. Lift even higher into this light, as if you are lifting out of the personality

even more, into a new consciousness. You do not even need to understand it, or know what it is. All you need do is ask for it, accept it, and honor it.

At first this new consciousness will appear as sprouts of understanding. Each time you have a new understanding, pay attention. You will nurture it. You will watch it grow. More understanding will spread, more threads of the new awareness will appear. Until they give you a new outlook on life. Until all of these threads of consciousness come together as a new way of looking at the world, a way that will bring you more peace, greater compassion, and a deeper understanding of who you are and how to help.

Feel the threads of new consciousness—the sprouts—coming up all around you in a field of light that is the beginning of the transformation of your ego, into a new field of consciousness, into a new field of light. Your ego as it exists now is becoming more and more transparent.

It is no longer a limitation. Instead, it supports and is receptive to the higher light of the Self that is emerging from within. And as these new seeds of consciousness grow stronger, they will fit together. They will provide you with a new mind, a new awareness, and a new sense of self.

Let one of these seeds of awareness emerge in your mind right now, or perhaps in the next few days,—something that brings you a new understanding, a greater sense of peace. Let this emerge right now. Do not try to think it. Just receive the understanding, letting it arise in a silent mind.

You have opened a door. Your Self is shining through you at more levels than ever before. So come back gently and easily, and I bid you good day for now.

## **Program 5 Freeing Yourself From Attachments**

Greetings from Orin. You have opened to a new consciousness. Layer after layer is being revealed of who you are, of what you are capable of, and of the potential that lies within you.

You have affirmed that you are ready to move to a new consciousness, a new awareness and understanding of the world. The light of the Self is more visible than ever before within you, shining out brightly and radiantly into the world around you.

The light within you is revealing new aspects of reality, showing you your underlying oneness with all life, and revealing to you more of the nature of reality.

Open and allow the Divine Self within you to shine more brightly than ever before.

As it shines brightly within you, with your consciousness upon it, the Divine Self is beginning to dissolve even more aspects of the ego that have held you bound to a lesser level of light and understanding.

It is opening a path of freedom, of liberation from bondage to the ego, to that which has caused suffering. It is opening the way for Its radiance of joy and love, of compassion and understanding to pour forth from you, to emanate from the core of your being, so that you can experience yourself in new ways.

As the Divine Self becomes more present in your awareness, it feels like your joy, your love, your compassion and understanding, for there is no separation. You ARE the Divine Self. It is the source and life of your being, and you are allowing It to emerge.

In the light of illumination of your Divine Self, you have a greater ability to release old patterns, attachments, addictions to certain feelings and thoughts that are part of the ego, and part of the suffering. This is the light of freedom and liberation from suffering and pain into joy and peace.

If you are ready for this shift, if you are ready to learn through joy rather than pain or struggle, affirm this now.

Grow very silent. Let go of thought. Feel the presence of the Divine Self within you, however It feels to you; perhaps as a sense of peace, of pure awareness, awareness without labels, without perspectives—just pure awareness. Fall into this now, allowing

the Divine Self to show Itself, to reveal more of Its consciousness to you, right now in this moment.

If a thought arises, let it be, let it subside, and return into the peaceful silence, into the pure awareness of the Divine Self within you.

In this light that reveals the illumination of the Divine Self, that is assisting you in making the ego more transparent, in dissolving some of the patterns, let it reveal to you now an emotion that you are attached to, that It can assist you in letting go of-a feeling that you run through your body, let one come to mind.

Sense how you might be different, how life might be different without this emotion. What might change if you no longer experienced this emotion?

If you are ready to let go of it, or to allow it to transform, get silent, take that intention with you into the silence, and the awareness of the Divine Self, for the power of the Divine Self is such that Its illumination can transform this emotion, can dissolve it, can lessen its pull, until it is no longer.

So just get quiet, and let the Divine Self do Its work, holding your intention to release yourself from the grip of this emotion.

Something has shifted. Something will be different. The emotion may dissolve in an easy and harmonious way, so naturally that you might not even notice it is gone. This is the way of the Divine Self. It carries the illumination that releases you.

Let yourself become aware of a desire, perhaps the desire to change yourself or someone else, a desire to have something that you do not have. Let something come to mind that would free you if you could let go of this desire.

Again, with your intention to let go of this, connect with your Divine Self, fall into Its light, allow It to draw you into Itself even more deeply.

Know that as you release desire, it opens the way for you to have even more than you have pictured. It allows more of your unmanifest potential to become manifest. Something for which your desire has blocked the way is now open.

Now let come to mind a thought, a belief that has held you back in some way that you are attached to, some thought or way of thinking that you have identified with as who you are.

Set your intention to shift this through the realization of the truth, and through the realization of more about the nature of who you are. And then let it go, and deepen your connection now to the Self within, letting that radiance grow stronger, and work with you to create some of the shifts that you are asking for.

Know that in the silence something is happening with the contact you are making, with the light and radiance you are allowing to emanate from the core of your being, this area is being transformed. All you need do is ask, and be open.

Ask your Divine Self to show you any attachment to some person, place, or thing that it is time to let go of that is not for your higher good. Let this come to mind right now, something in letting go of will bring you a greater freedom, open up your path, and allow you to express more of your potential.

Set your intention to let go of this, to let it dissolve in an easy and harmonious way. Get very quiet, fall into that sense of awareness beyond the mind, the light and radiance and the presence of the Self within, letting It do the work of assisting you in letting go of this attachment.

Know that every time you connect in this way, whatever attachments you have will lessen as the light of the Divine Self becomes more real, more present, and as the ego-self begins to dissolve, become transparent, and open up in this light.

Let something come to mind that is an attachment to a way of being in the world, a way you present yourself to others, a definition of who you are that may have been wonderful in the past but is now limiting you in some way. Let this be revealed to you now, a picture of yourself, a way of being, that is ready to shift.

With this in mind, with your intention and your openness to let go of this, to open to a new way of being as the old way dissolves, call upon your Divine Self, open to this

Divine Self, let the awareness of the Divine Self unfold as your awareness. And begin to dissolve this way of being, to free you to act and be in new ways that better reflect the light and the consciousness you are becoming. Do this now.

Feel the freedom to be who you are expanding within the core of your being outward, throughout all the layers and levels of your being. For your innermost Self knows no boundaries and no limits. It is free and limitless. Allow this freedom, this limitedness to spread throughout your being.

Embrace this consciousness, this consciousness of freedom that clears the way for you to be all you can be in every moment. Ask for this awareness right now, a deepening awareness of the freedom and limitlessness that is who you are deep within. Let it spread through every area of your life, freeing you in ways you have not even thought to ask for. Let this happen now.

All right. You have done wonderful work, you are surrendering to the Divine Self, the source of all true change and transformation. It knows your intention, and it is working with you to help bring about a freer, more joyful, and more peaceful life. And with that I bid you good day for now.

## Program 6 Practicing Self-Forgiveness

Greetings from Orin. Sense the Divine Self within you. Pay attention to It for a moment. Just by paying attention in a quick moment, some new channel is open to your Divine Self, some blessing can be received. Something within you can become more balanced and centered.

Again, put your attention, think about, reflect upon, the Divine Self within you.

Notice that just by doing this something about this Self draws you in. Your thoughts may become calmer. Your attention shifts to another place. There is a feeling of something drawing you inward. Again, think of the Divine Self within you.

Even though the Divine Self is invisible, you can feel It or sense It in some way. Again, think of the Divine Self within you. Let It become more real in some new way. Put your attention upon It.

Ask for this beacon of light within you, of consciousness to become more visible, to appear in your awareness more often throughout the day. Let this be your intention and your request if you choose, so that with all of the activity and thoughts, and everything going on around you, the Divine Self is more visible, calls out to you more loudly, and you turn your attention to It more often.

Sense yourself going about your day—all the thoughts in your mind, all the people around you, all the activity and commotion, sometimes quiet, sometimes more active.

In all of this activity the silence of the Divine Self is always there. Imagine your life if your awareness of the Divine Self were to be greater, Its call to be louder, Its light to be stronger, and your attention to be drawn to It more and more often. So that It is no longer underneath the surface, but becoming more present in your conscious awareness. How might your day be different if you listened to and heard, and sensed and connected with your Divine Self more often? Picture it so, and give permission for this to happen.

Give permission to your Divine Self to find those spaces in your thoughts, and in your activities throughout the day to make contact with you.

Have the intention to become aware of this contact. For the Divine Self within you is a living consciousness. It is who you are, deep within. It is your inner Self reaching out to you, to add Its energy to yours. You are not alone!

You are taking many steps of going into a greater light, of living from that greater light, expanding your understanding and your wisdom, opening your heart and your inner vision, beginning to see life in a new way, and understand more about who

you are. You are the most radiant you have ever been. You have taken many steps to transcend your ego, to allow it to become more transparent to the divine within you. This results in many new understandings.

It is important as you move into this next level, and all the levels that follow, that you forgive yourself for the past. You can only grow to the degree that you can let go of the past. For as you move into greater and greater levels of light, wisdom, and understanding, you will see your past in new ways.

You can choose to see your past through the eyes of your Divine Self, through the eyes of love, knowing that you were always doing the best you could. And you could let go of seeing your past with judgment or self-criticism, or feeling bad.

As you move more and more firmly into the consciousness of your Divine Self, you will be leaving behind the past. All the lessons you learned are what have brought you to the state you are in today, and have made you the wise and compassionate, thoughtful person that you are right now.

To take the next step forward is to let go of regrets and self-criticism for what you did when you lived in a lesser level of understanding and light. Your Divine Self is here to work with you, to assist you in letting go of those things that served their purpose in teaching you and making you stronger; in letting go of the judgment, or the pain or suffering, any regrets, any disappointments, anything of the past that needs to be let go of.

Think of something from the past that you did from a lesser level of consciousness that you regret, or wish you could change. Or something that has made you feel bad about yourself when you think of it. Let something come to mind that it is time to let go of and to see in a new light, to forgive yourself, and let it go, and move on.

With this in mind, think of your Divine Self. Move into that consciousness. Allow the Divine Self to draw you inward, opening your heart. Feeling the perfection, the love, the compassion, the forgiveness of your Divine Self.

This is the Self within you that knows perfection. It helps you to understand that how you acted, what you did, or what happened was perfect for what you and any other person involved needed to learn. This situation served its purpose—to bring you wisdom, to make you stronger, to bring you closer to the inner Self.

Let this love and compassion of the Divine Self, let those qualities expand within you, so you are looking at your past self and that situation through the eyes of love and compassion. Forgiveness flows out of you to your past self.

This incident or situation is long gone. And all that remains are the thoughts about it in your mind. See it as only existing now as a story you tell yourself—thoughts that appear. You have learned, you have grown. This incident has served its purpose. If you would like to let go of it now, make that your intention.

Imagine that the Divine Self within you is becoming so radiant, the light so brilliant as it shines through your mind into these thoughts, that the thoughts begin to dissolve. The memory loses its coherency.

It begins to fade and move out into the distance, these thoughts, as if they are no longer circling you, like a satellite around the earth. These thoughts have been circling you. Now as they dissolve in this light, perhaps you might see them moving further and further and further away from you, or simply disappearing, until you can see them no more.

If the thoughts of this incident come up again, they will have less hold over you. The thoughts will be weaker and have less emotion attached. You will be able to see this thought, picture it in some way, fading out. Or moving far out into the distance, until it is no longer attached to you in any way, and fades out until it is gone.

If the memory or the thought arises again, it will be like a shell, with no energy attached, no connection to you left, no impact upon you. Until it will not even appear, and you will not think of it again.

Forgiveness is a quality of the Divine Self, not of the ego. You can know that you are in the space of your Divine Self by your ability to forgive. A very powerful process to assist you in clearing the past is to ask others for forgiveness—for anyone you may have offended or hurt in any way, consciously or unconsciously, to sincerely ask that you be forgiven.

If you would like to do this, ask for this now. Ask that anyone you have ever hurt in any way, or perceived that you hurt, people you were aware of or not, that you were conscious of your action or not, ask for this forgiveness now of the Divine Self of others.

Feel how completely and unconditionally you are forgiven by the Divine Self within others, that does not see that you did anything wrong.

Notice how good it feels to know that you are forgiven. You can offer that same light to others—you, the Divine Self. You have the ability as the Divine Self to forgive others and to free yourself from anywhere you have been hurt, or taken offence, or suffered from something someone else has done. You can either offer forgiveness to everyone you know right now, or, you can think of something in particular, and allow the forgiveness of the Divine Self to flow out from you, knowing that your Divine Self has the capacity to forgive others.

As you do this, you might ask for their inner eyes to open, their hearts to awaken, and their consciousness to expand, so that they are freed from this level of consciousness and the beliefs that have held them in bondage to this behavior.

Notice as you do this that something within you feels better and freer. Open for a moment to the forgiveness of yourself, for everything you have done in the past, from a lesser understanding and level of consciousness. Let it go. Your Divine Self forgives you, loves you, and does see that you did anything wrong. It knows that you did the best you could, and that you were learning important lessons that brought you to where you are today, and that were there in that moment to serve that purpose.

In the bright light of the Self that is there right now, let the past dissolve. All the regrets, the words spoken and not spoken, the incompletes, let these go. Let them dissolve in the light of the Self. You are freeing yourself from the past, moving into a bright and wonderful future.

With your intention to release the past and let it go, this will happen. You will find it easier and easier to identify and recognize and let go of thoughts of the past. And to forgive yourself, and to love yourself and appreciate the divinity that is who you are. As you begin to identify more with the Divine Self, and less with your ego, the freedom from the past will increase. And with that will come a new freedom, a new life, a higher future.

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

## Program 7 Releasing the Need to Suffer

Greetings from Orin. Allow a feeling of openness, of receptivity right now; a sense of waiting for something wonderful to happen—anticipation. With this sense of openness, of receptivity, imagine that you are opening to the consciousness of your Divine Self to be your consciousness. Its joy to be your joy. Its wisdom to be your wisdom.

What a gift this is, what a joy, what a delight, what a wonderful experience it is when the clouds part, and the joy and the love, and the compassion and the delight of the Divine Self burst forth from you. Sense the clouds parting around you, and sunlight bursting forth from the center of your being.

Allow a feeling, a sense of well-being to come over you.

Feel a smile in your heart and on your lips.

Something wonderful is happening to you. A new light is dawning and appearing in your life—a light that dissolves the ego, that reveals it, and allows it to become more transparent.

Like the sun rising in the morning, a light is arising from the center of your being, illuminating your life with light—the light of consciousness, of joy.

You feel lifted up in this light. Something is shifting within you. Some heaviness is falling away.

It is as if you are lifting out of the density and the darkness into the light. The beauty, the joy, the love, the perfection of the Divine Self lifting you up into this light—the light of the Self.

Notice your breathing. Let it expand in some way, or grow smoother and deeper.

Each time you rise into the light of the Divine Self and experience this consciousness, something is released that has held you back. Some chain of the past is loosened. Some new freedom is gained.

Open now to that quality of joy, of being in the flow, a part of the energy, connected, at peace, at one with all life. Open to this feeling that is a note, a consciousness, a way of being of your Divine Self. All you need do is ask for this consciousness to increase within you, and it will.

Your Divine Self knows that there is no power that is more powerful than the Self. It does not see problems or obstacles. It knows that these can only exist in the mind, and not in the light of truth, not in the light of the Self.

The Self is always joy and love, and more that cannot even be put into words. Any pain or suffering is that of the ego. You can grow through joy, through connecting with and knowing the joy of your Divine Self. It is possible to grow in this way, to live in this way as you transcend the ego.

As you transcend the ego, you do not need to suffer. It is a thing of the past. If you are willing to let go of the pain and the suffering, affirm this now. And you are willing to grow through joy, affirm this as well.

Think of something in the recent past that you felt was a source of suffering for you—something someone else did, something you thought or did. Let something come to mind.

Open to the Divine Self, to Its consciousness of light and joy. Feeling yourself lifted up once again into that radiant light of the Self. As if you have risen above the density into a world of pure light. Light that goes out in 360 degrees all around you, revealing truth, bringing understanding, light, consciousness, love. The light that frees.

From this expanded perspective, with this as your consciousness, look at what you perceive to be your suffering. There was a gift for you, a growth, a lesson, an opportunity to understand something in a new way, to grow wiser and stronger. Allow the Divine Self to assist you in seeing and understanding more about the opportunity in this situation.

The Divine Self can free you from the qualities of the ego that were involved in this, that caused your suffering.

What were you trying to protect or defend, or hang onto in some way? Let this be revealed to you, for in being revealed to you it will bring you freedom. It will free you from that aspect of the ego that has held you in its grip, in this and in any other situation that was similar in the past.

Move your awareness into the Divine Self. It has nothing to protect or defend. It is perfection. It is beauty and light. Let the consciousness of the Divine Self pour forth from you into this situation, releasing any need to protect or defend, releasing any need for an ego response. Just shining the light of the Divine Self onto this situation so that a piece of the suffering is dissolved.

Look over this situation, and identify what fear was involved. What was the underlying emotion of fear? For facing it and seeing it, and dissolving it in the light, will stop you from attracting any other situations of a similar nature, will stop the suffering, and raise you into growing through joy and understanding and light.

There may be a fear of loss, a fear of change, a fear of the unknown, the loss of an attachment, of an identity. Let that understanding come to you as you stay in the light of the Divine Self, revealing to you more of the ego that can be transcended in this area.

As you sense it, imagine that the light of your Divine Self is shining upon this fear, seeing it to be nothing, a misunderstanding, a misperception of the truth that you are a powerful and radiant being. Shining the light on this fear, watching it dissolve, watching it disappear.

Coming into a sense of the Self, of the power, of the light, of the love, of the wisdom that is who you are, knowing that any suffering is forgetting who you are.

Imagine that there is the path of the ego and the path of the Self, and you are leaving behind the path of the ego. Building a bridge now, from the path of the ego, to the path of the Divine Self.

Beginning to transfer your identity and your awareness into that of the Divine Self within you. Symbolically, build this bridge and walk across it into the light. And notice the more fully you are in the light of the Divine Self, the more your consciousness of the ego begins to fade.

Until you have fully moved your consciousness into the Divine Self, there will still be parts of the ego that are in the process of being transformed. You are now in the stage of increasing awareness of knowing what is the Divine Self, and what is the ego.

Anytime you suffer, you are in the ego. For the Divine Self knows only joy, perfection, unconditional love, and recognizes that all is well on every level.

As you sense life for a moment from the consciousness of your Divine Self, imagine what it would be like if you had nothing that you worried about. No suffering in your life, just a sense of being in the flow, of love, of joy. Can you allow that to happen? Are you willing to let go of suffering in every area of your life?

You are already on that path as you are transcending your ego. Look around your life symbolically, anywhere you are suffering right now, as pockets of energy where the ego is more in control than the Divine Self. Perhaps you might see this as a field of light with pockets of energy that seem less beautiful, or however you want to see this.

And now let the sun of light of the Divine Self arise within you, over this field of consciousness, these places where your ego is more in control, where the energy is less beautiful.

As the light grows more radiant, these places begin to disappear on their own. For it is the light of the Divine Self that dissolves the ego, and it is your intention to work with the Divine Self that is important as well. Your receptivity and openness to consciously experience this Self that makes the difference.

So opening up now, to that light. The Divine Self will show you and bring you a quality of light now, a new quality of light that dissolves the ego if you are open to this. It is a very transformative light, very powerful.

You will shine this light out on the field of the ego, until it becomes more and more transparent. Until all that is left is this light. This formless, infinite, and eternal light.

Your awareness of this radiant light may come and go, that is fine. It may move in and out of your consciousness. And each time it comes back it is stronger, more visible, more powerful. Once you have connected with this light, the radiance of the Self, a door has been opened, and it will only grow stronger. Your life will get better and better as you embrace the Self within you.

All right, that quality of light will move out through your being, on and on without end, going ahead of you, doing the work, dissolving the ego, lessening the suffering, and opening you to joy.

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

## **Program 8 Moving Beyond Needing Approval**

Greetings from Orin. Connect with your Divine Self, with the light within you simply by having the intention to do so and thinking of your Divine Self.

With just a thought of it, and the intention to make this connection, something wonderful happens. You open a door, and the Divine Self connects with you, joins with you, and draws you upward into Its higher consciousness that is who you are deep within. Feel yourself being lifted upward in some new way right now.

It is as if all the times you have connected to the Divine Self have opened many channels for the energy of this Self to flow into your mind, to become your consciousness. Sense all the connections you have made to the Divine Self every single time you have thought of it, like lines of light, connecting you to your Divine Self.

Your connection to your Divine Self is stronger, more stable, and better than it has ever been. Your consciousness is rising to a new level. Take a moment to appreciate your new understanding, how you act differently and feel differently right now, how your life has changed as the Divine Self has become more present, and your ego has become more transparent to this great light within you. Let a few things stand out that show you the change in consciousness you have undergone.

This innermost Self is the source of all good. It is the source of peace and harmony. It is the magnetic, radiant light within you that speaks to you with Its still small voice, that clears the way, that draws to you your higher good, that is always loving, compassionate. That is always with you, guiding you, preparing you, and leading you to your highest path.

Let something about the Divine Self within you become more real. Acknowledge It. Sense or remember in some way how It has helped you recently. How this Self within—Its strength, Its insight, Its wisdom has risen up from within you and changed a response you might have had, a decision you might have made. Let the Divine Self show you right now something you have done that has come from this deepening connection to your Divine Self.

Reflect on how the Divine Self has come through you—perhaps as an inner certainty about an action to take, a feeling of peace and understanding that has come over you, or an insight that has arisen from within you showing you what to do. Reflect on how the Divine Self has been manifesting through you.

You are this Self. The true Self within you is becoming more visible. The inner is expressing on the outer. You are moving into a new identity, a new sense of Self. And that comes from your connection to this, the innermost part of your being.

To move beyond the ego, is to move into acting on the directions and purposes and guidance of the Divine Self. To do this is to let go of acting to satisfy the egos of others and a need for praise, or recognition, or approval.

Let come to mind something you may be doing in your life, in which you are doing to please someone. Something that perhaps that is not what you would like to do, but what you feel obligated to do, or feel that you need to do so that the other person will appreciate or approve of you. Let something come to mind right now.

Let yourself join with the consciousness of your Divine Self. Let it draw you into a state where you are most connected with the truth of your being, where you can become more aware of what is perfect for you, what is your purpose in this area; what would be joyful for you to do, and that would honor who you are inside. Let this come to mind, be it an idea, an image, a sense, a picture. What are your insides telling you that you need in this situation to honor the true Self within you?

Let go of thinking of this situation for just a moment. And connect with your Divine Self with Its radiant light, Its strength, Its power to move through all obstacles, for it knows that they are not real.

Just hold this radiant light. In the silence, allow your consciousness to expand in a way that will assist you in transforming this situation.

In the silence and in the light of the Divine Self, let it strengthen your sense of who you are, your new identity.

Your loyalty to the Divine Self is increasing, knowing that as you follow the light of this Self—the guidance, the way is cleared, comes to you. Let the Divine Self radiate through you the qualities of consciousness that will enhance your ability to follow what is inside of you, what you are being guided to do, and to release the need for anyone to approve of, to recognize you, to praise you, and to release the need for you to do something to receive their approval.

Just letting these qualities of the Divine Self permeate your being. You do not need to know what they are. For the need for praise and recognition and approval comes from the ego. It is trying to satisfy the egos of others, which will never be satisfied. No praise or approval will ever be enough.

In the light of the Self that you are holding, see yourself as free in this area from needing to please anyone.

What might you do differently if you followed your insides and your inner guidance and stayed true to yourself in this area, and you were aware of and in touch with your inner strength and courage? Picture now, let insights arise as to what you might do differently in this area.

Imagine what your life might be like if you did not need approval or recognition or praise from others. How might you be more able to be true to yourself, to follow your guidance?

As you turn to the Divine Self, and you set your intention to be true to this Self with your actions and behaviors and words, you will reap rewards beyond anything that the praise of others can bring you. Your path will open up, new opportunities will appear. Potential that has been latent will be activated. The light within you will lift and expand and be a gift to others. For as you move into the Divine Self and honor It, so do you free others to be true to themselves, and to release some of the grip their egos have had on them.

Let come to mind another area in which you have been responding to the ego of another. In which you have acted in ways to please, seek approval from, gain recognition from, another person. When this need for approval has separated you from your guidance, from what you need to do to honor yourself.

Let this area arise within you, an insight about an area if you could release the need for praise, or recognition or approval, that you would be free to follow your path. And that would ultimately be the greatest gift you could offer the other. Let this come to mind right now.

Connect with your Divine Self. Feel how radiant you are, how strong, how certain, how guided you are. Let the inner become more visible. What would you do in this area if you were being true to the Self within, to your innermost Self, to that which your heart wants, to the path that lies in front of you? How would this area be different? What would you do or say differently? Let the Divine Self within you be with you as these insights unfold.

As you connect with the Divine Self Its qualities of courage and understanding flow through you, opening the way for you to take those actions and speak those words that are true to who you are. See yourself doing this. See the strength that emanates from you, the love and compassion, the wisdom, as you honor yourself in this area.

See the gift you have offered the other, of being true to yourself, that frees the other to be who he or she is inside.

You let go of responding to the egos of others. You turn your awareness to the light within you, to opening that light, to allowing it to express in new and wonderful ways.

As you picture yourself taking these new actions, as you open to this light that frees you, sense that new feeling of dominion within you, of liberation.

A leader is being born within you, one who shows the way through example. Who demonstrates the power of being true to the Self within. To following the still small voice. And to letting go of needing to respond to the egos of others, in a quest for a momentary praise or recognition, or approval—fleeting, temporary, and not fulfilling.

You will begin to see where you are acting and being controlled by this need. And it will never again be as strong, and you will begin to dissipate this need as you turn to the Divine Self in all areas, knowing that it is the gift of energy from the Divine Self that restores you, that is you, that lifts you, that rewards you in every possible way, beyond anything a fleeting moment of praise or approval or recognition can bring from the ego of another.

You are recognizing the source of the true gifts in your life—the Divine Self within you. And you honor It by listening and following through with actions and words to the guidance and direction you receive.

As you come back, feel the inner strength, the greater confidence that you now have to be true to who you are, to your Divine Self.

And I bid you good day for now.

## Program 9 Letting Things Be

Greetings from Orin. Light is beginning to shine forth from you, more radiantly and more visibly than ever before. From the work you have been doing, your ego is becoming more and more transparent to the light of the Self.

As this happens, you are able to experience and express more joy, to feel more peace, and to have more harmony, better relationships, more abundance, and a greater sense of well-being as more and more of the Divine Self becomes your awareness and expresses itself as who you are, and know yourself to be.

Reflect on this for a moment—how, without even specifically asking, certain areas of your life are working well. Things are coming to you as you need them more often. Sense Divine Presence working in you and through you as you reflect on these.

Put your attention on the light within, or however you sense your Divine Self. Allow yourself to be drawn into the consciousness of this Self in whatever way is offered to you as an experience of this Self. It may be different every time you connect with your Divine Self, or it may be the same.

One time it may be an image of light, another time a sense of peace. Let yourself be drawn in now to this sense of your Divine Self, knowing that however you experience your Divine Self in this moment is perfect, and exactly what is supposed to be. Do this now, let your Divine Self draw you inward. Make contact with It, sense It, right now.

If in any way you have been judging or criticizing the way you experience your Divine Self, have the intention to let go of this. Ask your Divine Self to assist you so that you can accept and love your own process, the steps you are taking, the path you are on, and your progress in becoming your Divine Self. Ask for this, and receive and open to a sense that all is well and that you are doing and acting, and opening to the Divine Self in the perfect way for you.

You can ask the Divine Self to assist you in releasing any judgment or criticism you have had about the way you are connecting with your Divine Self, your experience of It, or any other judgment or criticism that has separated you from the experience of your Divine Self, opening the way for a clearer and stronger connection.

Let yourself be drawn into a state of pure awareness, beyond thought, even if it is just for a moment. Your Divine Self is working with you to make this possible, releasing the need to think, softening your thoughts, becoming awareness without thought. Let this happen right now.

There is a natural rhythm to the thoughts setting up and then dissolving, setting up, and then dissolving. When they set up and come about, practice for a moment

not getting involved in the content of these thoughts, but simply watching them rise and fall, being drawn into the space and awareness of your Divine Self as you detach from your thoughts in this way. Do this now, watch your thoughts arise and fall for a moment.

As you are doing this, you are opening to the pure awareness of your Divine Self. This Self makes no judgment, does not criticize, does not put a story on an event. It simply Is, beauty, light, love, acceptance, compassion, and all that is beyond label and word.

In some new and deeper way, fall into this awareness that is a pure awareness, beyond thought—an awareness that can watch the thoughts, and know that It is not the thoughts, but a deeper Self, a Self that is beyond the thoughts, that is pure light, pure awareness, consciousness Itself. Experience this now.

Let the Divine Self draw you in as you set your intention to join it, to experience this awareness, to let go of thoughts, stories, opinions, judgments—whatever comes to you that would interfere with this pure awareness. Experience this new dimension that begins to open for you as you move more deeply into the presence, into the pure awareness, the silence of the Divine Self. Let this happen now. You are pure light radiating outward— divine perfection, divine grace.

As you let this sense of inner light strengthen, deepen in some way, imagine that this is your consciousness. Everywhere you look you perceive divine perfection. Anything else is a story that the mind is telling you—a concept, a judgment, an opinion. It is a filter that the mind puts on reality. Let yourself fall back into this pure awareness that sees only divine perfection, beauty, light and love.

See the judgments and opinions as a filter that is put over the Divine Self by the ego, by the beliefs and by the thoughts that exist in mass consciousness—a series of filters that interpret and judge and cloud the pure light of the Divine Self. So transferring your awareness now to that pure light, that pure awareness of the Divine Self, imagine from this state you can see that there are filters—concepts, thoughts—that in some way dim the light and beauty of the Self.

Let the radiance of the Self grow even stronger. And the Ego, and the beliefs, the opinions and the judgments become less of a filter and become more transparent to the light of beauty and perfection that is radiating through you right now.

In this space, there is no need to save, no need to change, no need to alter what is. There is no judgment, no criticism, no filters that say something should be changed or that a person should be different. In this light it reveals that all is well, and that the Divine Self of others is watching over them, and they are learning their lessons, all lessons bringing them closer to the Divine within them.

Think of a situation in the recent past in which you judged another, or felt bad for another, wanted to correct something, change something, or make it better.

Now fall into, be drawn into the consciousness of the Divine Self—pure awareness. Imagine that you are now looking out through the eyes of your Divine Self at this situation, with no thought, just peace and love, acceptance, and seeing the Divine Perfection in the situation and all about. Do this now.

Sense that part of you that is seeing this situation as a problem. That is part of the Ego. In the light that you are holding right now of the Divine Self, if it is your choice and intention, ask for this part of the ego to become more transparent. So that you can let things be as they are, and work from this higher level to sense and know divine perfection rather than from the ego level that feels it must change, or judge, or interfere.

Ask the Divine Self for help now in dissolving this part of your ego, so that you in many more situations can let things be, and look out through the eyes of your Divine Self that knows all is well, and in so doing, lifts and transforms everything, and all energies about.

Think of another situation, perhaps one that occurs on-goingly, where you feel a need to save, or change someone or a situation.

Move into the pure awareness of your Divine Self, that beautiful consciousness of light, of peace, of no thought. And just hold this light of peace and perfection.

Let this light, with your permission, begin to release all your thoughts, opinions, stories, judgments that you have projected onto this area.

In the light of the Divine Self, of perfection, there is no reaction, there is no need to save, or change. With the mental concepts dissolving, a peace can pervade your being—the consciousness of the Divine Self that knows all is well and can work from this level. Let this happen now as you think of this area and move into the pure awareness of your Divine Self. In some way this area and your thoughts about it will transform.

See yourself in a future situation, one that you might have reacted to, judged or criticized, or in some way have been taken into your ego and out of the Self. Let this come to mind right now.

Sense as this situation comes up, something within you draws you right into the Divine Self, and you have a moment of peace, of pure awareness, where your thoughts about this situation begin to dissolve—your judgments, your criticisms, your story, your concepts.

From somewhere deep within you automatically arises a sense of peace and acceptance, and a pure awareness of Divine Perfection. At that moment you may take a deep breath, and your story drops away, you feel peaceful, and you are able to let things be as they are. Picture this happening now.

You will find yourself able to more and more easily let go of your pictures and your stories, your judgment and your opinions, and simply hold the light of the Self in many and varied situations, for you are moving into the consciousness Of the Self. Your ego is becoming more transparent. And with this you have more light and consciousness and love to add to all the energies about you.

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

## Program 10 Responding As Your Divine Self

Greetings from Orin. You are making many shifts in consciousness as you call upon the Divine Self, for each time you do you open new pathways for the energy of your Divine Self to come to you, to work with you, so that you may consciously realize this, the Divine Self, as who you are.

As you realize this as your true identity, that you are this Self, and you know more about what that means, and understand this transformation, everything in your life will and does change for the better.

You are moving into a new consciousness, a new understanding and awareness of who you are. Focus again on your Divine Self within you, asking It to be present. Move your awareness into this Self to blend with It in some new way, so that you may experience Its consciousness as your consciousness.

There are many veils that stand between you and your complete merging with the Divine Self. These veils are composed of your thoughts and beliefs, as well as the thoughts and beliefs of mass consciousness.

The goal is to realize this Self, this consciousness, and to experience this consciousness as who you are, so that the Divine Self expresses out through every level of your being, clearly, purely, without any filters.

Then the thoughts that arise within your mind express your Divine Self, and the actions you take are guided by the energy of this Self that is you.

Imagine that you can sense or see in some way the thoughts, the beliefs, the ego that acts as a barrier or a veil between you and your Divine Self, and that keeps you from moving more into the consciousness of this Self. Ask for these to become visible to you in some way right now.

With your intention, and with the light and the consciousness and the realization of truth and the power of the Divine Self, let this veil dissolve whatever concept,

understanding, mental belief, impersonal energy, whatever this filter is that keeps you feeling separate from the Divine Self. Let the light and the consciousness of the Self dissolve this, with your permission.

With this step, something will be different. Something is different right now. In some way, perhaps beyond words or thoughts, the consciousness of your Divine Self will be recognized as your consciousness. A new understanding of what this means and how this will change your perception of the world will begin to emerge within your thoughts.

A new understanding is being born in you right now in this moment, as you have accepted this step and asked for and had the intention to know the consciousness of the Divine Self as your consciousness.

This is a major step. It will have many ramifications. What was seen as outside of you will be known to come from inside. What has been seen as separate will be seen as part of your consciousness. Your concept of what is your consciousness will expand and grow into a new you, one much vaster. A Self that is infinite, eternal, and that embodies the Allness of the universe will emerge. With this will come a new understanding and mastery of the personality self, the ego.

Affirm that you are ready. Once again, allow the Divine Self to assist you in releasing the separation between that which is seen as the consciousness of the Divine Self, and your ordinary consciousness. Many doors will open with this step.

Feel some new sense of self arise from within you in whatever way it does. Perhaps it will be beyond the mind as pure awareness, a greater ease in observing your thoughts, in not reacting. Perhaps there will be a greater sense of peace and well-being, a more refined ability to discern what is true and what is not for you, to know the real from the temporary.

Let it be revealed to you right now some of the changes in consciousness that you are opening to as you lift the veils that stand between you and your Divine Self.

As the understanding of non-separation and the experience of deeper and deeper merging with your Divine Self occurs, many new pathways will open up. You will be able to manifest what up till now has been unmanifest potential. Many new doors will open, many new paths will appear.

For a moment, let go of any picture of the future, for you have projected, based upon your past consciousness, what your future might be. Move into the pure awareness of the Self, knowing the Self to be who you are. Let the future that you have thought about dissolve (you can always bring it back), and open to the new future, the new potential that lies in wait for you with this new consciousness you are becoming. Do this now.

Let emerge from the depth of your being the new paths, the new potential that will be activated with this change in consciousness. Do this now.

Let a thought arise from within you of something that might be different in the future with this new understanding. Perhaps it is some way of being, a way of relating to another, a way of thinking, something that you might do differently or let go of. Let this area come to mind, and receive any insights that are there for you right now, in this moment.

Every time you make this connection and ask for the separation to be released, and ask for the unity to be deepened, something will shift. It will grow increasingly easier to choose to act and think and feel as the Divine Self.

You will begin to sense your underlying unity with others. You will sense the Divine Self that is within everyone as the Self that is within all life, and know your unity with others at this level. You will know that whatever you do to another, you are doing to yourself. You will perceive that there is no separation between you and others as you bridge to the Divine Self and know your oneness with It.

Think of an area in which you have been feeling superior or inferior, or separated from another in some way, knowing that this feeling comes from the ego and not from the Divine Self. Reflect on this for a moment.

Sense how this feeling separates you, not only from the other person, but entrenches you in your ego and separates you from the Divine Self.

With the light of the Divine Self, knowing this consciousness more and more as who you are, begin to dissolve what ever has stood between the two of you, superiority or inferiority. Until you see or sense in some way the Divine Self shining through the other person, and you are identifying with the beautiful, perfect, divine within that person, rather than with the ego, freeing yourself, dissolving your own ego as you do this.

Sense any energy of needing to win or be right, or to defend yourself—other aspects of the ego that are ready to be transcended and let go of as you close the gap and blend with your Divine Self, and know Its consciousness as yours. Think of a situation in which you have felt the need to win, or be right, or to defend yourself.

This energy separates you from your Divine Self, and you are not going to permit it to do so any longer. Allowing your Divine Self to unfold from within you as your unfolding, expanded consciousness, radiate that consciousness through this part of the ego. Until you can feel a sense of release—no need to defend yourself, no need to be right, nothing to win or lose, just letting it go, having no reaction.

Know that as you become more and more the consciousness of your Divine Self, you have the power, you have the consciousness to dissolve these things that separate you from the Self even though it is the Self appearing as others. It is the Self, and the Self in others that you recognize, that strengthens your sense of the Divine Self within you.

You can know you are falling into the consciousness of the Divine Self and becoming this light, this pure awareness, by letting go of the need to hurt, to strike back, to diminish in any way another person. It is not you, the true Self that would do this. It is that part of the ego that has not yet been transformed in the light of the Divine Self. It is another aspect of separation that you are now rapidly gaining the power, the insight, and the light to change.

Let a situation come to mind even the most subtle, slight one, in which you may have consciously or unconsciously diminished another person in some way, thinking to make yourself strong—a misunderstanding of the ego. Perhaps it was a comment about the person to another person, or a thought you had that you did not carry out with words. Think of this now.

See yourself, picture yourself in some way, the next time this temptation arises, to see yourself as separate from the Divine Self in others, that separates you from your Divine Self, picture this temptation being denied, and instead, you let it go. You have no reaction. And you move into the peace and the beauty and the love and perfection, and into the pure awareness of the Divine Self in that moment.

You are transitioning to a new awareness as you blend with the Divine Self and know this consciousness as who you are. Wonderful and profound changes lie ahead. Be gentle and easy on yourself. This is just the beginning. It is to bring to your awareness some of the patterns of the ego so that you may transcend it even more. You are opening in every journey to more dimensions of the Divine Self.

Feel the light radiating from you, out and out and out, into infinity, clearing the way, opening the path.

Coming back easily now, when you are ready, and I bid you good day for now.

## Program 11 Allowing a New Consciousness to Arise

Greetings from Orin. You have birthed a new light within you. You have become more receptive to a quality of light that reveals the ego, the entire personality structure that you have identified with in the past.

You are ready to explore the potential that this opens up for you, the new vistas and horizons that are possible, the new ways of thinking and being that this opens up.

Start by thinking of the Divine Self, remembering what you have learned, the spaces you have been in, and the light that you have already experienced, coming from the center of your being. Think of this now.

As you think of the Self, notice that your energy begins to shift. It becomes easier to let go of thoughts you do not want, to feel a greater sense of spaciousness, to be able to feel that inner peace. For just thinking of the Self, It begins to come alive within you.

Feel this light of the Self, this consciousness of the Self, like a flower within you, revealing itself as beauty and light.

Let an image of the Self come to you, such as the pillar of light, the sun of light in your heart, the seed of light growing brighter and brighter, or a feeling such as deep inner peace-whatever comes to you as a sense that you have made contact with this Self.

Let this come to you right now as a potential doorway into the Self, a bridge from ordinary reality, into the consciousness of the Self. Let it be revealed to you, a doorway for you right now, in this moment, and perhaps one that you can use at other times as well.

Feel the contact with the Divine Self, the Self that is you, that is your consciousness, that is within you, waiting for you to consciously realize It, so that it may unfold within your awareness, bringing you Its joy, Its peace, Its love. Opening you to unlimited abundance, good health, joyful relationships, a peaceful mind, and harmony between you and others.

Using whatever image or sense has come to you, feel yourself being drawn into this Self, your innermost being. It is drawing you in, it is working with you.

There is a moment when you can almost sense that a deepening contact has been made, a shift of some sort, a breath, a release.

Letting this sense of connection grow even deeper, and the light of the Self once again revealing to you the ego—the personality, the mind, the emotions, the desires, the beliefs, the memories—all of that which has been your identity. This light is beginning to open up those areas with a new quality of freedom.

Take an area of your life, let one come to mind, that you would like to shift, to bring it more into alignment with the Divine Self.

And let this go. Connect with that quality of the Divine Self that reveals the ego—all the structures, all the beliefs, memories, thoughts, that are playing out in this area—the emotions, the desires.

It may be very vague. You may have some sense of these; that is fine. This light will begin to reveal and unravel for you this area—the attachments, the congestion, the limitations—the entire structure will begin to be visible to you that is creating your reality in this area, now and in the future.

Let the light of the Self, the peace of the Self, however you sense it, move out through this area, revealing all that is a part of this, and loosening its grip on you. Loosening the grip of the mind and the beliefs and the memories, freeing you from stuck emotional energy, releasing all thoughts from others, mass consciousness, energies you have taken on that are not yours.

Clearing all lesser energies and understandings so that this area is beginning to open up. You know what needs to be done, and you are beginning to emerge into the light. Allowing this to happen now, with the area you are focused on.

Sense the new light emerging. Sense all of these becoming more transparent, and the inner light, that sense of peace or tranquility, that sense of the Self growing stronger and stronger. The consciousness of the Self permeating your being, becoming your consciousness in this area.

Your connection to the Divine Mind, the world of creative intelligence, of divine ideas, opening up to you, pouring into this area. New inspiration is being born. The old is leaving, and you give it permission to go!

Something within you is stronger, clearer, more certain. You can feel a new wisdom within you, a new mastery of some area of your life emerging; a greater ability to move through limitation and obstacles that comes from working at this level, bringing light to them and letting them dissolve.

Let come to mind another area of your life that you would like to transform, open up, or change in some way. It can also be your capacity for growth, your connection to the Divine Self, your path and purpose—whatever you would like to open up from this higher level of light. Let this come to mind right now.

And let it go.

Again make contact, or deepen your contact, and again think of the Divine Self. Let the light of the Self arise within you, becoming your light, your consciousness, your peace, your awareness. All you need do is ask for this, be receptive, and open to the Divine Self, and It will do the work. Ask for this consciousness now. Feel yourself being drawn into the Divine Self, merging with It, opening to It.

In the light of this Self, all of the ego patterns, the roles, the identities, the beliefs, the thoughts, the memories, the past, the patterns are dissolving. It may happen now or in the weeks and months to come. It will happen in a way that is harmonious with your life. You will be gaining more and more understanding from a higher level of who you are, and how to change this area.

You are setting yourself up on a higher path, one of more light, and a greater opportunity to spread that light everywhere you go.

So let any insights come to you right now that are sitting there awaiting you about this area—any new inspirations, or ideas. Allow these to arise from within you. Be quiet, and receptive. These ideas might arise now or later, for you are opening the door for this to come. Do this now.

If you are ready, and open and receptive, an opportunity is being offered to you right now to open to a new understanding of your life, a new vision, a new view. Something that will transform the nature of your being, who you think you are, what you are capable of, and that will change your relationship to others in a gentle and compassionate way.

The light of the Self, the consciousness of the Self, of the Divine Self within you, is ready to burst forth in a new and deeper way. The ego, the structure, the patterns, as they grow more transparent, are allowing a new consciousness to arise, gain hold, and permeate your being.

This is more than just a new understanding. This is the awakening of the next step of a major step on your path of initiation. If you are ready for this, give your permission for this light to emerge. It will happen in a way that is in harmony with your life and your being, and over the period of time that is appropriate for you.

Its emergence will begin to change your concept of self, of others, and of the world around you in wonderful and profound ways. Give your permission and then simply grow silent, surrender, and allow this light, this consciousness to unfold within your being. It will happen at a level beyond your mind, so there may be no sense of it, or memory of it, just an awareness that you have given your permission and invited this consciousness into your life. Do this now if you choose.

Let the Self show you, or reveal to you some new understanding that is ready to emerge right now that will be part of the major transformation that you have just opened to. Perhaps it will be a small piece, perhaps it will be a bigger piece. Or perhaps it will be a deepening sense of peace or inner stillness. Let this new consciousness reveal itself to you, in whatever way it does.

Keep opening. Allow any new consciousness that wants to flow into you right now to do so. Be open to all the gifts that your Divine Self is offering you. If there are insights, open to them. If there is a feeling of release or relief, allow it.

All the riches of consciousness can be yours. All that you can allow and open to are yours. You live in an unlimited universe, as the Divine Self unfolds within you. Everything is possible, all potential is within you.

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

## **Program 12 Radiating Your Inner Beauty**

Greetings from Orin. Start by thinking of the Divine Self, and allowing It to reach out to you, to offer you Its peace, to infuse your consciousness. Open to allow this consciousness of the peace of the Self to become your peace, to let a sense of peace permeate your being.

Let this peace come deeper into your mind, calming down your thoughts, assisting you in letting go of anything you have on your mind right now. And returning to the center of your being, a place of confidence, of mastery of the energy, a place of love, understanding, and compassion. You are growing more silent within.

Some level of anxiety, of tension is being released. Some energy within you that is ready to go is falling away. As it does, you can breathe more easily. Perhaps there is a sense of release in your diaphragm and in your body.

Your body is responding to this peace by relaxing. Becoming aware of anywhere in your body that is tense, and allowing peace to flow into that area. Releasing the thought forms that you have held in this area, transforming it in some way with the peace of the Divine Self.

There is a gentle, flowing quality to the Divine Self, a softness, a kindness, a respectfulness of all life. There is the energy of the Divine Self that brings together, merges, and is magnetically attractive. You have brought in much light, the light that reveals the ego, to begin the process of making it more transparent to the light of the Self.

You have embraced a new identity, a new understanding. You can open to the Divine Self in new ways. To make the transition to a new consciousness smoother and easier by opening to the love and the softness that is within you.

The ego is the face that you have had to the world, that which you have presented to others as who you are. It often feels it must defend itself, put up walls, resist, and be on guard.

If you would like for this wall to come down, to dissolve so that your inner beauty and strength can radiate outward, affirm that you are ready for this transition right now. Set this as your intention, so that the inner matches the outer, and that the outer reflects the inner.

There is a coming together that is possible as you open to the Divine Self and allow it to transform that which you have presented to the world, the outer shell of the ego. Much as the chicken breaks through the egg, and the shell falls away, you are ready now with the light that you have to emerge, so that the inner is the face that you present to the world, and the outer shell is no longer needed.

This will happen in a gradual way. You will become who you know you have always been. You will like the self that emerges – a stronger self, a more confident self, a self that has greater mastery over its emotions and thoughts. The self that will emerge and can emerge will be radiant, magnetic, and will bring together, bring harmony to all life around.

Get very quiet. Make contact with, open up to the love of the Divine Self within you. The radiance of the love within you is magnificent.

Sense this inner light, the beauty, the gentleness, the lovingness of this light becoming more present, infusing your consciousness with this love, this compassion, this kindness.

There is also in this the quality of wisdom, the ability to be firm, to set boundaries and limits, to say what you mean, to come from your truth, and to stand firm in the light of the Self.

Sense the strength of the innermost Self within you emerging. The new self being born, coming into the light, your inner self is emerging, strong, capable, focused. A self that knows what to do, that receives inner guidance.

Feel this Self coming to light, becoming more visible to you, becoming who you are. The light of the Self is growing stronger and stronger. It is beginning to shine outward,

and it is beginning to reveal the façade, the interface that you have had with the world that does not represent who you are.

Your new persona is being born, is emerging, is strengthening. The inner Self is emerging into the world of form.

Imagine the sun of light within you is shining forth so radiantly, so brightly that this is the face that you present to the world. This is the "you" that people come to know.

Picture yourself in a situation, or as you go about your day. What might be different as the façade falls away, as the personality becomes transparent, and the light of the Divine Self shines through, becoming the you that you know? Let the Self reveal to you now how It would act, how It would be in the world in this situation, activity, or throughout the day.

Think of another situation, opportunity, or event. Imagine how the Self within you would act or be in this situation. Letting the Self within you show you the harmony, the peace, the actions, the words that it would use, as the Self within you expresses who It is to the world in your interactions with others, in the way it sets priorities, moves from one thing to another, receives Divine Ideas, and creates in the world. Gain more insight right now, more understanding as you open to this new vision of yourself acting and living as the Divine Self.

If you are ready, if it your intention, the soft, gentle, magnetic quality of the Divine Self that merges and blends, and brings together, is going to bring together the outer and the inner, transforming the outer.

Give permission for this to happen, for the inner to become more visible, to transform your outer being, your outer persona, the face that you present to the world, the personality that you have adapted. That you are open now to having this transform in some wonderful way that will allow you to express more of the love within you, the radiance, the compassion, the wisdom, and the strength that is who you are. Let this happen now.

Sense the softness that emerges, the love and compassion. And also the strength, the wisdom, the firmness, the clarity, and vision. You are able to say the right words that create a shift. You are better able to honor yourself.

You are able to sense the reality of others, become aware of their perspective, and choose wisely how to act, guided by your Divine Self.

Feel this inner self growing stronger and stronger, and Its light breaking open that shell, dissolving that shell. So that the light of the Self reaches you directly without the filters. Allowing yourself to experience the energy of the Self in an even purer way, a more direct way, and to radiate the light of that Self outward, in a way that will transform all the energies you are around, offering all life a higher vibration.

Think of a situation in which you have felt powerless, or perhaps helpless or did not know what to do, or perhaps you have felt like a victim.

That was the old persona. You now have access to the new you. Moving into that sense of strength and clarity, of understanding, softness, the ability to say your truth; look at this situation in a new light. Feeling the confidence of the Self radiating through you, dissolving the obstacles, and opening the way for you to act and think in a new and empowering way. Picture this now.

Your new identity is beginning to emerge. You will have many moments when you notice yourself speaking to others in a new way. You will have moments when you become aware of an inner strength, an ability to say what you mean with love and compassion, a sense of openness to the world, of greater light, more understanding, more empathy and compassion. And the wisdom to know what to do and to carry it out with action.

You have changed your future. You are making it possible to become in the world who you are inside. So coming back now, feeling wonderful, radiant, and loving and kind. 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)