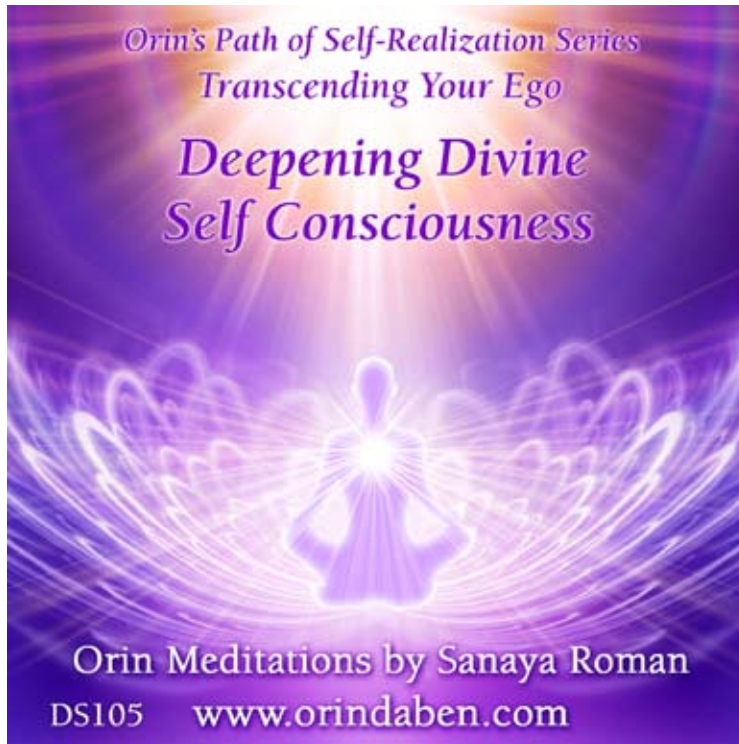


Orin's Path of Self-Realization Series

*Transcending Your Ego:
Deepening Divine Self Consciousness*



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

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

Includes Transcripts

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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.

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Orin's Path of Self-Realization Series
Deepening Divine Self Consciousness (DS105P)

Orin's Path of Self-Realization Series

Transcending Your Ego

Deepening Divine Self Consciousness

Audio Program Index

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

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

Program 1	Breaking Through to a New Consciousness <i>Music: TH033E Light Emerging</i>	29:39
Program 2	Becoming Pure Awareness Without Thoughts <i>Music: TH057E Sacred Ceremony</i>	29:03
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Program 5	Updating the Roles You Play <i>Music: TH025E Fourth Dimensional Shift</i>	29:39
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Program 7	Knowing Your Formless Self: Releasing Identification With Form <i>Music: TH046E Spiritual Sun Opening</i>	29:53
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Program 9	Into the Light: Clearing the Storms of Emotions <i>Music: TH018E Guardian Angels</i>	28:28
Program 10	Being True to Your Self <i>Music: TH020E Angels of Love</i>	29:23
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Program 12	Embracing Your New Identity <i>Music: TH051E Spiritual Sun Vortex</i>	28:48

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 6: Transcending Your Ego DS106](#)

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

Orin's Path of Self-Realization Series

Transcending Your Ego

Deepening Divine Self Consciousness

Audio Meditations by Orin
Channeled by Sanaya Roman

Greetings from Orin!

In this course you will be guided to deepen your connection to your Divine Self, so you can experience Its illumination that reveals and guides you to transcend your ego. The Self will assist you in identifying and releasing the ways you have kept yourself from knowing your true identity.

Every time you connect with your Divine Self some of Its consciousness becomes your consciousness. Your sense of there being a Self separate and apart from you lessens. With more contact, higher truths and understandings unfold. You experience more love and greater wisdom. You are able to live from the peaceful, centered, balanced space of this Self more often and in a wider range of situations. You awaken to your true identity, to know that the Divine Self is who you are.

You have all you need within to unfold your full potential
as a free, awakened, enlightened being.

Your Divine Self awaits your connection to It to bring you all the gifts of consciousness that can be yours. It offers you all that you need in every moment. It is supply and abundance. It is joy, love, freedom, and harmony. It is infinite and eternal. It is loving wisdom. Every gift of consciousness, every quality of being is within you waiting for you to claim it. Your Divine Self is always reaching out to you, drawing you into Itself. However, you can only receive Its gifts when you consciously open to It, this Self that is who you are at the core of your being.

In these journeys you will be guided to experience a great, revealing, illuminating light, the light of Self-Realization, of the Divine Self dawning within your consciousness. This illumination has the freshness of the first light of the sun at dawn. It brings hope and inspiration. It awakens you to a freer and more expanded life. As you open to this light, you can feel new life and light emerging within you, assisting you in breaking free of old constraints. A stronger foundation of Self, a higher vibration, a magnetic radiance opens up within you.

To receive the gifts your Divine Self is always offering you,
set your intention to contact It, then be open and receptive.

In these journeys you will be guided if you choose to have the sun of the Self radiate Its light into your mind, desires, and emotions, into anywhere you have been closed, limited, or stuck in some way. With this, the light of your Divine Self can move through your consciousness and transform your identity, allowing a whole new personality to form around your knowing the truth of who you are, a divine being.

As you continue this course, a deeper consciousness of love, compassion, and acceptance of what is emerges. You are more able to face the world with peace and love in your heart. Radiant light spreads out from the core of your being, touching all life with hope, inspiration, and rebirth into a greater identity. Your increasing illumination brings you into resonance with higher energies and connections, both on the inner and outer. Those who are in resonance with you can experience a greater light within themselves, just by being around you.

As the illumination of your Divine Self that brings Self-Realization plays through your consciousness, it brings many gifts.

One of the gifts you can receive is the consciousness that makes the path easier, that lessens the struggle, that releases all the beliefs and concepts that say it is hard, it cannot be done, it is too much work, or that it is too great a reach for you to become awakened.

Another gift is the consciousness that illuminates the places where your mind has felt helpless, alone, overwhelmed, in conflict, or confused. It transforms these places with the understanding and peace of the Divine Self. As the radiant light of the Self shines forth from the center of your being, whatever has stood in your way is revealed. Its nature is understood, it is no longer seen as a problem, and it disappears.

You come to know that you are,
a formless, infinite Self with unlimited potential.

As the light of Self-Realization shines throughout your consciousness, it brings awareness that assists you in releasing your identification with ego-based thought forms, memories, stories, concepts, opinions, and judgments that have defined who you are and limited your potential for a more fulfilling life. You no longer base your identity on things that are always changing, such as your emotions, thoughts, desires, and the objects in your life. Instead, you identify with the Divine Self as who you are.

Your Divine Self is always working for you and with you.
It goes ahead of you to clear the way.

Your Divine Self is with you in every moment, but It can only do for you what you allow It to do through you. Opening to your Divine Self changes your life in marvelous and wonderful ways. These changes, as they come about, feel so natural you cannot even remember who you used to be.

In this course you will be guided to experience the illumination of the Self that assists you in transcending your ego and opens the door to the path of higher evolution that lies in front of you. This illumination reveals the nature of your ego that has created suffering, given you a false picture of the world, and led you to think that you are dependent upon outer events, people, and things for your higher good.

If you ask and are open to receive,
your Divine Self can flood your entire personality with light,
revealing the nature of your ego and how to transcend it.

With the illumination of the Divine Self, you can step outside of your ego, look into it, become aware of it, and transcend it as I will guide you to do. Rather than allowing your ego to cause you pain and suffering, your thoughts, emotions, and desires—your entire personality—can become a vehicle to express your Divine Self. As your ego becomes more transparent and more of the eternal, infinite light of your Divine Self shines through you, you are no longer the more limited 'you' that you used to be.

What lies before you is a wonderful and major transformation. It is already within you. All you need do is open to it. There is nothing that separates you from taking this major leap forward and being this expanded consciousness right now.

All that you seek is already within you, waiting for you to become aware of it. Open your consciousness up even more to the perfection and beauty of your being, to your ability to find fulfillment within, to recognize that you already have within you all that you seek.

Orin's Message About Transcending Your Ego

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

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

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

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

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

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

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

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

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

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

Transcending Your Ego: Awakening to Your True Identity

by Sanaya

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

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

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

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

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

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

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

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

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

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

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

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

Why Transcend Your Ego?

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

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

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

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

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

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

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

People's Comments Who Took This Course

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

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

"I have been able to stop sabotaging myself."

"I have less resistance to what is."

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Suggestions for How to Study This Series

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

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

Strengthening Your Divine Self Connection

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

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

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

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

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

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

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

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

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

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

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

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

Your Life as Your Spiritual Practice

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

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

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

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

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

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

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

The spiritual path has many rewards.

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

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

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

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

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

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

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

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

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

Do not force yourself to change, do not go into battle with a problem or perceived error in yourself or another person. Surrender this area or challenge to your Divine

Self and allow It to transform that area. The more attention you put into a problem, the more you make it real, and it will grow.

It is important to forgive yourself for the past.

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

Listening to the Audio Journeys

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

How often do I have to repeat the journeys?

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

I can not visualize or see the central pillar of light

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

Practice on your own

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

What Is the Divine Self?

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

Why Contact Your Divine Self

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

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

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

Some Descriptions and Qualities of the Divine, Eternal Self

Omnipresent (everywhere at once).

Omnipotent (all powerful).

Omniscient (all-knowing).

Eternal, infinite perfection of being.

Infinite Being, love, and wisdom.

Infinite, endless light.

Self that is free from all attachments.

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

Is always the same.

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

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

Source of all answers.

A center of consciousness within the One Life.

A center of consciousness in the great ocean of Life.

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

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

Consciousness at rest, no thought.

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

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

Relationship of Divine Self and Soul

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

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

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

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

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

Divine Will and the Divine Self

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

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

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

Sharing Orin's journeys

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

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

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

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

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

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

Teaching Orin's Transcending Your Ego Course Series

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

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

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

Teacher/Study Group Discounts

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

Sharing Orin's journeys in a live class setting

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

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

Transcending Your Ego: Deepening Divine Self Consciousness

Audio Meditations by Orin • Channeled by Sanaya Roman

Transcripts of Journeys

Welcome to transcripts of Orin's *Deepening Divine Self Consciousness* guided meditations. We have provided these transcripts to assist you in better understanding the material covered.

Program 1 Breaking Through to a New Consciousness

Greetings from Orin. Call back to yourself any energy you have scattered out in the universe, bringing your attention fully upon yourself, letting go of any thoughts about your day, about the work left to be done. Just be here right now, present and aware.

Let yourself return your awareness to the "I," to the Self within you. As you do this come to the present moment; pay attention to your breathing. Notice your body; adjust your posture so that you feel more comfortable and relaxed.

Let your breath slow down, or become deeper, smoother, or more rhythmic in some way. And as you pay attention to your breathing, notice how you can feel more of your energy—not all the things that your energy is involved in, but just that underlying sense of aliveness, of a presence within you, an awareness.

There is something within you that is alive and aware—the essence of who you are. Ask for that awareness to make itself more visible to you so that you can better sense or know in some way the energy that is inside of you that is your source—pure aliveness, pure consciousness.

Let this sense of Self grow stronger—the innermost part of your being emerge. Let go of all the ways you think that you might know this Self, and just be quiet for a moment, and let this Self emerge. It is fine if you have thoughts about it—images, or emotions. And it is fine if you do not. Invite the consciousness within you to emerge right now; to come to the forefront. Letting go of all the outside world, and letting it fall into the background, become softer, less visible in some way.

Invite the Presence within you, the innermost part of your being to be a part of your consciousness in ordinary reality.

You might even sense this innermost part of your being as a light that grows stronger and begins to spread throughout your consciousness. The light of consciousness itself, aware of itself.

As you become aware of this consciousness within you as a light spreading from the center of your being radiating through your thoughts, emotions, and body, allow this light to become the focus of your attention. The light of the Self, the light that reveals, the light that opens doorways, the light that frees, the light that releases, the light that shows the way. Let this light shine forth from the center of your being.

Let this light radiate out through all the pictures of the future that you are holding, until these pictures of the future change in some way—open up, are lifted up, become freer.

Let this light radiate through the past through memories, through the emotions associated with these memories, this light of the Self. Spreading out through the mind, through the memories, through the things that you have been taught about who you are. Just let it radiate out through these, releasing you from the past where it has stopped or limited your future.

Let this light radiate out through your beliefs, concepts, opinions. Just let it happen. Give it permission. The light of the Self, the light of truth and freedom moving through your beliefs and concepts.

And this is the light that penetrates, that reveals, that transforms. Invite it to move out through your fears, through the darker places in your mind. Like throwing open a curtain—the light of realization moving through the recesses of your thoughts, throwing a light on even the darkest places. Let this happen now.

Know that there is nothing you need to do. The light of the Self does it all. All you need do is set your attention, connect with this light, with the Self within, open to It, and It will do the work.

And the light of realization is beginning to dawn. It has the freshness of the first light of the sun at dawn. It has the hope and inspiration of the new, of the higher, of the freer and more expanded life within you. This life is breaking free, is emerging.

Feel the breaking through of new consciousness, the sun beginning to rise in the horizon. A new light, a new life is being born within you—the emergence of the Self, the Divine Self, the one Self into your consciousness.

Stay with this light. Let it emerge. You can picture it as a rising sun beginning to illuminate the field of your consciousness, showing you that those things that have held you back are only thoughts, concepts, memories in the past. And in the light of this arising consciousness these are revealed—transformed and no longer stop you, but instead pave the way for you to move forward.

As the light around you grows stronger, the light of the Self is revealed. A new awareness, a new world is opening up, a world that reveals the past in a new way. A new consciousness is being born within you that shows you a new path.

As your awareness of the Divine Self grows stronger, you are better able to sense Its light which may seem to be increasing. It is your awareness of this light that is increasing. For this is the light of consciousness that always “is” that lies inside of you, steady, permanent, aware, and is the very core of your being, the source of life and light within you.

Feel this continuing to grow, this inner light, the rising sun within you, spreading out over the landscape of your mind. Showing you more about all the thoughts and beliefs and roles you have played and how you have identified with them as who you are. Holding this dual awareness now, that of the sun of life illuminating your consciousness, and an awareness of that which it is illuminating your thoughts, beliefs, concepts, memories. It is illuminating the mental.

Observe how different the mental plane and your thoughts appear as you begin to move into this higher light and identify with it. You can see how impermanent thoughts are, how changeable. As if you are in the clear light and the thoughts are like clouds below you.

Imagine in this light that the clouds are parting, becoming dissolved or thinner in some way. And that this clear light is shining out from the center of your being, moving through all the thoughts, beliefs, concepts, memories, images, and establishing itself as the primary focus of your consciousness. So that you are beginning to identify with this inner light as the core and source of your being, and to see the mind for what it is.

As you allow this light to shine on the mind, the light of the Self that is steady, permanent, and eternal, you are more able to identify all that is impermanent, temporary, and changing.

Let the light of the Divine Self continue to radiate to all the places that you have been closed, limited, or stuck in some limiting belief or concept. And feel this light spreading out, moving into those areas. And if you would like to think of a particular area where you feel stuck or would like to open up more, think of it now, and then let this light radiate through that area, opening it up.

And then let that light become in some way more present. This light is conscious and aware of you. It is always within you whether you recognize it or not. Become more

aware of this inner light that is always guiding you, caring for you—showing you the wisest choices, leading you to your freedom. Freedom from your mind and thoughts and concepts and beliefs that are ready to leave, and open up to a new identity—a more freer, open life.

So feel that inner light right now. Give It permission to expand to Its fullest capacity of whatever you can allow right now, whatever you can become aware of; give your own consciousness permission to experience this light.

There will be some new experience of this light in your life, and many to follow. And any changes will happen in a peaceful and harmonious way as you open to the light that is you. Feeling that light now as you come back. Letting your awareness of this light grow, become more visible and present in ordinary reality. Picture yourself doing something today and becoming aware of this inner light—inviting it in.

Okay, coming on back, and I bid you good day for now.

Program 2 Becoming Pure Awareness Without Thoughts

Greetings from Orin. The seeds of new consciousness are already unfolding within you. As you have opened to the bright light of the consciousness that is you, it is illuminating and bringing forth new awareness, new perceptions, and new understandings. Just as when the seeds are planted and the light and the dark and the sun and the rain fertilize the seeds, so is everything that is happening in your life bringing forth the new seeds of consciousness you have planted.

Every situation, every concern, everything that is happening is offering you an opportunity to birth new consciousness, to experience the light of the Divine Self within you as it begins to unfold through the layers of your consciousness. Feel that inner light, sense it, know it in some way right now and let it emerge.

Each time you do this something is becoming more continuous about this light. Its presence gets easier to find. You are creating pathways of consciousness to the Divine Self as you open to Its light. Set your intention and call It into your life.

Every time you open to this inner light something within you is transformed and made better. Ask for the consciousness to become aware of the transformation that is occurring within you so that you may appreciate and know more of the fruits of your work, and feel more a sense of the harvest from the seeds you are sowing.

Those seeds of consciousness that you have been planting with every contact with the Divine Self are coming up all around you. Every time you have a more positive thought, a self-supporting thought; every time you let go of an old grievance, forgive someone, every time you open your heart rather than close it, you are experiencing the harvest and the fruits of your work. Open now to more awareness of how the Divine Self is showing Itself to you through your thoughts and feelings, through your beliefs and concepts as they change, open up, and lead to greater freedom in your life.

Notice that in this radiant light that you are in right now that if unnecessary thoughts intrude, they are quickly recognized and dismissed. They may not go away, but they no longer have your attention, and you are able to more easily return to this light, to the sense of Self that is who you are deep within.

Allow yourself to become more aware of the Divine Self within you. Let It show you right now whatever awareness of this Self is next for you. Let It guide you to a stronger and more stable and more consistent connection to this innermost part of your being. Open to this right now, to whatever experience you have. Let it be the right one for you.

As you move into the awareness of this Self and the light within you, imagine that it is dissolving your image of having a body, just for now. It is as if you are walking into the light, and as you walk closer and closer, or move your consciousness closer to this light, your body image and sense of a body dissolves somewhat.

You are beginning to move yourself as pure consciousness into this light, separating just for now from the body, letting your spirit travel free into this light.

As you move into these spaces there is a sense of letting go, of surrender to that greater light within you, and a feeling of merging with that light in some new way, letting go of the separation. And the light itself is conscious and assisting you right now in letting go of thoughts and concepts, and anything else that has kept you feeling separate from this inner light.

So this inner light is spreading out and clearing in some way thoughts, beliefs, energies, mass consciousness, cultural conditioning, and everything that is ready to go, that is ready to release, to open for you a new path, a new consciousness. Let this happen now.

There is a beginning sense of formlessness as you walk into this light of the Self, and let go of the image of your body. Letting go of your thoughts. Having a sense of yourself as beyond the body, beyond the thoughts. There is still the essential "I" that remains. Let the Self within you reveal more to you about this "I," the essential Self. Just be open right now.

You do not need to do anything other than be open and allow. The Divine Self within you, the sun of light is moving through your consciousness with your permission, opening it up, expanding your concepts, beliefs, and thoughts, showing you the reality behind the thoughts. Showing you the life that is yours—the life within you. Let this grow stronger, this sense of that innermost part of your being. It is working from Its side. Allow It to do Its work. Be open and still right now.

Feel the light of consciousness spreading throughout every layer and level of your being.

Let the sun of this Self bring just the right amount of light to the new sprouts of consciousness that are arising within you.

All around you as you look around, the seeds of new consciousness are emerging. Every time you come into this light of the Self, these seeds grow stronger, and receive the nurturing and the nutrients to emerge more fully.

See all around you fields of consciousness—your consciousness. And all the sparkling sprouts of light, the seeds of new thoughts, new awareness emerging everywhere—loving thoughts, no thoughts, openness and expansion everywhere you look.

And if you have seen the light of consciousness as above you or separate in some way, let that light become a part of your being in a new way so that it is shining forth from within you. And you can see it shining forth upon you as well.

And you begin to realize that this light is not located in any one place. That this light of consciousness, of the Divine, is shining forth from all around you reflected to you everywhere you go, in whatever you do.

Just be open right now and allow the Divine Self to show forth from you and to teach you more about It. Open to this teaching right now, to this experience or demonstration, or even the pure silence and peace. Let your Divine Self teach and guide you right now in whatever way It chooses.

As you look out, symbolically over the field of your consciousness, see the new sprouts of consciousness. Picture or feel or sense them in some way.

Know that every time you become aware and work with the Divine Self in this way these seeds grow stronger. Feel the Divine Self working with you in the silence right now. Letting go of your mind and your thoughts. Just being present with the Divine within you. Inviting that consciousness to become a part of your awareness in more and more ways.

Feel a new peace radiating from you. A stronger sense of Self, the true Self—the confident, purposeful, true identity shining through you. Releasing all the layers and levels that have covered It up. Until there is a sense of the light spreading out from the core of your being, out and out and out!

And move that light into you so that you are even more identified with it. This is the light of your consciousness, of the Divine within you radiating outward, touching all the energies about you with light, hope, inspiration, and new life. This is who you are and who you are becoming.

And as you come back, you will have moments today when you feel that light spontaneously radiating out from you, knowing that as it does, it has brought some new level of consciousness, of light, of the Divine, into all the energies about you, to all the people, animals, plants, and the earth itself.

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

Program 3 Coming Into Resonance With Your Divine Self

Greetings from Orin. You have within you all that you need to unfold your full potential as a free, enlightened, liberated being. The Self within you is awaiting your connection to It to bring you all the gifts of consciousness that belong to you: the awareness, the understanding, the ability to know beyond words, to follow your higher path, to feel good. All of these and more are yours just for the asking and receptivity to what is given to you.

Focus on that inner light within you and let It draw you inward...and outward. For as you touch upon It, this inner light begins to immediately expand you in some way. So let this happen now. Come into this core of your being, into this light, and let it direct your experience from this place.

Notice that the more you focus on this light, the more your attention moves outward into the energies about you, revealing the light that is all about you. It is as if by focusing upon this inner light, it begins to appear everywhere you look.

Allow into your consciousness right now a sense of this Self and Its ability to appear in many places at the same time to show Its face to you through the eyes of others, through the smiles, through the new thoughts that appear in your mind, through the changes in your circumstances that allow even more of this light to be reflected back to you.

Your awareness of the light of the Self, of the light that is the core of your being grows stronger with your awareness of this light shining through all life around you.

Sense yourself in whatever way comes to you, as pure light. Perhaps your body becomes very transparent in this light. And as you move more of your awareness into this light, see it rising up in all the people you know; perhaps just a flicker in some; perhaps more full blown in others. Imagine that you are standing with your awareness of this light. And what It is showing you is Itself appearing in others so that the light of the one Self is becoming visible to you-not only in yourself, but in others.

Your ability to sustain your awareness of this inner light is greatly increased by your awareness of this inner light in all the life around you. Your light is awakening awareness in others of their inner light, just through the principle of resonance. As you resonate this energy out into the environment everyone, everything, every energy that is in harmony with this will be lifted and you will be lifted as well.

Imagine that you are seeing only the Divine within people and their bodies, and all else are becoming transparent. Notice your inner light growing; your sense of It expanding.

Sense right now; picture in some way that you are being joined by many beings of light of a very high order, realized beings in whom the light of the Self is shining through brightly, and there are no impediments to the inner light.

As you join in the energy field of these beings, sense in some way through resonance that you are opening too, that all that is unnecessary is falling away, all the beliefs and concepts and stories and emotions and thoughts that have blocked the Divine Self and Its expression within you are being revealed and dropping away, in this great light

that all the beings of light are radiating. Come into resonance now, into harmony with this light; know that it will happen automatically, beyond the mind. All you need do is allow and accept this greater light.

Something within you is opening up. Some places where you have been stuck are easily and effortlessly becoming free. Your ability to recognize this field of light all around you is growing stronger, more stable, more consistent.

And you feel the love and encouragement pouring forth from these beings. They hold steady the light that you are moving into. Know that many are assisting you in this journey.

Sense the light that is radiating out from the core of your being. It has grown in some way. It is more brilliant, more stable. It illuminates all the energies that are in harmony with this light. It brings you into resonance with a new set of energies in the world. It is a new note that is being sounded within you.

And the beings of light who are here are holding this note stable and steady, holding the clearest space of peace, understanding, and harmony. Feel your vibration coming to a higher order. The resonance of the Divine Self moving out from you, becoming more visible. It is as if you are coming into resonance with a whole new type of energy. Energy that you might have played with before, but are now ready to hold in a more stable and consistent way.

And with this new resonance, with the new harmony that you are holding, with these higher energies, the lower and lesser ones are falling away. They are no longer as fun to play with.

It is as if the garden is being weeded for the new seeds of consciousness to emerge and grow stronger. You are coming into resonance with the Divine Self so strongly, so completely, so solidly right now in this moment that things are rearranging themselves. Ideas and concepts are being reorganized. Some must leave in this light and other thoughts and concepts that reflect this light can now be seen, heard, and can now become thoughts that guide your actions.

Strengthen this resonance right now by just allowing it to happen. Thinking of your Divine Self and the Divine Self in all life. Falling in, resonating with, coming into harmony with the field of consciousness that the beings of light are opening for you. Accept this gift by simply becoming quiet, peaceful, still to allow this new resonance to emerge from the center of your being and take root more solidly with your permission. Open to the stillness now.

As you come into harmony with this light, sense the profound humility of all the beings of light who are here. And allow yourself to come into resonance with the quality of humility that opens the door for more light, and releases the ego from its grip upon the personality. Come into resonance if you choose with the quality of humility, of openness, of receptivity to the new.

Picture yourself in the days that come demonstrating a new quality of humility, openness, and receptivity to the light that is all about you that radiates out from the universe, from people, from the earth, from the plants. See yourself open, receptive, and humble, filled with gratitude for all that is revealed to you and given to you so freely, so generously from the universe.

Throughout the days to come you will find yourself becoming aware more often of the radiance of light that is within you. And you will recognize more easily the energies about you that are in resonance with this light, in fact that you are calling forth by your awareness of this light within.

You will have more moments of pausing, being open, and receptive. For the energies that will be offered you are those that will sprout and grow the seeds of consciousness you have opened to. Some of the energies will highlight areas that you need to be more aware of and bring the light into.

And as these areas become visible, know that it is only possible to be aware of these areas through your expanding consciousness. And know it is a sign of success and a reflection of the greater awareness that you now have when you become aware of lesser patterns that are ready to release.

Let yourself feel an even deeper sense of peace and stillness right now, in this moment.

Sense this going out and out from you—this peace, this harmony. Offering all life who is in resonance with you an opportunity for the same awakening that you are experiencing.

Sense this resonance, this light that radiates from you coming into resonance, highlighting for you, and increasing all the energies that are in resonance with this inner peace, that support it, and strengthen it, and that are strengthened and supported by your inner peace as well.

All right as you come back, you will be more aware of the light that is all about you. And I bid you good day for now.

Program 4 Experiencing a New You: Letting Go of Old Identities

Greetings from Orin. Become aware in whatever way is possible for you of the new consciousness, the greater light and the new understanding about the Divine Self that you are now conscious and aware of. Indeed, consciousness becoming aware of itself.

New seeds of consciousness are arising all around you. Each one, each seed a gift. Some contain new thoughts, others free you from beliefs and memories. Some contain the hope and inspiration of the future that will unfold in each moment. Look out, in your mind's eye, and see the sprouts of new consciousness emerging all around you.

Some are gifts of consciousness that expand already existing awareness. All are infused with purpose. All bring you forward into the light. All contain gifts of consciousness waiting for you to claim, expand upon, and develop.

As you sense this field of new consciousness emerging all around you, become aware of your inner light—that radiant, purposeful light. And symbolically expand this light. Moving it through the new seeds of consciousness that are emerging all around you, so that the sun of light of the Divine Self is shining upon, nurturing these new seeds of consciousness.

As you hold this light, the eternal, infinite light of the Self, as you deepen your contact with this Self, as you experience the peace and stillness that radiates from It, the new consciousness within you grows strong and expands and lifts you, until you can sense that you are no longer the 'you' that you used to be. Your thoughts are different, more supportive, more focused. Your emotions are more serene. You are more forgiving and accepting. A great, radiant light is emerging from within you.

And new qualities of consciousness are coming from it, expanding through you. Even more seeds are being planted. New gifts are being offered to you to complete or to fill out in some way those you have already received. Open to a new shower of light bringing many more seeds of consciousness, of awareness of the Divine Self to you. All you need do is be open and receptive, and accept this gift right now.

Grow very silent and ask your Divine Self to show you from within what is required and needed for these new seeds of consciousness to unfold within you.

You may receive no answers or words, and you may. You may receive a demonstration of consciousness. Open right now to your Divine Self and ask It to take you directly into an experience of the state of consciousness that draws to you even more consciousness of the Self, and fertilizes and strengthens the seeds of consciousness that have already been brought to you. Open to this now.

Let your Divine Self show you, in a state of silence, if there is anything that you can bring into your life, anything that you can change about your life with Its support that

will make it easier to move into this new consciousness and to accept all the gifts that await you. Open to this now.

And allow your Divine Self to take you into an experience of some kind. Perhaps you will sense it, but it is not necessary for the experience to unfold. And this would be an experience of the inner light that you are—radiating out through you, opening to new seeds of consciousness, and bringing the light to all those that have already been planted. Let your Divine Self guide you to an even deeper experience of a state of consciousness that will awaken even more consciousness and bring you even more gifts of awareness.

For many of you that will be a state of silent receptivity. For others it may be a setting of your intention, a pause, and a listening within. The Divine Self will guide you as you open to It to all that is needed to unfold and bring forth this new consciousness.

Let this radiance of the Divine Self shine through your mind and your thoughts, revealing at this level all the energy forms you call your thoughts that you have identified with as who you are—the roles you play, the opinions you hold, the beliefs you live by. You might even see them as energy forms. Some are radiant; some are not. Some block the light, some are transparent, and others seem to enhance the light that moves out through you.

Put your awareness on the thoughts and energy forms that carry the most light, that are the seeds of the new, beginning to blossom—the new thoughts, the new identity, the new beliefs and roles that you play, your attitude and perceptions. All the new is already there just waiting for you to become aware of it.

So in this light of the Divine Self, let It open up for you the ability to recognize, to claim, to harmonize and resonate with the new thoughts, directions—all that is coming from the Divine Self, leading you forward, drawing you closer to Itself, clearing the way. So focus on these thoughts that most draw you, that have the most light. They will be energy forms most probably and you will not know at this time what the specific thoughts are.

Holding that light of the Divine Self in your awareness, coming into resonance with all the new thoughts, the new consciousness that is being offered you. It is as if you are recreating your mental body, replacing one vibration of thought form with a much higher one. And the more you focus on the beauty and light of these higher thought forms, the more that are around you, attracted to you.

It is as if you are becoming magnetic to the new understandings and thoughts that are being seeded and brought to you by your Divine Self-thoughts that will lead you closer to It. Thoughts that will allow you to express the Divine Self through your actions and words. Thoughts that will support you, love you, and love others as well. Thoughts that will bring peace and harmony, and will draw you ever closer to the Divine within you.

Feel these types of thoughts being drawn to you right now to the light that you are holding. New thought forms are coming, bringing new wisdom, greater clarity of purpose. Building these, allowing these to be built into your mental body.

And they are so beautiful that the old thought forms that carry less light no longer look attractive. They begin dissolving and fall away. Their magnetic appeal is gone. Your consciousness is turned upward in another direction.

And then you see that these old thought forms were not real, and are easily dissolved, and they release themselves from you. Let this happen now.

It is as if the Divine Self within you and its magnetic call to all that is divine is emerging; beginning to draw to you the new thoughts, releasing the old thought forms that have held you bound to a lesser level. Recreating in a new and higher way the life, the thought forms that make up your mental body into those that reflect the truth of the Divine Self, and that make the path easier, that remove and lessen the resistance, and open a path of greater joy.

Notice the increasing light, your ability to be aware at this level of light.

You are coming into resonance with even more energies of the Divine Self—beautiful field of light all around you. And as these thought forms transition into new ones, you become aware in some way of your ability to touch and reach and lift all the energies about you in a greater, more expanded, and effective way.

The Divine Self is working with you right now to assist you in releasing all that needs to go, with your permission, so that you may claim this new consciousness, and experience it as who you are in a more sustained and stable way. Open to this now.

The work that you are doing at this level is very real. This is the most effective level at which change comes about. Even though it may feel as if you are using your imagination, your Divine Self is present. It is seeding new awareness and new gifts of consciousness. It is bringing you exactly what you need to take your next step forward on the path, in harmony with all of your being.

And right now in this moment your Divine Self is offering you a seed of consciousness, a new awareness—something that will assist you in some area of your life that you are working on right now. Receive this. Allow it to grow from within you. Holding the light of the Divine Self, and opening to the blessing that is being offered you in this moment.

And when you are ready, come back to ordinary reality that will be new and different in some way, that is no longer so ordinary, but a wonderful field of practice. Knowing that your life will be bringing to you every circumstance and situation you need to unfold this new consciousness. And opening to and enjoying all the gifts of consciousness that are now yours. Coming back now and I bid you good day for now.

Program 5 Updating the Roles You Play

Greetings from Orin. Pay attention to your breathing right now, allowing it to become relaxed—whatever that means to you. Let your breathing grow deeper and smoother. Sense your body now, bring more awareness into your posture and adjust it ever so slightly so that you are more comfortable and relaxed. Give yourself permission right now to feel comfortable.

Allow yourself to become aware of the light within you—consciousness Itself, the Divine Self within you. Feel Its call, Its magnetic radiance that is drawing you into Itself.

As It draws you inward, It is opening up all the light within you. It is as if a gate has been opened and you are standing before all the riches in the universe. All of them are yours, waiting for you to claim. Imagine you are standing before the blessings, and the consciousness, and the offerings of the Divine Self, all for you.

One special gift is offered to you, a gift of consciousness that will awaken you in some way that is perfect for you. Accept this.

And realize there are an infinite number of gifts of consciousness that await you. All you need do is ask and open to receive. One of the gifts of consciousness being offered to you is the ability to go beyond the mind—to know the formless, and to release your identification with the temporary and impermanent, and to increase your ability to know yourself as beauty, joy, radiance, as eternal and infinite.

If you are ready to move into a new identity, to experience more of your potential, to manifest new forms and circumstances that reflect the new consciousness that you are becoming, accept the gift of consciousness that your Divine Self is offering you that will make it easier to move to this next level. You might see it as many seeds of consciousness of a certain type, or one magnificent seed. However it comes to you is perfect. Receive this gift and open to it.

The radiance of light of your Divine Self has grown enormous. Your ability to recognize this light is awakening. Your ability to know the light that you are is growing.

The Divine Self that is the source of the “I” within you is formless. It is the unmanifest potential that lies within you. As It arises what is created is determined by your thoughts and beliefs, your expectations, your memories, the past, and the roles you play.

To open to a new identity is to move into the formless world of your Divine Self. To come to a peaceful resting state where your mind is quiet and you are open and receptive to the Divine is all that is needed for the consciousness that has been seeded within you to take more form and appear in your life as new circumstances, new thoughts, relationships, and opportunities.

Set your intention right now to move into the formless, unmanifest dimension of your Divine Self, knowing that this will open many doorways and bring about a new life, a new identity, and a new sense of self.

As you grow very quiet right now, the Divine Self is working with you to draw you into the limitless, infinite possibilities that lie within you. It is drawing you inward, closer to Itself. Let this happen right now until there is a sense of alignment, a shift of some sort where you are connected to the Divine in a stronger way. Let this happen in the silence right now.

And there will be a moment when your identity arises once again, where the outer world and your thoughts will come about. Something will be different however. Some new light will be born. There will be a lessening in some way of the old, and the ability to create a new and stronger foundation from which to move forward into the new. Your Divine Self is with you every step of the way, always bringing you what will make you stronger and clearer and more aware of your true identity.

And with your permission your Divine Self is drawing you inward now even more, letting a sense of peace, and harmony, and inner stillness indicate that the connection is being made right now, in this moment.

And as the inner peace grows stronger and permeates your consciousness with this connection to the Divine Self, imagine that It is highlighting for you, showing you in some way how you have identified with the temporary. And what can be released so that you now identify with the Divine Self—Its power, Its strength, Its omnipotence, Its all-knowing, Its wisdom, Its formlessness, Its eternality, Its perfection—that which is permanent, unchanging, and real.

It is out of the formlessness that form is created. When you create from your connection to the Divine Self, what you create carries purpose and is in alignment with the divine plan. And will open the way for you to draw in more light, to deepen your connection to the Divine Self, and to offer that connection as your gift to others.

If you are ready to shift some of your identity to the formless, unmanifest Divine within yourself, that which is all-knowing, all seeing, ever-present, and the life that is guiding and showing you the way, make this intention and commitment right now. That is all you need to do.

As you look out at your life, sense the roles you play: father, mother, brother, sister, boss, employee, client, savior, victim. Let come to mind a role you have been playing, something you have identified with as who you are that is limiting you, causing stress, and needs and is ready to be transformed. Let this come to mind right now.

And bring this thought, this role into the silence, into the unmanifest potential, the formless world of your Divine Self, into the stillness and peace. Until your focus upon this role has dissolved, and all you feel is quietness and peace as you think of it. And then let it go.

Out of this space either now or in the future, allow a new role to emerge that reflects the consciousness within you, the strength, the power of the Divine Self that allows you to express more of your true identity. How does this role transform; what does it become?

Now let go of even the thought of those roles, entering into the formless silence beyond the mind, relaxing into a space of pure awareness, of light. Strengthening your sense of this awareness that looks out through your eyes, that observes your thoughts—the “I” that does not play any role.

Letting go now in your thoughts of every role you play. Moving the light through them so that they can transform, coming into the silence of the Divine, radiating that

light through these roles where they transform into roles that reflect and carry out the energy of your Divine Self—into the unmanifest, out to the manifest.

Imagine what it would be like if you were emerging right now with no story, no past, no labels, no set direction, no pre planned future. Letting the light move through all of these identities, bringing you a sense of spaciousness. The freedom to be whoever you want to be in every moment, to create yourself anew based on the energy flowing through you from the Divine Self.

Imagine what this might be like—one identity after another falling away. All the “have to’s” and “should’s” leaving. All the ways you have judged and defined yourself, dissolving just now in this moment. Give these permission to shift and leave. And observe how much more radiant and present the Divine Self is within you with each identity you release.

And let a new identity arise within you as if a whole new personality is beginning to form. One that is transparent to the Divine Self. It is just beginning—the new thoughts, the deeper peace, the stronger connection to your Divine Self—is coming together and beginning to form a new platform to take out and express the new light, the new Self, the formless that is within you and being birthed.

It is a very transparent, very beautiful new blueprint that is emerging. It is just now coming out of the formless into the very beginning stages of being built as a vehicle to carry your new consciousness out to the world. Feel this being birthed.

All the past work you have done, every moment you have connected to the Divine Self is a part of this new identity. And your Divine Self is bringing a coherence to it, beginning to organize it so that it can appear. A new Self is being born, is emerging.

And all of the beings of light are here and will be with you as you continue.

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

Program 6 Asking and Receiving From Your Divine Self

Greetings from Orin. As you focus your awareness right now on my words and my voice, feel your energy coming together. Something feels more stable within you. It is easier to sense the light within from all the work you have been doing.

Your consciousness is already shifting, and yet it is happening in such a harmonious and peaceful way that all that you may sense is simply an increased level of peace and harmony and things working well in your life. All of these are indications that the new consciousness that you have birthed and nurtured and embraced is fulfilling its purpose and is appearing in the circumstances of your life.

Sense or reflect upon how easy it is to change at the level you have been working at. You set your intention. You call upon the Divine Self. You become more aware of the light and the love and the wisdom and the power and the joy within you. And it begins to appear in your life.

With this simple step of contacting the Divine Self and opening to It your life and consciousness begin to change in marvelous and wonderful ways. These changes feel so natural you cannot even remember who you used to be. This is the level to work at to create profound changes in your life. It does not require effort or will. It is a way of embracing and opening to and being receptive to the greater light that you are.

So allow yourself to grow quieter within and as this happens there is a sense of the emergence of the Divine Self.

As this Self emerges; perhaps as a feeling of stillness, of light, of a greater sense of the “I,” the true identity of who you are, notice what changes, what shifts. Perhaps you feel a greater sense of peace, more ease in becoming silent—a greater awareness of all the energies about you, a sense of the Divine in all life. Let the Divine Self reveal Itself to you right now and notice what impact, what shift It creates as this happens—right now, in this moment.

Allow the Divine Self to open up the spaces beyond the mind. As It does this, It brings you the potential for new consciousness, new answers, solutions, fresh perspectives, and greater love to emerge.

Would you be willing for this journey to let go in some new way of letting your mind direct you and find the answers? And learn to open to and ask for the answers to come from your Divine Self. To experience receiving guidance in new ways that will bring you new understandings, new opportunities, fresh and original perspectives that will open the way for you to experience more peace and harmony, greater ease and more joy.

Think of a situation in your life that you would like to shift or change in some way to open it up, to experience more of the potential or to move beyond it into something new.

Let the light of the Divine be revealed to you in all the ways that you already know and in new ways as well.

Let the light of consciousness radiate throughout this situation, opening it up, creating more flow, highlighting the light that is there and showing you the energies that need to be released.

Let an awareness come from within you of the role you have been playing in this area, and how you might open that up if you act as your Divine Self with wisdom, love, and understanding.

See all the thoughts and perspectives that are associated with this role, the beliefs you are living out and how you have identified with this role as who you are.

What if you were different? What if all the things you have told yourself to be true can be seen from another light, a higher light, with greater awareness that there is no problem, that the way is clear, that the consciousness within you has the answers. And you need not try or work or resist; instead you surrender this situation to the Divine within you. Turning to It for guidance, for insights, for strength. Do this now. Bring this area to the Divine Self. Asking and knowing that this area will be transformed. It has already happened the instant you surrender it and open to the Self within you.

And the Divine Self is opening for you a new way of being in the world, not only in this situation but in all others. There is a transformation of understanding that is occurring. With your permission the Divine Self is showing you, opening you to Its consciousness, Its power, Its presence.

And It is assisting you in opening to the love and consciousness and realizations that are within you waiting to be revealed that bring solutions and answers. Receive this gift of consciousness that makes the path the easier, that lessens the struggle, that releases all the belief structures that say it is hard, that it cannot be done, that it is too much work, that it is far ahead of you. All of these beliefs are being infused with light and consciousness releasing their hold upon you.

All the places where the mind has felt responsible, alone, overwhelmed, and struggling are being revealed in this light, are being transformed in this light—again with your permission.

Whenever you are faced with any situation, even as simple as a choice, open to what is already there. Surrender what you think you know and listen within to a feeling or a sense. And if there is no guidance at that moment, wait, ask, and know and trust that all you need will be given to you in the perfect time and in the perfect way.

I will be silent for a moment while you think of various situations, one after another, that you would like to turn over to your Divine Self. And then you will listen and pay attention as the opportunities arise. So strengthening that sense of the Divine Self within you—the light radiance, the stillness, the peace, the formless, infinite, eternal Self—a powerhouse of energy and strength of insight and revelation. Let one situation after another come to mind and bring it to the Self, surrendering, finding a new way of being in the world as you do this.

Let a situation come to mind that you have been trying to figure out or think of a solution, a way out, or change. Notice the feeling of thinking it out—the effort involved,

the tension in your body, the feeling that there is a right and a wrong solution. Notice all the entangled beliefs that begin to emerge, pulling you one way and another. Your inner peace is gone. There is a feeling in your body; an emotional sense as well.

Now bring the light of your Divine Self through this thought, through this need to find a solution from the level of the mind, and let the Divine Self draw you inward into a state of silence and peace, of no thought, letting go of this situation and strengthening your contact to the Divine Self.

And out of this peace allow a new understanding to arise whenever it is time for that understanding to come about. Every time you enter into the silence of the Divine Self you receive another gift of consciousness—whatever is needed. Feel that sense of surrender, knowing that a higher light within you is opening the way for you, bringing you opportunities and solutions that go beyond the mind and what you might have thought of as possible. Feel that area turning into an opportunity, a blessing, offering you the chance to see the wonderful and profound ways that the Divine Self can work to bring about change in your life.

Feel yourself returning to the awareness and the consciousness of the room you are in, the place you are at, yet something is different. Some new light has been added to your environment. Some new light has been added to your consciousness. And through that light of your consciousness, new light will reveal itself; new awareness will emerge in every area of your life in the perfect time and in the perfect way, in harmony with your being.

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

Program 7 Knowing Your Formless Self: Releasing Identification With Form

Greetings from Orin. As you prepare to experience the silence and the peace of your Divine Self, reflect for a moment on the shifts and changes in your life since you started awakening your consciousness. Think of both the inner and outer changes that you may have experienced, the greater peace and harmony in your life, the new way of looking at things, a sense of ease, a new level, a flow. Reflect on these changes for a moment and know that the new consciousness is emerging everywhere in your life, in your mind, and emotions; is emerging into the awareness that you have.

A new consciousness and way of being in the world is emerging from within you. Sense this new consciousness, this new light that is within you, the light of the Divine Self is radiating through you and out to the world.

As this happens, all the areas of your life and consciousness are brought to a higher level. Those things of a lesser vibration automatically fall away and leave your life. And you become magnetic to those things of a higher vibration. Sense how magnetic you are to light, to the Divine Self.

You are calling the Divine Self to you right now, opening to this consciousness that is always within you. Something new is being revealed to you about the Divine Self within you. You may be aware of It or you may not. Some new strength, understanding, guidance, or skill, or quality is being born within you, offered to you right now.

And your Divine Self is offering you the consciousness to become more aware of that which is permanent, real, and stable in your life. It is offering you the consciousness to go to the next level of becoming your Divine Self and knowing Its consciousness as yours. Accept this gift if you are ready.

This gift brings you the ability in an easier and more sustainable way to move into the consciousness of your Divine Self. Using this gift, experience right now the light of your Divine Self becoming more transparent in some way so that this light is brighter, more visible. And you are more aware of it than ever before.

Feel the consciousness of this Self that is magnetic, that is opening every doorway, inviting you in.

And you fall into this consciousness easily, entering into the silence of pure awareness beyond thought, image, words, or pictures. Letting go for a moment of the need to make pictures, to explain, or understand. In this space of silence let It draw you in to a deeper, quieter, more peaceful state of being.

In this space you are letting go of identifying with your thoughts, pictures, expectations, memories, needs or desires. You are opening to an experience of pure consciousness, your true identity. Let yourself be drawn into this space once again of silence, peace, and inner receptivity.

Allow yourself to relax in this space, accepting and becoming one with this space of inner peace. It is in this space that answers are found, that you can change your perspective. It is in this space of silence and peace that the world of appearance is seen to be a reflection of the inner consciousness that you are holding and the light you are radiating.

This is the space where you make contact and absorb the energy, the consciousness, the wisdom, the understanding, the love, and the vision of your Divine Self. It is beyond thought. You are guided there by your intention and the love of the Divine Self that always responds. It is a magical space. In one sense there is a feeling of nothingness, of silence and peace. On the other hand, it is the birthing place of the new consciousness that wants to emerge and is emerging right now, in this and in every moment as you open to it.

Let your consciousness arise out of this space. A new foundation, a new set of beliefs, a new vibration, a magnetic, radiant vibration is taking place within you. A restructuring of the very essence and core of your being in alignment with the divine plan and purpose of your life is occurring with every moment you open to the Divine Self.

Sense or picture moving into this formless state and embracing it in some new way, imagining what your life would be like if you came into this state more often.

Feel this spaciousness that is here as you move into the silence and peace of the Divine Self. Feel the release that is possible from all that the mind has created.

See the love that is born in your heart, the compassion and kindness that comes out of this space, the understanding, the knowing that you are one with others that lifts all life around you.

Go into this space of silence, allowing the Divine Self to draw you in once again. Let It become more real, more special. And open to understand more about the formless state, the infinite, eternal state that is who you are, that is your true identity.

And in this state become aware of the forms you have identified with: your house, your car, your clothes, the objects around you that have defined who you are.

Let this new consciousness radiate through you and out into the objects in your life so that you can see them and understand that they arise out of the formless, serve you in some way, are temporary, and then pass back in to the formless in your life.

And from this level you begin to see that the source of all forms is the consciousness within you that will always guarantee you will have what you need. So you sense this eternal, infinite consciousness within you arising, manifesting, and then dissolving. And the cycle is repeated.

And as you do this, in some way your identity is shifting from defining yourself about what you own, to knowing that you are eternal, infinite, and capable of creating from within you whatever you need in any moment that will best serve your purpose and your life. Feel this transference of identity from the objects that you own to the Eternal within you that creates and provides you with everything you need.

Your Divine Self is revealing to you that the source of everything in your life comes from an infinite, abundant, giving Self. Let It release for you in some way your identification with all the objects in your life and moving this identification to the Infinite within you, to the Divine Self. Let this happen now, with your permission.

As you move into the silence, to the place of infinite possibilities, imagine that you can have any clothes, any car, any house, any objects.

And from this knowingness easily release anything that does not serve you, lessening your attachments, freeing you to be who you are, and to create the new that will represent the consciousness you are becoming.

In an imaginary way, picture this new consciousness flowing out of you, reassembling in some way, upgrading, releasing, transforming all the objects in your life. And you are giving these permission to change. All that serves you will remain and serve you even better. And all the objects and things that you have identified with that no longer serve you, you are giving permission for them to be released.

Going into the silence just for a moment, coming out of the silence, watching the thoughts form. Leaving behind the thoughts, going into the silence, the stillness of the Divine Self that exists as pure consciousness beyond the mind.

Picture yourself in the next days ahead taking time throughout the day to easily and briefly, or even for longer periods, going into the silence, opening to the Divine Self and allowing It to be more present in your life, to assist you in releasing whatever is holding you back. And to bring to you all that you need in every moment to move forward into a new life.

So coming back easily, quietly and in your own time and I bid you good day for now.

Program 8 Freeing Yourself From Past Labels

Greetings from Orin. You are doing so well. The light of your Divine Self and Its many gifts of consciousness are blossoming within you. The new is being born. The old is leaving in a gradual and beautiful and harmonious way. You are transforming and awakening to the potential that lies within you.

Sense the inner light that is the core and the essence of your being, the presence within you. It is very real. It is aware of you. As you pay attention to and focus upon this inner light you become even more aware of It. It is alive and conscious. It is who you are at your source.

Set your intention and ask your Divine Self to assist you in becoming closer to It. Being able to join your consciousness with Its and to have a shift in your awareness and understanding that this is who you are.

As the light radiates through you, let yourself to be drawn in to the space of the Divine Self. You can sense your thoughts growing quieter. They may still be there, but you are moving your attention away from them onto the Self, to the light, to the peace, and spaciousness of the Divine Self within you. Sense that activity right now of taking your awareness off your thoughts and letting your awareness move into the Divine Self. Perhaps sensing it as a radiant light, or letting go of all pictures and moving into the silence, whatever way is right for you.

As the thoughts form, practice moving your attention off the content of your thoughts, letting them soften in some way and bringing your attention to the light within. And the Divine Self is assisting you in this. Thoughts arise, thoughts fall back into the nothingness from which they arose. And you are becoming aware of your self as the observer of your thoughts; as the one who has the choice about whether to pay attention to them or not.

The Divine Self is offering you a gift of consciousness that will allow you to more easily disengage from your thoughts, falling into the silence and the peace and harmony instead as you embrace the consciousness that is the essence and core of your being. Watch thoughts arise and allow the Divine Self to pull you inward in some way so that the thoughts become background, become silent, and you are the one who is watching them. You are the one who is choosing where to put your attention, and you are choosing to put your attention on the light within you right now.

Let the Divine Self strengthen within you the awareness that you have a choice of what to pay attention to, and where to direct your awareness, strengthening your identity with this, the Self that chooses.

As the light of the Divine Self illuminates the mind for you, sense all the inner images that you hold of who you are—the stories you tell people about your life, the opinions that you express that you have used to define who you are. Let these become more visible to you right now.

Sense the beliefs you hold about the nature of reality that define your actions, your thoughts, and your behaviors.

All of these you have accumulated as if they are possessions. Reflect on the memories, on the nostalgia of the past and how you have identified with these, as if they define who you are. No matter how wonderful they are, these are still the projections of the mind, the concepts that you have used to define yourself. Letting the light of the Divine Self reveal to you in Its great illuminating light all the thought forms and constructs of the mind that 'sit' around you symbolically, defining who you are, controlling your actions, limiting you in some way.

What if you could be anything? What if you had no past, no story, no outer identity to live up to or fulfill? Picture the freedom this would bring you—the new opening, the new potential for manifesting new directions, the opening for creative thinking to emerge.

With your permission let the Divine Self within you begin to open up for you a new identity, beyond the thoughts, memories, opinions, stories, and all that you have labeled and attached to as who you are.

The Divine Self is opening you now, assisting you in experiencing your true identity beyond all labels, beyond all the ways you have labeled yourself as to who you are and who you are not. One by one these are falling away, just now, in this moment. You can call them back any time you want or you can let them go as well. It is your choice.

Feel the freedom to be anything you want, the spaciousness, the peace that comes as you let go of defining yourself by these constructs of the mind.

Some new light is breaking through every level of your consciousness with your willingness to open to the infinite, eternal light that you are. As you let go of all the expressions you have chosen in the past, you open the potential for the new to be born that will bring you greater self expression, fulfill your purpose, open doors, allow you more joy, creativity, and many wonderful expansions of consciousness that will be birthed on the inner. And then move out onto the outer, where this new consciousness will be experienced as new forms, objects, relationships, new understandings, spiritual vision, and a feeling of connectedness to all life that will bring you much joy, harmony, and peace.

If you are ready to release your identification even more with these thought forms, memories, stories, concepts, opinions, and judgments, give permission to your Divine Self to assist you in releasing these and all the ways they have defined who you are and limited your potential. A new identity is being born within you.

Allow yourself to fall into the silence and the formlessness, the lack of pictures and definitions of the Divine Self. And as you do, you meet the unmanifest potential that is waiting to arise within you. Let this happen now as you fall into the silence and peace of the "I" of the Self within.

Feel the restfulness here as your mind becomes still, letting go of the need to solve, to think, or to do anything but relax into the silence, to surrender the need to do, to make pictures, to form judgments, to have beliefs and concepts. Your mind is surrendering to a greater power within you.

Your mind is more content to be at rest, to grow quiet, to be receptive to the new, to the light, to the consciousness that emerges from contact with the Divine. More and more silence, more and more peace is becoming possible right now.

Something has shifted. Your mind is content. It is at peace. It is released and freed from the confines it has created for itself. The mind is expanding its capacity to express the new consciousness that is arising within you. It is doing this by surrendering and being still, and letting new thoughts and directions, new pictures arise out of this space. Inspired, complete, wonderful new images and pictures are coming into your mind.

Your mind is focused on the Divine Self and the light and the release and the peace that is being offered. It is losing its interest in the past.

As your mind turns to this greater light of the Self and surrenders its dominance, a new power opens up within the mind. The mind becomes the instrument of the Divine Self. Thoughts become a reflection of the guidance that is pouring through you of the creativity that is awakening.

The limitation of your beliefs and opinions and judgments gives way to a new understanding, to an openness and a receptivity to new consciousness. Something is being born within you. A new consciousness is revealing Itself.

You are establishing your identity as that which observes the mind but is not the mind. And the awakening of this new identity is allowing you more easily to direct your thoughts into the light. To let go of your involvement with the content of your thoughts and move into the light of the Divine Self that is beyond thought. Picture yourself doing this in the next day and week ahead. Observing your thoughts, then becoming aware of a higher light, falling into the stillness. Picture yourself doing this easily, automatically.

And know that every time you become aware of yourself as the observer and director of your thoughts, you are experiencing the consciousness of your Divine Self moving you closer to the realization of all that the Divine Self is. And knowing that that lies within you as your potential waiting to unfold.

So coming back easily now. A new awareness of your thoughts will occur, has occurred, and is occurring.

And with that I bid you good day for now.

Program 9 Into the Light: Clearing the Storms of Emotions

Greetings from Orin. Allow yourself to grow very relaxed, letting your breath become deeper, smoother, and more relaxed. Noticing the release that you can create in your body, and in your emotions, and in your thoughts by paying attention to your breath. Breathing slightly deeper, naturally, smoothly. Letting the breath rise and fall as if it is happening on its own. Nothing you need to do but observe and allow. And your breath and the way you breathe will naturally open up. You are bringing the light of the Self, the inner most Self into your consciousness and allowing this inner light to guide and open the breath.

And as you breathe in, you might imagine your breath traveling all the way down to your feet, circulating life-giving energy. And then up from your feet and out—the circle of life completing within you. And each breath bringing you more aliveness, opening you to the Divine within you, helping you to move your awareness into a higher dimension of yourself.

And you are becoming more centered, letting go of your concerns, coming into this moment, being present in a more full and complete way. And as you come into this moment more fully with more awareness of this moment, you are moving into the awareness of your Divine Self. You are slipping into the world of the formless from the world of form. Something about your energy is growing more peaceful, more centered, and more aware.

You are becoming aware of your innermost Self, the source of your being that is always present within you. This Self is working with you right now to release anything that is ready to go, that has stood in the way of your more fully knowing this Self. With your permission the Divine Self will shine forth with more light, more consciousness, and more fully than ever before. Opening your awareness right now to a new revelation of the power and the light and the presence of your Divine Self. Let this happen now.

Experience in some way how this radiant light within you extends into the future and back into the past, and is opening the way for you; has always done so. It is as if rays of light are traveling out in front of you, symbolically into the future.

A pathway is being opened that has always been there, and is now appearing in your consciousness. Sense the Divine Self within you opening up all the energies about you, all the mental concepts, dissolving them. Any that have limited you, any that have stood in your way of knowing this Self are dissolving. This is the light that clears and opens. It is the light of realization of the truth.

You are being offered a greater awareness of the power of this light to clear the way, to open the path, to dissolve limitations and barriers to Self realization. Continue to sense this inner light going out and out! There are no energies that can stop it. There is nothing you need do. Just observe as in some way the universe is opening up for you; the path is being cleared.

This is a great opportunity that the Self within you is offering you. Are you ready to move forward into your higher path, and to release those emotions and desires that have stood in your way—to transform them in some way; to understand them? Set this as your intention, if you choose.

And you sense in some new way, you trust in some way that the light of the Divine is real. It affects the energies about you. You can work with It to create profound and lasting changes in your consciousness, and thus in your life.

The Divine Self is working with you right now. Many beings of light are present—beings who radiate love, courage, inner strength, calm, peaceful energy. Begin to come into resonance as you focus upon the energy being offered you, allowing you to grow calmer, more peaceful, and quieter within.

Let yourself be guided into a state of contentment and peace, in harmony with the moment—coming to a deeper sense of stillness within. And in this state you can sense that emotions are like the clouds that cover the sun. They move, they come and go. They are impermanent, impersonal energies. When there is a storm of emotions, it is like the dark clouds that veil the light of the inner sun of the Self.

Focus on the inner light of your Divine Self and let it draw you inward even more, into an even deeper state of peace.

Going into the silence you are being offered a gift. It is a gift that allows you to come into the center of your being and to strengthen your contact with the Divine Self in a way that allows you to dissolve the storms of emotions that cloud the light within you. If you would like this to happen, accept this gift of consciousness from your Divine Self.

Now picture a time in which you might be tempted to experience a cloud of emotions, a storm of emotions.

And sense the Divine Self, and an awareness of this Self coming to the forefront of your consciousness automatically, instantly, and easily.

And the instant you become aware of the Divine Self, the storms of the emotions lessen. The dark clouds cannot last. The light dissolves and frees you from the pain and suffering that you have allowed, not knowing until now that there is an easier and better way. Picture this happening. Your awareness of the inner light, the sun of light of the Self happens the moment you encounter strong emotional energies, impersonal energies in yourself or others. You call upon this light. You become aware of it and the darkness dissolves. Picture this happening now.

And in the light of realization that you are holding, you realize that these are impersonal energies. They are not 'you.' They are not who you are. And you forgive yourself and have compassion for yourself knowing that as your connection to the Divine Self grows, you will no longer identify with these energies as who you are.

Sense in some way how you are becoming freer from the clouds of emotion that have limited you or stopped you, or reflected a more fearful and closed reality; that have stopped you from moving forward. You have the power within you to free yourself from these impersonal energies that are all about, that are not real. And that as you grow into the light of the Divine Self, you grow in the realization that these energies cannot touch you, cannot affect you. And that you are the light that reveals their transient, impermanent and unreal nature of these emotions.

As these emotions and their hold over you dissolve, a light, a love, a new consciousness can emerge from within you—the consciousness of love, of acceptance, of openness of what is. Feel your true Self emerging. One that is confident and serene.

It is as if in some way the walls are coming down around your heart. The need to defend, protect, and stand up against the world is dissolving in this light. And you are allowing it to dissolve.

What if you could face the world in each moment with peace and love in your heart, embracing whatever is happening knowing that the universe loves you and is always offering you your higher good. Allow a new sense of openness, a vulnerability, an awakening of that inner trust to come into your consciousness and to establish itself in a stronger way. Feel this now. Open to this now.

You have the power within you, the consciousness of the Divine Self to shine through and release the dark clouds of emotions, the anxieties and fears, the doubts that often feel like a dark cloud. The more you contact the Divine Self, the less real these clouds will become. The more they will dissipate and all that is attached to them will leave. You do not need to resist or fight them. Just open and allow that inner light to shine forth and to bring with it the peace, the tranquility, the light that has always been there waiting for you to find it.

You will experience a new way of being in each moment—open, receptive, confident, and in touch more and more often with the inner light of the Divine Self, and able to receive all that is being offered.

Open right now and receive a gift, a blessing, an opportunity from the Divine Self.

And when you are ready, feel the peace within you as you return. Coming back now and I bid you good day for now.

Program 10 Being True to Your Self

Greetings from Orin. As you begin this journey, take a moment to reflect on the sense of Self that you have right now—the integrity of your being that is within you; the strength, the courage, the inner light that guides you. Let this sense of Self deepen right now by your reflection upon It. Become aware of the uniqueness of who you are, the being that you are, that you have always been. Become aware at some level of the essence of you, the thread of consciousness that has been woven throughout your life.

A door is opening right now for you to have more consciousness, more awareness in some way of the depth and coherence and integrity of your being that is inviolate, untouchable, and exists throughout all the states of consciousness—wake to sleep, from alert to dreamy, from active to inactive. Sense this, the core of your being.

This is the part of you that knows what it will do and will not do; that knows what is right for you and what is not. This is part of you that has guided you all of your life. Reflect on the inner guidance you have received and followed no matter what other people told you; no matter what was within your own consciousness. See and feel, or sense in some way this guidance, this inner voice, this inner Self that has opened the way and guided you all your life.

Something is coming together for you—some innate strength of being. Sense or reflect upon how you have maintained this sense of being no matter who you are around or what you are doing. Reflect on this now and let this part of you become more visible.

This is the part of you that knows what energies to accept and what to let go of. This is the part of you that rises above your emotions and the emotions of others around. This is the part of you that maintains balance no matter what you are around.

Let your sense of this Self grow even stronger, this the Divine within you. It is always looking out for you and for the good of all. It is selfless, compassionate, and always looking for a win-win situation for all concerned. This is the part of you that is selfless and giving, open and forgiving. Feel these qualities within you, acknowledge them right now.

These are the expressions and the ways you perceive your Divine Self as It emerges, as Its presence is recognized, expressing Itself in your daily life. Feel the core of your being— the strength within you, the unerring ability to go straight to the goal, to know what the goal is, and to draw to you all that is needed to accomplish the goal. This is the Self that is with you in every moment, guiding you, opening the way, clearing the path, and taking you deeper into the realization of who you are as a divine being.

Let your Divine Self draw you inward now, into pure consciousness, into the silence. Letting go of all you think you know. Coming into this field of potential. Taking with you that solid sense of the Infinite within you. Letting It go too. Going into the formless, the silence, the peace.

And as you come out of this, your sense of Self, your identification with your true Self has grown stronger in some way. There is more certainty, a deeper sense of connectedness, an ability to be centered within the core of your being no matter who or what you are around.

The Self is emerging and being recognized in more and more ways by the consciousness, by the mind that is within you. There is something so stable, so centered, so connected to the source of your being that you feel revitalized and renewed through contact with this Self. Let it come to mind in some way all the expectations, projections, demands, and pictures that others have put upon you that you have accepted.

And with the light of the Self and the spiritual power that is within you ask the Divine Self to begin to show you, to highlight for you and to help you release all the projections others have put upon you so that you can know in an even deeper and stronger way your essential nature. And hear and sense and feel that which is within you that is your true Self. The light is increasing, beginning to move out through all the energies that others have put upon you. Let this happen now.

Let that sense of freedom expand. Declare your freedom to be true to yourself above all else. Opening to that quality of freedom.

You are the master of yourself. You, the Divine Self within is the director of your life. No other person knows better than you know what is good for you and what you need to do to fulfill the inspiration and purpose of your Divine Self.

The light is expanding even more, moving through all the projections, all the expectations, all the pictures of who you are that you have accepted from others. Dissolving those that do not reflect your Divine Self and the strength and the power of who you are. A new sense of yourself is emerging. You are free to create what is welling up from within you. You are free to follow your inner guidance.

Ask the Divine Self to assist you in releasing the need for the approval of others. Instead you listen to and follow the guidance that is coming to you, arising from within you. Give your Divine Self permission to assist you in releasing the need for others to appreciate, recognize, or approve of you.

Imagine how your life might be different if you were free from trying to live up to other people's expectations, demands, or pictures of who you are. Let your Divine Self work with you, radiating light, opening to the consciousness that will free you.

As you sense the essential Self within you, become aware that others also have that same sense, that same integrity of being, that same potential within them.

Think of someone you know that you may have projected your wishes, expectations, and pictures on to, even though your intention was to help.

Let go. Ask your Divine Self to assist you in letting go of any demands, expectations, or projections you have put upon this other person. And sense or feel in some way the opportunity that this allows for the other person to find his or her inner strength, to turn within, to learn the lessons and experience the growth that awaits as they follow the path that is front of him or her.

You are turning over responsibility for this person's life to the Divine within the other that will bring the other person all that is needed—all resources, thoughts, opportunities, supply. Feel the freedom that this brings to you.

Imagine that you are releasing all others—everyone in your life, from any demand, expectation that you have put upon them. You are coming into your true identity, a self that is wise, clear, divine, that stays in a state of light and awareness that benefits all life.

It is as if a weight is falling away from you. All the places where you have felt you needed to hold up others is being released. You are surrendering to the light of the Divine, putting responsibility where responsibility lies. Feel the light of the Divine Self radiating through you. The peace and harmony goes out and out, the balance, the clarity, the vision.

You have all you need in every moment. You turn to this Self as the source and guidance of all that you do. And you let go of all energies coming from other people and from the environment you live in. They are simply dissolving. They cannot touch you and will not affect you. You are so clear now; so much freer. Something has changed.

You will experience this new consciousness. You will notice more quickly when others are projecting their expectations upon you or you upon them and in that moment you will feel a release, an opening, and a freedom as the consciousness of your Divine Self pours through you and frees you and awakens you even more deeply to your true identity.

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

Program 11 Recognizing the Divine in Others: Releasing Separateness

Greetings from Orin. Start by becoming aware of the “I-ness” of you, of the core and essence of your being, that which gives you life—the thread of consciousness that It provides. And let this draw you inward, into Itself, into the formless, into the stillness and the peace that is within you.

As you move into this state, in touch with the core of your being, become aware of the great light within you. This is the light that dissolves the ego, that reveals the truth, that awakens new consciousness, and opens the door to the higher path of evolution that lies before you.

Sense this Self becoming more present in your consciousness. You are more aware of this Self. Every time you have connected with It has opened a channel for Its light and consciousness to flow into you and to move you forward on your path.

It is dissolving that which has limited you and kept you stuck in old patterns. It is dissolving the ego structure that has led you to suffering, giving you a false picture of the world, and led you to think that you are dependent upon outer events, people, and things.

As the bright light of consciousness, of the true Self, shines forth from the center of your being, all that has stood in your way is revealed—its nature is understood and these are no longer seen as a problem, and disappear completely. Resistance begins to fade, acceptance opens up. You begin to turn away from those thoughts, beliefs, and emotions that bring you pain.

As the light of the Self shines through, a higher, more joyful, more flowing, peaceful, and harmonious way appears. You have developed a very refined personality structure that has brought you to this point. It is ready to go to its next level of evolution of opening up the limiting concepts and the perspectives, the understandings, and the awareness so that a higher truth may emerge and guide your life, a truth that will bring you freedom, peace, a feeling of connection, and a greater ability to be in harmony with all life around you. As your personality goes to its next level and the ego begins to dissipate its hold upon you, a new life, a new identity emerges.

With your permission the Divine Self has been working with you to dissolve the limitations of the ego, to dissolve the beliefs, concepts, emotions and all that has kept

you in a more limited world. So that you may know the consciousness of your Divine Self, the power that lies within you, the ability to understand, be compassionate, forgive yourself and others, and move into a new life.

If you are ready to work with your ego, to dissolve some of those things that have kept you separate from other people, from feeling loved and from loving others, let this be your intention right now.

You might sense the energy of separation as an energy. With this intention, that the light of your Divine Self shine forth from the center of your being—powerful, brilliant, strong—clearing all the energies about you, revealing them, showing you the impermanent and impersonal nature of all energies that might seem to stop you or separate you from others. It is as if when you look out with your inner eyes, as you connect with the Divine Self, a new kind of vision is awakening within you.

You are able to look out and see the energy, the formations, the impersonal nature of all that would separate you held within your consciousness, of all that would separate you from the love that is all about you, held within your consciousness that is ready to be dissolved and released.

Look out now from this inner light and sense the walls of separation. Perhaps they are thick or thin that have separated you from knowing your oneness from others. It is as if each person you look at from this perspective has a wall around them, and you do as well.

Know that these walls are impermanent and temporary and not real; although they may seem real to the ego. The ego believes it is separate; that it has no power, that it needs to defend itself. The true Self within you reveals to you the power that you have to realize the nature of the energies and to easily transform them, dissolving their hold upon you. Looking out now, how thick are the walls you have build around you?

What energies is the ego defending and protecting itself from. Can you sense these as energies, formations—very impersonal, having no power except the power that is given them by the misperception and the limited view that the ego has? Become more aware of these energies that the ego seems to be defending itself against.

Now with the power of the Divine Self, let more of that inner light be revealed, shine forth, growing in strength and brilliance. And this light is beginning to illuminate the nature of the impersonal energies that you are defending yourself against, thinking that these energies have any power.

As the light within you increases, as the consciousness of the Divine Self grows within you, as the light of realization shines out, these impersonal energies start to disappear.

You begin to see them in a new light. They are not real. They cannot hurt you. They have no power. There is nothing to defend against. Let the light arise from within you revealing to you the nature of these impersonal energies—the nothingness—until they dissolve in your consciousness.

And in all directions there is light, there is oneness, there is a loving friendly universe. And something within you opens up. And as it opens the wall of separation begins to dissolve as well. It is becoming more transparent. There is a new softness. A new interface is being built between you and the outer world.

The old you that came from a lesser level of understanding that had to harden and protect against the universe is dissolving. Its understanding of the world is transforming. Feel, sense, or picture in some way how vast your inner light is,—how infinite. It moves out and out and out, embracing all the energies all about you, loving them, accepting them, opening to the universe and all that it has to offer.

And the new interface that you are building, that is being created—very transparent, is one that allows and opens you to the beauty and the goodness and the gifts that are there for you in each moment to be received, enjoyed, appreciated, and savored.

And in the light of the energy you are holding, let it become revealed, some specific ways you have separated yourself from others that belong to a lesser light and a different understanding, that are ready to go. Think of someone or a time in which you felt superior to someone else, righteous, or judgmental. Perhaps you were indignant, blaming, or finding fault with the other person.

Coming back to this inner light, the infinity of your being—the light that reveals all that separates you from others and their unreal nature.

With the realization that this inner light brings to you, picture the walls of separation dissolving.

Let the need to feel superior to judge or find fault be transformed with your permission into compassion and understanding.

You sense more about the nature of the ego, the energy of separation. And you know you have nothing to defend. You are secure and confident within yourself. And you are generous with your acceptance.

In this light you are able to stay peaceful and calm, with an inner smile, and a light that dissolves separation. For you sense the impersonal nature of the energies that the other person is caught in. And you know that as you stay free and clear, it is the greatest gift you offer to others to bring them freedom as well.

Picture yourself in the same situation with the walls of separation transparent. You are open, loving, compassionate. You do not need to strengthen the ego by feeling superior, righteous, or indignant, judgmental, or critical. For you know that this only encases you; limits your consciousness and makes it difficult to move to your next level. So with this in mind, how would you be now without the walls of separation, with the light within you shining forth, knowing that these energies of separation are not real either within you or others.

In the light of divine perfection, you see the beauty and the perfection of the Divine in yourself and others, and you have a deepening awareness and conviction that whatever energy you see in others is a reflection of the level of your consciousness and not the truth of the other. When you look out and see divine perfection, when you see the Divine shining through the eyes, in the countenance, and the beingness of others, you are in the awareness of your Divine Self.

Let this sense of divine perfection grow stronger, unfold in your consciousness. If you want and accept this gift, your Divine Self will offer you a seed of consciousness that will allow you to understand and move into the consciousness of divine perfection that will unfold in the weeks and months to come. Receive this now if you choose.

You have done wonderful work. Something is already different. Your consciousness has already changed. A new truth is emerging and will play out in your life as a new level of self acceptance, of acceptance of others, of greater inner peace, and a feeling that the universe is working for you and with you in every area of your life.

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

Program 12 Embracing Your New Identity

Greetings from Orin. You are ready now for the illumination of your Divine Self to become even brighter, and for all that this light will reveal. You have been building a strong foundation of awareness and understanding so that you can take this next step of realization that will show you more about who you are, how consciousness comes about, forms your individuality and how you can open up the structure of your mind, thoughts, beliefs, feelings.

Your entire personality can be flooded with light, the light of the Divine within you. If you are ready for this step give permission right now to illuminate even more of your consciousness and open to a new awareness of the inner light that radiates forth from the center of your being. Let this happen right now.

This is the light that reveals, and what the light can reveal for you is the entire structure of your personality, piece by piece, bit by bit. In this new light that you are allowing and opening to you can gain new insights and realizations about the nature of the ego. You can step outside of it, look into it, become aware of it, and transform it. So that rather than being a limit, rather than allowing your ego to cause you pain and suffering, your thoughts, your ego, your personality can become a divine vehicle to express your Divine Self in the world of form and matter that you live in.

What lies before you is a wonderful and major transformation. It is already within you. All you need do is open to it. There is no time involved. There is nothing that separates you from taking this major leap forward and being this new consciousness. Sense this inner light going out and out and out.

As it does, it opens the way, releases all limitations, and illuminates for you your higher path. Allow this light to bring you new awareness of how you think, of how you feel, of how you perceive reality. It is a living consciousness that responds to your call. Ask now and receive this gift of consciousness that will allow you to transcend the limitations of the ego in a way that is in harmony with every level of your being. Open to this now.

One of the gifts that is being offered you is a new way of relating to everything that happens, a way of acceptance, of openness and receptivity. A way that lets go of judgment and instead, listens within to have revealed the divine perfection that is always unfolding in every moment. Let a seed of consciousness come into your being, if you are open to receive it, that will bring you the gift of acceptance and greater awareness and understanding of all the good and perfection that lies within each moment. Receive this now, if you choose.

The Divine Self within you is emerging even more fully than every before. Your ego—the mind, the emotions, the personality, is becoming more transparent. It is revealing the inner light of the Infinite and Eternal within you. It is revealing the power of this light to illuminate, to reveal, to bring truth and understanding. This light is growing even more present as you allow it to come into your consciousness and be expressed through you.

As you become more aware of the light within you and the power and the presence, the omnipotence, the omniscience, the all-knowing power of this light, the completeness, the wholeness, the infinite nature of that which is your true self, what is being revealed to you is that you have all you need within you. Every gift of consciousness, every quality of being, all knowledge, all wisdom is within you waiting for you to claim it.

Feel this light and let the Divine Self show you or deepen for you in some way your realization that all you need is within you—all goodness, all light, all fulfillment. Let the Divine Self show you, reveal to you more of this, Its infinite nature.

Let come to mind somewhere you feel incomplete or feel that you need something from someone to complete you—perhaps some expectation you have that if someone would only do something, be something, act in a certain way, that you would happy and fulfilled. Let this come to mind right now.

And as you think of your Divine Self, and as the light of awareness shines out over your field of consciousness, you know in this light of truth that there is nothing that anyone need do to fulfill you. The realization grows within you that all fulfillment comes from within, from your contact with the Divine Self. Open to this realization, reflect upon it, and allow the light of the Divine Self to permeate your being with the sense of completeness, wholeness, and fulfillment.

All that you seek is within you already there, waiting for you to become aware of it. Open up your consciousness even more to the perfection and beauty of your being, to your ability to find fulfillment within, to recognize that you already have within you all that you seek. Open to this realization right now.

Let come to mind anything that you think needs to happen in the outer world for you to be content or complete, for you to be happy or fulfilled, or to move forward. Some place where you are putting your attention on the outer as the source of your fulfillment rather than on the inner, the true source of all fulfillment. What do you think needs to happen in the outer world for your life to be better?

In the light that is revealing that you have all within you, imagine that you are turning away from seeking fulfillment where it cannot be found. You are looking inward now, and the light within you is expanding, revealing itself—the source of your being—providing you will peace and tranquility, harmony and joy.

And you begin to turn your focus away from the outer world, from the world of effect to the inner world of cause. Your Divine Self is drawing you inward and inward. It is going to reveal to you now even more about how to open up to the Self that lies beyond the ego, pure awareness. Open to accept this consciousness that is unfolding within you right now, in this moment.

It is as if you are standing outside of yourself and you are seeing a bud that is partially opened. And a great light is coming out of the center of this bud. And the petals are responding and opening. The petals are becoming translucent, glowing with an inner radiance. That which was folded up and enclosed; that which was veiling the inner light is now opening. The inner Self is emerging. The light is becoming visible. All that encased this light is opening up—becoming transparent. And the radiant light of the Divine Self is unveiled. Its beauty shines forth.

Its magnetic call to the Divine in all life is becoming stronger. Look at the beauty that is emerging. This is you being born. This is you dissolving the ego. This is you becoming the Divine Self—awakening, revealing, transforming.

And as you have watched this from the standpoint of an observer, now move this light into the center of your being. The petals have become translucent and have opened up. That which has limited you; that which has served its purpose is now being discarded, is no longer necessary.

It is as if you have been in a cocoon, and the cocoon that has served you so well and brought you this far with the consciousness that you now have is dissolving. The new light stands revealed. A new you is being born. A new identity is possible. Feel the power and the radiance of your light dissolving all obstacles—continuing to grow in its power to reveal a new truth, a new understanding of the nature of reality. You are entering into higher dimensions of light.

New and untapped aspects of yourself will awaken and are awakening right now in this moment. A new you—complete, whole, infinite, and eternal is emerging in your consciousness. This is a new beginning. You have come a long ways to reach this point.

Everything you have done has provided a foundation for this moment, and there is much more to come. Congratulate yourself for reaching this point; for being open and willing to allow this transformation to occur, to unfold. For it is a gift not only to you but to all life around you for the light that you bring, the realization that you carry within you, the sanctuary that your consciousness becomes, and the comfort that it brings to others.

As you come back become aware at times of this inner light, knowing that as you do, it is strengthening within you. Your new awareness is unfolding. And all that you need is within you, unfolding in perfect and divine order. Coming back now 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, [*Birth of 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)