

Radiance: Self-Exciting Teacher's Course

Radiance: Transmitting Self-Exciting



Written Material to Accompany
the Audio Course

DaBen Meditations

to learn how to teach the *Radiance: Self-Exciting* course
by Duane Packer

Includes Transcripts

SETP

LuminEssence Productions
www.orindaben.com

Table of Contents

<u>Audio Program Index</u>	3
<u>Welcome and Greetings</u>	4
<u>Self-Exciting and Filling in the Frequencies</u>	9
<u>Teacher's Guide Table of Contents</u>	
<u>Agreement for Teaching Self-Exciting</u>	66
<u>Transcripts of Journeys</u>	71

Website Links

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

[Links to Articles and Free Things to Do](#)

[Suggested Light Body Study Sequence](#)

[Complete Listing of All Orin and DaBen Products](#)

PDF Tips

[Read additional tips](#) on our website.

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

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

Radiance: *Transmitting Self-Exciting*

DaBen Meditations by Duane Packer

Audio Program Index

Setup talks often precede the journey on the same track or the preceding track. It is very valuable to listen to the setup talks. DaBen wants some of the journey instructions to be given before the journeys so that you are not pulled out of the space to understand an instruction while you are experiencing the journey. In addition, DaBen is beginning to set the energy for the journey and transmit during these setup talks, and considers them to be an essential part of the journey.

As you listen to the journeys in this audio course, DaBen is aware of and transmitting to you, for there is no time and space in their realm. If asked to find the energy of everyone in the room, you can tune into the light body gridwork, or find the entire group who is and will be working with this course throughout time.

You will be asked to find and radiate light body centers to a person in the room or to a partner. You can radiate to the light body gridwork, or to the group who is and will be working with this course throughout time. Additionally, you can radiate to the masters and guides who are with you as you do the journeys, or to everyone around you, in your home, neighborhood, city, in as large or small an area as you choose.

What follows is a listing of all guided meditations, talks, and times. 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	Duane: Welcome and Introduction to Course	13:14
Program 2	DaBen: Stable Place for Transmission	26:05
Program 3	DaBen: Practice Stable Place, Transmit Core-Cocoon, Going Underneath, and Liftout	19:47
Program 4	Duane: Talk, Question and Answer, Wrap up of Day	21:30
Program 5	DaBen: Practice Transmitting, Adding Spinning to Self-Exciting	21:19
Program 6	DaBen: Transmitting, Adding Light Around Thoughts, Vibrations	26:52
Program 7	Duane: Talk, Set Up for Spinning to Step 2	5:15
Program 8	DaBen: Spinning to Step 2	23:01
Program 9	Duane: Talk after Journey	3:58
Program 10	DaBen: Placing Radiance—Setting for Self-Exciting	25:42
Program 11	Duane: Talk	10:28
Program 12	DaBen: Safe Landings and Surrounding Areas	34:51
Program 13	Duane: Talk	6:15
Program 14	DaBen: Setting for Self-Exciting Stage 4	23:38
Program 15	Duane: Talk	3:16
Program 16	DaBen: Bringing Self-Exciting Transmission Together	19:02
Program 17	Duane: Talk	14:16
Program 18	DaBen: Initiation to Self-Exciting Spaces	23:37
Program 19	Duane: Talk	16:45
Program 20	DaBen: Building on Self-Exciting Spaces	25:24
Program 21	Duane: Talk and Journey Set Up	5:48
Program 22	DaBen: Exploring Self-Exciting Realms—Commitment	21:24

Related Audio Courses: With the completion of this course and after you fulfill teaching requirements, you are eligible to teach DaBen's [Radiance: Self-Exciting](#) course, [Radiance: Filling in the Frequencies](#) courses, and DaBen's [Vision](#) courses. To teach the frequencies of Harmony, Brilliance, and Transparency, you will need to complete this course, and take DaBen's [Radiance: Filling in the Frequencies Expanded](#) course.

For an overview of all Light Body courses, visit our website and read our [Suggested Study Sequence for the Light Body](#).

Read up to date information on our website, available after you log-on to the members area about all of our [Teacher's policies and product discounts you may be eligible for if you order courses for your students](#).

Radiance: Transmitting Self-Exciting Teacher's Course

Welcome and Greetings!

Congratulations! When you complete this course, you will be ready to teach the *Radiance: Self-Exciting* course, provided you met all the teaching requirements to do so. We are sure you have grown in many ways and have an expanding sense of your increasing radiance. We wish you the best and send you our light as you continue to grow. It is our vision that you will become more and more radiant.

Teaching self-exciting can be a rewarding path of growth. It can give you a way to place your radiance and to transmit radiance to others. Teaching radiance skills requires commitment to your continued growth, a willingness to play, explore, and be creative and inventive. There are many rewards as well as challenges when you undertake the role of a teacher. Teaching offers you a rapid way to grow and to expand your skills of self-exciting. It can assist you in bringing more awareness to each moment as you build your consciousness. It also requires a commitment to your students and to being as solid, radiant, and consistent a light as you can.

To make the transmittal of the *Radiance: Self-Exciting—Building Your Light Body* information as effective and pure as possible, and to empower you as sponsors and teachers, DaBen suggests the following policies to assist in accomplishing this. We thank you for honoring the light body information and for assisting us in making sure this information continues to transform people's lives by going out to the world in as clear and pure a way as possible.

Every time you sponsor others or teach the *Radiance: Self-Exciting—Building Your Light Body* course, make it your goal to empower people to have a direct, good experience of these higher spaces and to be able to create these experiences for themselves.

Policies for Sharing *LuminEssence* Audio Journeys and Teaching the Self-Exciting and Frequencies Courses

Sharing Your DaBen Teacher's Journeys

1. You are not authorized to play or share the DaBen journeys in this Teacher's course with others. This teacher's course is just for you to use to learn to transmit light, and so that you may teach the *Radiance: Self-Exciting* and the first four *Frequencies* skills to others when you have met all other teaching requirements.

2. People who want to become a *Self-Exciting* and *Frequencies* teacher and use these DaBen journeys will need to meet all teaching requirements and purchase and own their own *Radiance: Transmitting Self-Exciting* course, or take this course from a qualified teacher and meet all other teaching requirements.

3. 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.

4. You are not authorized to record journeys in your own voice for commercial resale or to copy any audio journeys onto any media for commercial sale from this Teacher's course.

Duane Packer

LuminEssence Productions • www.orindaben.com

5. Do not share any DaBen or 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.

6. Please do not advertise that you are renting out, charging for, or sharing any DaBen or Orin 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.

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. 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.

Your support and willingness to purchase the audio journeys from *LuminEssence* provides the income to *LuminEssence* that makes it possible to keep this work available and to allow for new work to be created. Please [visit our website](#) for additional and/or updated information about these policies. We thank you for your integrity and your support of Orin and DaBen's work by not sharing these journeys except as noted.

Holding *Self-Exciting* and *Frequencies* classes based on this course if you meet all teaching requirements

You may teach the *Radiance: Self-Exciting* skills and states, and the first four *Frequencies* skills (*Frequencies of Vision, Precision, Intensity, and Clarity*) to others if you have a good understanding of these skills and have met all the requirements to become a teacher. Please [visit our website](#) for information on requirements to become a teacher. In addition to the above policies for sharing your *LuminEssence* audio journeys, please note these policies for holding classes:

1. With the completion of this Teacher's course, and if you meet the teaching requirements and prerequisites, you may teach and transmit the *Radiance: Self-Exciting* and the *Radiance: Filling in the Frequencies* skills (*Frequencies of Vision, Precision, Intensity, and Clarity*) as DaBen does.

2. You may record and make copies of your live *Radiance: Self-Exciting* and the *Radiance: Filling in the Frequencies* classes for students who attend your live classes in person. Do not produce or sell any written material or courses you make of your live classes to people other than those who come to your live classes. You are not authorized to record these journeys in your own voice for commercial resale or to copy these audio journeys onto any media for commercial sale.

3. You may not conduct classes through the Internet by playing or posting your *Radiance: Self-Exciting* and the *Radiance: Filling in the Frequencies* journeys online in any format, unless they are password protected and only for members of your classes. This includes but is not limited to podcast, teleclass, or broadcast.

4. You may not make your *Radiance: Self-Exciting* and *Radiance: Filling in the Frequencies* classes (*Frequencies of vision, precision, intensity, and clarity*) available commercially in any format. Each class member who wants your class journeys will need to purchase their own course.

5. You may not make a set of your self-exciting and frequencies audio journeys in advance that you make available to all your classes (instead of making live class recordings for each class, based just on that class). To record your light body journeys and make them available to anyone other than those who take your live classes, you would need to have signed agreements with *LuminEssence* to produce and sell light body albums as the official set in your language.

Teacher's special notes if you are holding classes or teaching this material, and have met all teaching requirements

- Please visit our website and sign-in to the [Member's Area](#) to view your teacher's information and teacher's discounts for which you may be eligible.
- Please let us know the names of your class members.
- You agree to let your light body students know about our sharing/copying/duplicating policies.
- You agree to let your students know that any recordings of your live classes are only for them and not to be shared with others in any format. If their friends want to study the light body, they will need to enroll in your live light body classes; purchase the course from *LuminEssence*; or purchase the authorized set for your language, if one exists.
- You may use any of [Thaddeus' music](#) for your classes and for your audio recordings, royalty free, as our gift to you. Please go online for our [terms and agreements about using Thaddeus' music](#). Welcome and Overview of Audio Course

Some tips to get the most out of these journeys:

The course was recorded live, DaBen was aware that you would be listening to these journeys. Whenever they talk to the course participants, they are also talking to you. They tell us that in their reality there is no time, and that they are aware of each and every one of you as you listen. DaBen will be transmitting to you as you work with these journeys. All the Beings of light who were present at the live seminar will be with you when you listen to the journeys. They are aware of all of you who will be taking these initiations.

As you listen to these journeys you will be joining with the group who took the *Radiance: Transmitting Self-Exciting* course in person. During the meditations the work with this group was done on the soul plane which exists beyond time and space. Because of this, you can join with this group energy as you listen. It is through the power of a group working together that the Great Ones can be called upon.

As you listen to the journeys in this audio course, DaBen is aware of and transmitting to you, for there is no time and space in his realm. If asked to find the energy of everyone in the room, you can tune into the light body gridwork, or find the entire group who is and will be working with this course throughout time.

In this course, you will be asked to radiate to the people in the room or to a partner. You can radiate to the light body gridwork, or to the group who is and will be working with this course throughout time. Additionally, you can radiate to the masters and guides who are with you as you do the journeys, or to everyone around you, in your home, neighborhood, city, in as large or small an area as you choose.

Vibrational Energy Body

Visualization Aid for All Vibrational Energy Body Centers

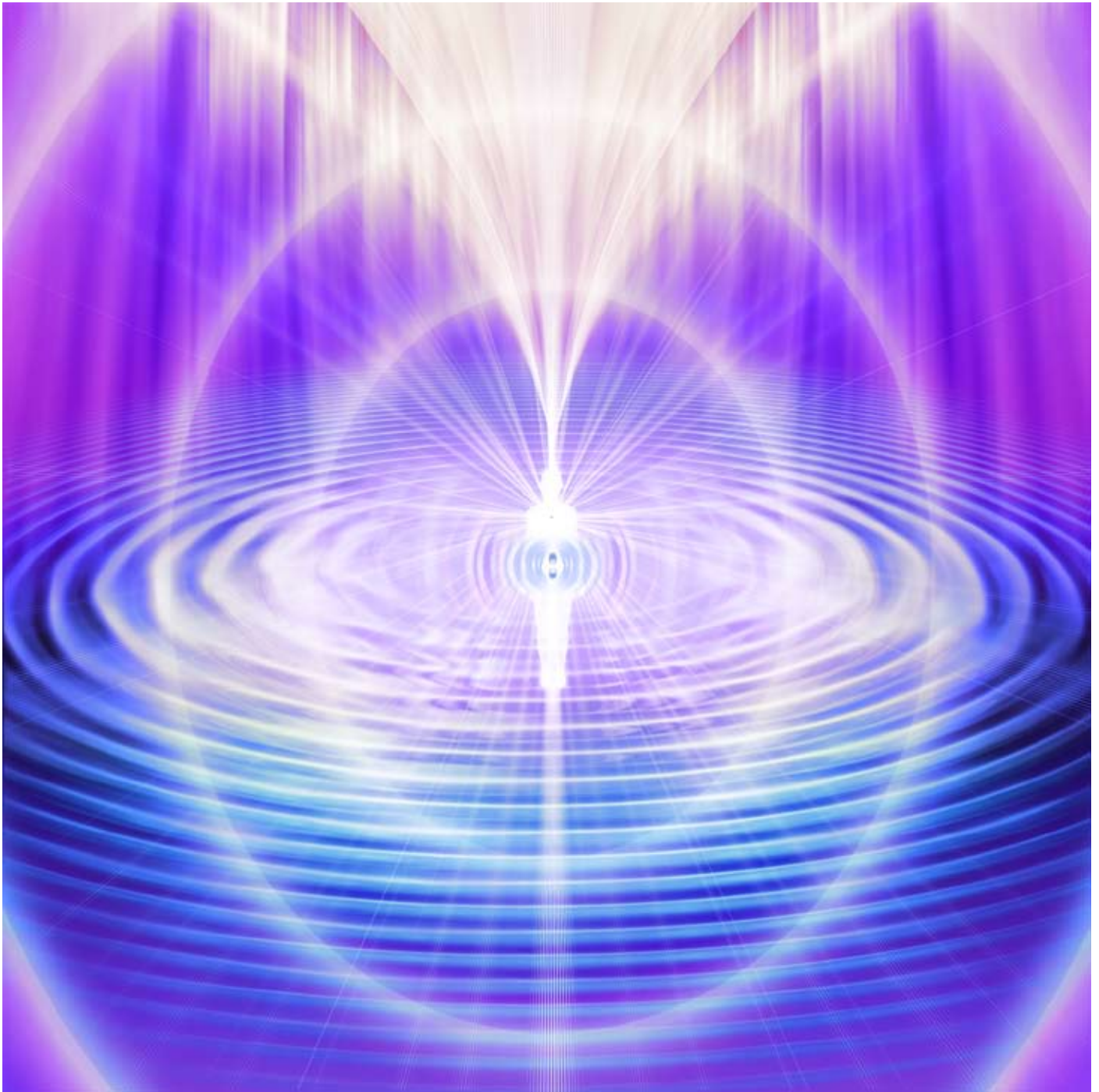


Please Note: Colors were used to make it easier to see the centers. Colors used are for illustration purposes only and do not represent the colors you or others may see, if any, when picturing the light body. In addition, each person visualizes the light body in different ways, so if your inner sense of the light body varies from these pictures, let however you visualize the light body be right for you.

DaBen Teacher's Course
Radiance: Transmitting Self-Exciting (LB852P)

Vibrational Energy Body

Visualization Aid for Light Body Cocoon



Please Note: Colors were used to make it easier to see the centers. Colors used are for illustration purposes only and do not represent the colors you or others may see, if any, when picturing the light body. In addition, each person visualizes the light body in different ways, so if your inner sense of the light body varies from these pictures, let however you visualize the light body be right for you.

Table of Contents

Self-Exciting Teacher's and Filling in The Frequencies Teacher's Guide

<u><i>Vision for the Awakening Your Light Body Course</i></u>	11
You are a Radiance: Transmitting Self-Exciting Graduate	
<u><i>Welcome, Requirements for Teaching the Self-Exciting</i></u>	12
<u><i>What You May Say in Your Flyers and Announcements</i></u>	13
<u><i>Sponsoring Others Using the Radiance: Self-Exciting and Filling in the Frequencies courses</i></u>	14
Building Your Community and Selecting Students	
<u><i>Building Your Community</i></u>	14
<u><i>Selecting Students</i></u>	14
<u><i>Release Students Who Are Not Ready</i></u>	15
<u><i>Listing on Our Website as a Teacher</i></u>	15
<u><i>Support For You in Your Teaching</i></u>	15
<u><i>What We Ask From You</i></u>	15
<u><i>Send Your Student's Names /Privacy Information</i></u>	16
<u><i>Radiance Skills and Strategies</i></u>	16
<u><i>Classes Based on Self-Exciting</i></u>	17
<u><i>Structure of Classes-General Guidelines</i></u>	18
<u><i>Some Pointers for Teachers</i></u>	22
<u><i>Criteria for Teaching Various Skills</i></u>	23
<u><i>Basic Transmission Principles</i></u>	25
<u><i>Charging for Your Classes and How to Work With Those Who Feel They Cannot Pay</i></u>	26
<u><i>Radiance: Self-Exciting Course Titles</i></u>	26
<u><i>Radiance: Filling in the Frequencies Course Titles</i></u>	27
<u><i>Using the Radiance: Self-Exciting and Filling in the Frequencies Courses with Your Live Classes</i></u>	28
<u><i>To Radiance: Self-Exciting Teachers: Some Suggestions on how to present what is next to your graduating students</i></u>	29

DaBen's Radiance: Self-Exciting Course Summary of Programs	
<u>General Information</u>	31
<u>Part 1 Building a Stable Base</u>	31
<u>Part 2 Becoming a Solid Light</u>	35
<u>Part 3 Beginning Self-Exciting</u>	44
<u>Part 4: Self-Exciting</u>	50
<u>Your Continued Education as a Teacher</u>	58
<u>A Quiz to Take to Prepare You for Teaching</u>	59
<u>Agreements for Teaching DaBen and Orin's</u>	66
<u>Self-Exciting and Filling in the Frequencies Courses</u>	
<u>Internet Listing Form</u>	70

DaBen and Orin's
Vision for the
Awakening Your Light Body Course

Join us in holding a vision that:

Each of you who is awakening your light body is adding to and creating a *gridwork of light* on the inner planes.

This *gridwork of light* is available to each of you as a source of soul-nourishment, stability, strength, energy, and light.

This *gridwork of light* increases daily in the beautiful, clear, harmonious, balanced, radiant, and light-filled energies it contains.

Your connection to other *Awakening Your Light Body* students enhances the purity and strength of this *gridwork of light*.

Each of you transmits the pure frequencies of the vibrational energy and light body centers as set by DaBen, so these frequencies become stable on the earth plane allowing more and more people to spontaneously awaken their light bodies.

Each of you increases your ability to transform the energy around you into light, to become a clearer transmitter of light, and to experience the never-ending unfolding of these energies of light.

Each of you honors the energies of the light body with integrity, reverence, and respect in your actions, words, and thoughts.

Everyone who is ready will have an opportunity to awaken their light bodies.

Each of you who sponsors or teaches the *Awakening Your Light Body* course makes it your goal to empower people to have a direct experience of these higher spaces and recreate these experiences for themselves.

You will join with DaBen and Orin at key energy times, to receive their live transmissions, to strengthen and build your light body using the new frequencies of light available, and to experience the empowering energy of a light body group meditating together.

Each of you studying the light body course has a copy of this statement of vision to refer to and energize with your thoughts.

Welcome, Requirements for Teaching Self-Exciting

As a graduate of DaBen or your teacher's *Radiance: Transmitting Self-Exciting* course, you are eligible to transmit the energies of self-exciting and the first four frequencies to others as DaBen has done in the *Radiance: Self-Exciting—Building Your Light Body* and the *Radiance: Filling in the Frequencies* courses (*Frequencies of Vision, Precision, Intensity, and Clarity*) if you meet the following requirements:

- 1. USA:** You need to be on record as having purchased from *LuminEssence* or from your light body teacher DaBen and Orin's six-part *Awakening Your Light Body* series. **International:** If an official light body course exists for your language and is required, you will need to purchase it. Otherwise, you will need to be on record as having purchased either DaBen's *International Light Study* course (LB001), or DaBen and Orin's six-part *Awakening Your Light Body* (LB111–LB116) series so your students can listen to DaBen's 9 required journeys transmitting each of the light body centers.
- 2. USA:** You need to have learned the frequencies of Vision, Precision, Intensity, and Clarity, and be on record as having purchased from *LuminEssence* or your light body teacher, the first four courses of DaBen and Orin's *Radiance: Filling in the Frequencies* series. (Frequencies of Vision, Precision, Intensity, and Clarity.) You may not transmit the frequencies of Harmony, Brilliance, or Transparency. To teach the frequencies of Harmony, Brilliance and Transparency, you will need to complete these courses as well as DaBen's *Radiance: Filling in the Frequencies Expanded* course (LB933). Taking this course will also give you a fifth frequency for each frequency set that you can teach your students. **International teachers see * below**
- 3. USA:** You will need to have learned the self-exciting skills, and be on record as having purchased from *LuminEssence* or from your light body teacher. DaBen's *Radiance: Self-Exciting—Building Your Light Body* (LB131) course. **International see * below.**
- 4.** We highly recommend that you work with DaBen's *Radiance: Self-Exciting Expanded* course (LB932) as it will assist you in better understanding the spaces from which to transmit Self-Exciting, and will go into more depth about the self-exciting skills that should assist you as a self-exciting teacher.
- 5. USA and International:** You need to be a graduate of DaBen and Orin's *Radiance: Transmitting Light* (LB851) course.
- 6. USA and International:** You need to have purchased and learned the skills in DaBen's *Radiance: Transmitting Self-Exciting* (LB852) course.
- 7. USA and International:** You will need to have experience teaching *Awakening Your Light Body* classes.

***International and Non-English speaking teachers:** You may learn the *Transmitting Self-Exciting* skills from a teacher and are not required to have purchased the Orin and DaBen course. You are required to have the official language set for your language, if one exists.

What You May Say in Your Flyers and Announcements

Teaching provides a valuable opportunity for your growth and a way to place your radiance. *LuminEssence* does not authorize, certify, or approve teachers. To make this clear in your flyers, please use the exact wording that follows to describe your training in *Awakening Your Light Body*; *Radiance: Filling in the Frequencies*, and *Radiance: Self-Exciting*, and your association with *LuminEssence*. Information on what to call your classes is provided on the following pages.

_____ (Your name) is a graduate of the *Awakening Your Light Body* course, and the *Radiance: Filling in the Frequencies* courses (list which ones); as developed by DaBen and Orin, channeled by Duane Packer and Sanaya Roman, as well as the *Radiance: Self-Exciting—Building Your Light Body* course by DaBen, and is teaching the *Radiance: Self-Exciting* course based upon his/her understanding of these courses.

_____ (Your name) has also graduated from the *Radiance: Transmitting Self-Exciting*; and *Radiance: Transmitting Light* courses.

Optional: _____ (Your name) has completed advanced light body seminars including: _____ put in graduate courses you have completed. You may want to indicate how long you have studied the light body, and also the format you will be using to teach, i.e. live transmission, using Orin and DaBen audio material, guided meditations from you and your guide, and so on.

Do not say anything else about your connection to *LuminEssence*, Duane and Sanaya, or Orin and DaBen that is not contained in the above statement. Please do not imply that you have been authorized, approved, or certified as a teacher, as we are not accrediting teachers. These are your students and your classes; we want to see you develop your own teaching methods and processes that fit your students.

You may use anything from our literature on the light body to describe your classes in your flyers. You may use our exact words if you wish. Do not make any claims about the light body that we have not made, as we have been careful with our wording. Be careful not to promise too much. Use words like “may help” or “some people have found...” to allow for a broad range of individual experiences. Make your flyers as professional in appearance, spelling, and grammar as you can. Have your materials typeset or laser printed if at all possible; your response will be higher.

We believe those who are ready for the light body course will come to you, and we prefer you use inner work and word of mouth to bring your students to you. Orin’s audio course, [*Becoming a World Server*](#), (M200) contains many processes for calling to you your students. We want to keep the *Radiance: Self-Exciting* course as a special teaching, visible only to those who are ready. We suggest that you do not buy mailing lists or advertise in magazines. From our experience, this kind of promotion rarely brings you students. Please help us to keep the light body as a very special teaching and make it your goal to only invite those to take the course who are ready.

Sponsoring Others Using the *Radiance: Self-Exciting* and *Radiance: Filling in the Frequencies* courses

Sponsoring Others Using the *Radiance: Self-Exciting* and *Radiance: Filling in the Frequencies* courses

Sponsoring Individuals, English Speaking: Sponsoring others individually means holding this person in your awareness on a consistent basis while he or she uses DaBen's *Radiance: Self-Exciting* or DaBen and Orin's *Radiance: Filling in the Frequencies* audio courses, or the official audio recordings of these courses in your language, if they exist. This might include any form such as talking, meeting on a regular basis, or running the energies together, that assists people in learning to create the self-exciting experiences for themselves.

Sponsoring Individuals, Non-English Speaking: Please note: We ask that you not use your teacher's seminar recordings to sponsor others with. Use DaBen's audio courses on *Self-Exciting* and *Filling in the Frequencies*, or the official audio recordings of these courses in your language, if they exist, rather than your teacher's recordings to sponsor others with. If others want to learn self-exciting or filling in the frequencies, they will need to take the course from a light body/self-exciting teacher, or purchase DaBen's *Radiance: Self-Exciting* course from *LuminEssence* or the official light body course for your language.

You may translate the written instructions and make them available to those you are sponsoring to refer to before or after they listen to the DaBen self-exciting journeys. Many sponsors have done this, and we have found that people can experience the light body energies when they listen to DaBen's journeys even if they do not speak English. You may not sell recordings of your seminars to anyone other than your seminar participants. You may not translate and make audio recordings of DaBen's journeys in your own voice. Please note that copyright laws apply to this. In some languages an official home-study course is or will be available for your students to use; see our website for information.

Sponsoring General Information: You may not sponsor others in learning the *Radiance: Transmitting Self-Exciting Skills* taught in this album by sharing this album with them, nor may you teach the skills of transmitting *Self-Exciting* taught in this album by transmitting the sounds and light body spaces as DaBen does.

If you meet all requirements you may purchase DaBen's *Radiance: Self-Exciting* and/or *Radiance: Filling in the Frequencies* courses at a discount. Visit our website and log in to the Member's Area to order using any discounted prices you may be eligible for.

Building Your Community and Selecting Students

Selecting Students

All students of your *Radiance: Self-Exciting—Building Your Light Body* classes must be *Awakening Your Light Body* graduates and know all 7 vibrational energy body centers and 3 light body centers. As a teacher of *Radiance: Self-Exciting* course, we ask that you offer this course only to those you have trained in awakening their light bodies. Do not solicit or offer your classes to the students of your students, or other light body teacher's students unless you have checked with these other teachers and have their permission to teach these skills to their students. Do this out of courtesy and respect for others who are teaching the light body.

One of the most important aspects of being a successful teacher is only teaching those who are most likely to succeed. Only work with people you feel are ready, committed to finishing the course, have been successful in awakening their light bodies, and are people you want to teach and work with.

The most important thing for you as a teacher is to have students who will successfully learn and be empowered by what you are teaching. It is better to have one student who truly responds to and learns what you are teaching than ten who are only curious and do not use or apply the skills they learn.

BE VERY SELECTIVE ABOUT WHO YOU TEACH OR SPONSOR!

Release Students Who Are Not Ready

Sometimes students think they are ready for awakening their light bodies, filling in the frequencies, or self-exciting, and after they enroll in your courses, discover that they are not ready, or that this is not their path. Please do not sign contracts with students obligating them to pay for your classes if they drop out. Do not pressure or penalize people for choosing to leave the light body. It is important that people take the light body when they are ready, and that they not be forced or pressured into continuing if they decide that this is not the right path. If they decide to drop out, trust their inner wisdom, and release them with love. You may want to charge a very small processing fee, (stating in the very beginning that this will be done); however, do not make people pay for courses they do not want to take or have dropped out of.

Listing on Our Website as an *Awakening Your Light Body* Teacher

We have a listing of light body teachers who have chosen to be listed on this website and who meet all requirements, have signed a Teacher's agreement with us, returned our Internet form, and are teaching in accordance with our policies. (Refer to the back of this booklet for the Teacher's Agreement and the Internet Form. These can also be found on our website.)

We list *Awakening Your Light Body* teachers, *Radiance: Self-Exciting* teachers, and others. To remain on our online light body Teacher's list, you will need to keep us informed of your class dates, and send us the names and addresses of your students at least once a year. Only those teachers who have sent this information within the last year will remain on our teacher's list, as we will assume you are no longer actively teaching if we have not received this information from you.

To support you in your teaching, we will:

- Transmit to your light body classes and students.
- Suggest to your students who contact us to continue their light body education by taking your graduate light body courses.
- Allow you to use Thaddeus' music for your classes, royalty-free. Visit our website for information on what Thaddeus music to use for various centers.

We ask from you:

To support us in keeping the light body as a pure teaching, and to make this an equal energy exchange, we ask you to provide us with:

- Your signed Teacher's Agreement. This agreement is available in the back of this booklet and can be downloaded for free on our website.
- The names and addresses of your students.
- Email addresses of your students. You can indicate if they do not want to receive an occasional Email or newsletter from us. Or, your students can visit our website, sign our guestbook, and let us know that they are your student taking your light body course.

- You agree that you will not copy the audio journeys or the written material, nor will you produce or sell any written material or light body audio recordings you make to people other than to those who come to your live classes (unless you are producing audio courses in a non-English language and have signed contracts with us).

Send Your Student's Names/Privacy Information

We appreciate your giving us your students' names and addresses as well as your class schedule so Sanaya and Duane, with Orin and DaBen, can transmit to you and your students during those times. We also keep track of all light body students, and Sanaya and Duane include them in their meditations. Use our website to send us your student's name and address. Your students are welcome to contact us and sign our guestbook letting us know they are taking your classes as well

Along with your student's names, we would appreciate their addresses and phone numbers (email addresses are great too for eNewsletters) so that we may create and/or update their records to reflect that they are your students and the courses they have taken. Then, if your students contact us, such as to purchase graduate light body courses, we will know they are your students and more about what courses they qualify to purchase. When you send us the names and addresses of your light body students, we will consider them to be graduates, even if they have just started your course. If someone does not graduate, please let us know.

Please note that all names and addresses given to us are completely confidential. We never sell or rent names to anyone for any purpose. You can visit our website for more information about [sending student's names](#), [privacy information](#), and more light body and teacher's information.

When we receive the names of your students, we will send them a newsletter, if we are still publishing print newsletters. After receiving one or possibly two newsletters, your students will hear from us only if they contact us first. If your students do not wish to receive a newsletter, please indicate "no mail." Or, if they do not want to receive a eNewsletter, indicate "no email" after their names as well.

To attract students, we do have Orin's "[Becoming a World Server](#)" (M200) audio album to assist you in calling people to your work and preparing to be a successful teacher and leader.

Radiance Skills and Strategies

Radiance is a collection of skills AND the knowledge of how to combine them to become your experience more completely. A skill is a distinct direction of focus and awareness that creates a similarly distinct state of consciousness "potential" and resulting "automatic" shift in experience. The skills you learned in DaBen's *Radiance: Self-Exciting—Building Your Light Body* are listed in what follows.

As you learn and play with a skill you can learn to extend it. An extension of a skill can be the realization of the consciousness "potential" of this skill in any manner of ways. One of the characteristics of an extension of a skill is perhaps that a doorway is opened to a "complete and whole" set of energies. Skill play is challenging yourself in the use of the skill and holding its "potential" in as many ways as you can discover.

DaBen also talks about strategies in his journeys. Strategies are ways of using focus and awareness that provide greater opportunities to join the flow of the energies that you are experiencing. The strategies DaBen uses in the *Radiance: Self-Exciting—Building Your Light Body* are listed in the following pages.

All the skills DaBen presents in his self-exciting course have very simple experiences attached to them. Do not make them difficult. You will also want to learn how to apply these skills to all levels of your life. Applying a skill is using the energy that a skill leads you to for the purpose of discovering the energy of whatever you focus upon. It is generally

something that has a fairly direct relation to earth plane energies, that may upon return to “normal” consciousness lead to a shift in energy, to an enhanced experience, or to an insight generally related to your focus. Below are the basic skills you learned about and can use to get into a self-exciting state.

Radiance Skills and Extensions for Self-Exciting

Core-cocoon

Putting light around thoughts

Frequencies

Finding and observing frequencies in cocoon

Finding base frequencies in cocoon

Finding frequencies in layers of cocoon

Transmission

Aspect 1: Holding many tracks at once

Aspect 2: Finding whatever as energy

Aspect 3: Feedback of energy

Aspect 4: Holding many perspectives at once

Spinning

Step 1: Spinning of elements in volume, primary awareness limited to first shifts

Step 2: Step 1 plus spinning of all elements in volume, volume increasing in size, and volume eventually opening to point of loss of ability to focus

Vibrations

Liftout

Placing radiance

Going underneath

Self-exciting

Stage 1: Focus on sensation of potential of being carried

Stage 2: Stage 1 with awareness of radiance

Stage 3: Adding power

Stage 4: Setting for self-exciting

Strategies for Self-Exciting

Getting small/observing/waiting for motion of interest

Soften mental body coming back to hold new ideas

Holding entire volume of whatever space you are in

Preparing for and finding smoothest flow

Adding more light

Surround areas that do not have awareness with awareness

Safe landings

Classes Based on Self-Exciting

DaBen's goal with these courses for your students: to create a foundation for your students to evolve their direct experience of radiance. DaBen asks that everyone teach self-exciting with a similar format. This format is outlined in the following pages. You can add additional topics, such as exploring life purpose, manifesting, or other topics that you are drawn to teach. Note that DaBen is requiring you to play several of his audio programs per class, and the programs he is requesting you to play are indicated is what follows. Please use the titles that follow for your classes. We have provided a summary of DaBen's journeys on each program for your reference. Refer to the "[DaBen's Radiance: Self-Exciting Course—Summary by Program](#)" for more complete information on the skills you may teach and the order to present them in. Be sure to read the "[Structure of Classes-General Guidelines](#)" that follows for additional guidelines for giving classes.

Teach Radiance: Self-Exciting—Building Your Light Body in the following format:

Class Set 1 Radiance: Self-Exciting—Becoming a Solid Light

In this class you will teach what DaBen has taught in the self-exciting course on Program 1, (Introduction to Self-Exciting) through Program 11, (Self-Exciting—First Stage Through Spinning) excluding calling out the intensity frequencies. You may teach the frequencies of vision and precision. Please read the summary of DaBen's Self-Exciting journeys. Although you may transmit other energies, do not teach or call out ANYTHING that DaBen has not called out in his self-exciting journeys.

You can teach the following skills and topics:

Emotional Flow and Mental Fluidity—Experienced Now

Updating Light Body Due to Increase in Your Skills

Updating Light Body Due to "External" Energy Shifts

Core-Cocoon

Putting Light Around Thoughts

Transmission, all four aspects

Aspect 1: Holding many tracks at once

Aspect 2: Finding whatever as energy

Aspect 3: Feedback of energy

Aspect 4: Holding many perspectives at once

Note: Do not teach more than two transmission skills per journey

Frequencies of Vision and Precision

Finding and observing frequencies in cocoon

Multiple Cocoons

Spinning

Step 1 Spinning of elements in volume, primary awareness limited to first shifts

Step 2: Step 1 plus spinning of all elements in volume, volume increasing in size, and volume eventually opening to point of loss of ability to focus

Two Vibrations

Self-Exciting, First Stage through Spinning

Take two or three journeys to teach each of the skills. In addition, design several play journeys around each of these skills so your students not only learn the skills, but have something to do with them. If you teach all of the above skills in a weekend, you will need to make it a three day class; or teach these skills in several weekends.

You can teach the following strategies:

Getting small/observing/waiting for motion of interest

Soften mental body coming back to hold new ideas

Holding entire volume of whatever space you are in

Programs of DaBen's *Radiance: Self-Exciting* and *Radiance: Filling in the Frequencies* courses that he would like you to play for your class:

Program 5: Light Around Thoughts

Program 11: Self-Exciting—First Stage Through Spinning

Play one each of a frequency of vision and precision by DaBen—two DaBen journeys of your choice.

Play these additional programs if you would like:

- Program 3: Updating Light Body Due to Increase in Your Skills
- Program 4: Updating Light Body Due to "External" Energy Shifts
- Program 8: Spinning in All of Cocoon;
- Program 9: Spinning in All of Cocoon (Step 2)
- Program 10: The Vibrations

Additional study for Class Set 1 students: DaBen's *Radiance: Self-Exciting—Building Your Light Body* course, Programs 1 through 11; *Radiance: Filling in the Frequencies* by DaBen and Orin, Parts 1 and 2, Frequencies of Vision and Precision.

Class Set 2 Radiance: Beginning Self-Exciting

In this set of classes, you can teach the skills on DaBen's *Radiance: Self-Exciting* course, Programs 12, (Finding an Issue as Energy), through Program 16, (Setting Self-Exciting). People who take this course must have learned the skills of Class Set 1 to take this course. Class should also include review of skills in Class Set 1, and additional variations to the skills they have already learned. We have provided a summary of DaBen's journeys on each audio program for your reference. Refer to the "[DaBen's Radiance: Self-Exciting Course—Summary by Program](#)" for more complete information on the skills you may teach and the order to present them in. Be sure to read the "Structure of Classes-General Guidelines" that follows for additional guidelines for giving classes.

You can teach the following skills and topics:

- Finding an issue as energy
- Core to cocoon as a doorway to self-exciting, with dissolving boundaries as an extension of skill
- Layers of boundaries of cocoon
- Liftout
- Placing radiance
- Going Underneath
- Self-Exciting:
 - Stage 2: Stage 1 with awareness of radiance
 - Stage 3: Adding power
- Frequencies of Intensity and Clarity
- Finding frequencies, finding base frequencies in cocoon

Strategies you may teach:

- Preparing for and finding smoothest flow
- Adding more light

Programs of DaBen's *Radiance: Self-Exciting* and *Radiance: Filling in the Frequencies* courses that he would like you to play for your class:

- Program 16: Setting Self-Exciting
- Play one each of a frequency of intensity and clarity by DaBen—two DaBen journeys of your choice.

Play these additional programs if you would like:

- Program 13: Liftout—Basic Energy
- Program 14: Self-Exciting—Expand and Solidify with Vee

Additional study for Class Set 2 students:

- DaBen's *Radiance: Self-Exciting—Building Your Light Body* course, Programs 12 through 16; *Radiance: Filling in the Frequencies* by DaBen and Orin, Parts 3 and 4, Frequencies of Intensity and Clarity.

Class Set 3 Radiance: Self-Exciting

In this set of classes, you can teach DaBen's *Radiance: Self-Exciting* course, Program 17, (Using Self-Exciting Energies with Gridwork) through Program 24, (Self-Exciting—Bringing It All Together). People who take this course must have learned the skills of Class Set 2 to take this course. Class should also include review of skills in Class Set 1 and 2, and additional variations to the skills they have already learned. We have provided a summary of DaBen's journeys for your reference. Refer to the "[DaBen's Radiance: Self-Exciting Course—Summary by Program](#)" for more complete information on the skills you may teach and the order to present them in. Be sure to read the "[Structure of Classes-General Guidelines](#)" that follows for additional guidelines for giving classes.

You can teach the following skills and topics:

- Natural speed (Only teach when your students are ready; otherwise they will not get it)
- Self-Exciting through stage four
- Fullonia with Intensity
- Finding Frequencies in layers of cocoon

Strategies you may teach:

- Adding more light
- Surround areas that do not have awareness with awareness
- Safe landings
- Surrendering/Falling In
- Exploring textures of light

Programs of DaBen's *Radiance: Self-Exciting* and *Radiance: Filling in the Frequencies* courses that he would like you to play for your class:

- Program 21: Self-Exciting Play—Falling In/Safe Landings
- Program 24: Self-Exciting—Bringing It All Together

Play these additional programs if you would like:

- Program 18: Liftout Using Self-Exciting
- Program 22: Self-Exciting as Introduction to Natural Speed
- Program 23: Surround Areas of No Awareness with Awareness
- Optional: You may pick a frequency of harmony, a frequency of brilliance, and a frequency of transparency of DaBen's to play for your class.

Additional study for Class Set 3 students:

DaBen's *Radiance: Self-Exciting—Building Your Light Body* course, programs 17 through 24; *Radiance: Filling in the Frequencies* by DaBen and Orin, Frequencies of Harmony, Brilliance, and Transparency.

Structure of Classes-General Guidelines

To make the transmittal of the *Radiance: Self-Exciting* information as effective and pure as possible DaBen and I suggest the following policies to assist us all in accomplishing this. These policies are in effect until revised. We thank you for honoring the light body information and assisting us in making sure this information continues to transform people's lives by going out to the world in as clear a way as possible.

You may have your classes in a variety of structures, staying within the following guidelines:

You do not have to structure each journey exactly as DaBen has, although you must stay with the order of introducing the skills that DaBen has laid out. Refer to the "Radiance Skills and Strategies" for this order, the "Classes Based on Self-Exciting," and

also read the "Self-Exciting, Summary by Program" for more information on the order of the skills and strategies as presented by DaBen.

Your classes must include all three doorways to self-exciting that DaBen has laid out; the spinning, the core to cocoon boundary with its extension of the cocoon boundary dissolving, and the Fullonia/Vee Energy connection.

You will want each class to end where DaBen has ended on the corresponding journey. These are all stable places that lay the foundation for the next steps.

You may take any class set, such as the first class set, and teach the skills and strategies in a variety of ways. DaBen asks that you teach these three sets at least a month apart, so that the entire course takes at least three months. More time is preferable. You can break any of the class sets into several or many classes. Some ways you might choose to give classes:

1. As a series of three intensive weekends, spread over several months.

2. As a series of two or more intensive weekends or series of evening classes per class set. For instance, you could teach one skill per class if you are doing a series of evening classes, combined with a frequency type. Or, you could teach several of the skills and one frequency in one weekend, and other of the skills of this class set in another weekend, including another frequency. Each of the three sets of classes as outlined has the potential of providing several weekends or many evenings of study.

Do not teach more than two frequency types (vision, precision) per class set. You can teach several of the same frequencies, however, such as the four vision frequencies, and so on, so that there is a potential of at least 8 frequencies of two types to be taught in each of the first two class sets. Do not push someone to learn a frequency if they are having trouble, for they may have no consciousness in this area. It is not essential that your students know all sixteen frequencies taught in this course (four each of the vision, precision, intensity, and clarity as presented by DaBen); what is essential is that they have one or two out of each of the four possible frequencies of each type that they feel comfortable with and can make work for them.

Do transmit the frequencies that DaBen has used rather than teaching your own. You will also be teaching your students how to discover their own frequencies as they progress through the *Radiance: Self-Exciting* classes you are teaching. Do not teach a separate frequencies class; integrate the frequencies into your *Radiance: Self-Exciting* classes. Present the frequencies in the order DaBen has—vision, precision, intensity, and then clarity. If you transmit frequencies you have invented or discovered, do not call them out by name as being a frequency. We request that you play one journey by DaBen for each frequency, in addition to your own transmission of the frequencies.

Do not teach the harmony, brilliance, or transparency frequencies in class set three (or any other class set) although you may transmit them and use them as a part of your own experience as a teacher. Do not call them out in any way. Suggest your students work with DaBen's Harmony, Brilliance, and Transparency courses as a way to assist them in sustaining self-exciting and further building their light bodies. Or, if you would like to teach these frequencies yourself, you may do so after completing DaBen's *Radiance: Filling in the Frequencies (LB933)* course.

If your class has already learned the frequencies before starting self-exciting, that is fine. Transmit new frequencies of the same type to them as DaBen has done in the self-exciting album, and focus your students on how to use the frequencies to move into the self-exciting states. Remember, without the frequencies, people may not be able to sustain self-exciting.

Your students may try to rush you through the skills—do not let them talk you into giving them the frequencies or self-exciting skills too quickly! They will be grateful to you in the long run. If your students do not build a stable base, they will not be as able to become a solid light nor experience self-exciting. When planning your seminars, remember to allow time for journeys, questions and answers, time to work with partners,

and time to work alone. You need to alternate quiet time with talking time; higher spaces with the opportunity to come back and be in personality spaces.

We suggest no more than 5 or 6 meditations per day for courses; leave time for discussion, answering questions, personality interactions, breaks, and so on.

Do not copy DaBen's journeys to give to your class members. Please visit our website for download and other information for making these journeys available to your students.

Most of the questions people ask have been covered in the *Radiance: Self-Exciting* manual. If they are not, it is best to come from your own experience when answering questions. Say, "in my experience," or, "I felt..." Do not make up the answer if you do not know what it is. In teaching, discussing the skills, or answering questions, be true to your experience and come from the highest level you can. Remember that your goal is not only that your students experience these energies, but that they also consciously learn to create these experiences for themselves.

If you are teaching classes by transmitting the self-exciting energies as DaBen does, we ask that you not make audio versions of your *Radiance: Self-Exciting* classes available to anyone other than people who have taken your classes, nor put out any written material or artwork on the light body or self-exciting based on this course except in your promotional flyers. You may purchase the *Radiance: Self-Exciting* manual from us for use with your classes.

Remind your students that they are not eligible to sponsor others until they have finished learning all the self-exciting skills that DaBen has taught in his *Radiance: Self-Exciting* audio album. If your students want to sponsor others by playing the journeys for their friends, they will need to use DaBen's *Radiance: Self-Exciting* audio course. You may purchase these sets for your students at a discount, or your students may purchase the course directly from *LuminEssence*. If your students want to teach the centers by transmitting as you are doing, they will need to meet the requirements for transmitting self-exciting.

It is important that you receive an equal energy exchange for teaching. Giving you energy back in the form of payment or whatever is of value to you can make it worth your while to invest time and energy into teaching. The commitment of time, energy, and payment of some sort empowers your students to take the course more seriously, make a stronger commitment to it, and gives them a much better chance of successfully awakening their light bodies.

Some Pointers for Teachers

Listen to DaBen's journeys from the *Radiance: Transmitting Self-Exciting* course, and learn and practice how to get into the states that bring you to a stable place to transmit from.

Support people in learning how to use the light body in their daily lives.

Teach students the "pieces" of how you got there, do not just take them to places.

Let students have a direct experience, rather than trying to understand everything intellectually.

To teach radiance you must be willing to live it if you want to be happy with the increased radiance that teaching gives you.

It is important as a teacher that you place your radiance.

It is also important as you undertake the role of a teacher that you are committed to your radiance.

When you teach, please read the self-exciting manual and know and understand the information contained in it, including the "Additional Guidance and Suggestions" at the back, as well as the information about the self-exciting skills that are in the manual.

Do not take responsibility for other people's issues. Remember the light body cannot create or cause their problems. Help them to remember to use the light body tools they have learned to find solutions. Your role is to empower them to find their own answers, not to provide answers for them. You are not responsible for their "getting it" or for their making their life work. You can set a space for them to grow, but only they can choose to use that space to grow. Do not hold people's hand at this level; let it be all right for them to fail or succeed on their own.

Criteria for Teaching Various Skills

If you have learned these other light body skills that have been taught at various Orin and DaBen light body seminars, or through listening to journeys, transmit these skills only if you meet the following criteria:

Nodes:

To transmit the nodes, make sure you know what the nodes are, how to find them, how to use them, how to handle when they take off quickly and go to infinity, and know how to get back from them. Only teach the nodes that you have been to a number of times, you know what the entry is like, the experiences, some of the boundaries of the experiences, how fast it takes off, what its nature is, and what sort of learning took place there. If you are not comfortable transmitting a node, do not do so. Remember to use the techniques of changing your perspective and size to get into them.

Only use the nodes as a way for students to learn about the energies. Once having learned it they need never go back unless they choose to. With the nodes, you are not teaching people how to recreate the experience of it, but simply transmitting its energy to assist them in having an experience.

Do not call out that you are transmitting a node.

Spin: Teach about how to find stability there, how to recreate it, get back into it, play with it, and how to notice if they are increasing or decreasing their spin. Teach spin as DaBen has taught it.

You may transmit the energy of any of these skills, but do not call them out, talk about them, identify them by name, or say that you are transmitting these light body skills:

Translation

Trailing Consciousness and any variations of this

Lifting up to the distant star, lifting up to star and spinning, and so on

How to transmit the sounds of the centers

Internal/External Awareness

States of Oneness/ Individuality

Later stages of Saha and Ranthia

Riding Light Beams

Going into or spinning inside the core

Tension and Focus

Renawre/Light Body, Moving in-between

Emotional Body Explorations

Monad explorations

Vee through centers, cocoon exploding

First and second perspectives

Harmony, Brilliance, and Transparency frequencies

Oneness states

Creation States

Whole/Source or Potential

Light Body Consciousness skills

If you have discovered other light body skills and states of consciousness, that is fine. You may transmit these to your students. However, do not call them out, talk about them, or put out any written material about them.

Although you may transmit other energies, only call out, teach, and talk about those skills and strategies that DaBen has taught in the *Radiance: Self-Exciting—Building Your Light Body* course. Refer to the information about DaBen's Self-Exciting journeys. This summary of DaBen's journeys spells out exactly what you may call out and teach in your self-exciting classes.

Topics by DaBen and Orin That You May Teach

Any of Orin and DaBen's book material

Any of the Orin journeys in the first four *Radiance: Filling in the Frequencies* courses.
(Refer to information on audio titles of these albums).

Any of the topics taught by DaBen in the *Awakening Your Light Body*, *Radiance: Filling in the Frequencies*, and *Radiance: Self-Exciting* courses, such as placing radiance, and so on.

Transforming the personality, working with subpersonalities

Meeting your soul, awakening your heart centers as taught in *Soul Love* by Orin.

Journey through the Planes, soul plane journeys

Atomic, cellular, and physical radiance

Soul-Linking

Channeling guide, your soul, or higher self

Planetary Logos, Solar Logos

Topics of connecting with Universal Mind, Opening Creativity, Expanding Intuition

States of Flow

World Service

Spiritual Growth topics

Finding things as energy - suggestions on what things to find:

Objects

Self:

Qualities

Your light body

Your soul/ higher self

Emotional body

Physical body, cells

Your mental body

Your awareness

Your experience

Others:

People you know

People you haven't yet met

Orin and DaBen

Your guide

Masters, beings of light

Universal Mind

Higher Will

Solar Light

Planetary Logos

Humanity

Life purpose

A choice

A project you are working on, and all the pieces of it

Various situations in your life

Living the Light Body - ways to use the light body in your daily life

Teach how to use the light body in daily circumstances, including:

- Making choices
- Finding life purpose
- Manifesting
- Getting insights
- Gaining more emotional flow and mental fluidity
- Placing radiance into self, others, projects
- Other ways you have discovered and invented to live the light body

Basic Transmission Principles for Teachers

When you transmit to your classes, remember the following about transmitting:

The power of your transmission will be determined by the purity and precision with which you experience the skills you are transmitting. Other people's ability to experience self-exciting will be enhanced by this purity and precision as well, and by your finding the other people at as many levels as you can while you are holding them in your awareness.

You will need to be able to find your students individually to transmit the self-exciting skills to them.

Do not try for a specific result or experience. You can never know how others will use or respond to your transmission. Have no expectations. Let it all be a learning experience for you.

Constantly find yourself and the other people as energy when you transmit.

Track as many channels as you can at once: your experience, the energies you are transmitting, the other people involved, your guide if you are channeling, the subtle energies in the room, and so on.

Pay attention to the feedback you are getting. If you are finding it easier and easier to enhance your experience, then there is a resonance occurring.

Do not push! Do not use your own energy to give other people an experience. Simply include them in your awareness, and let them have whatever experience they are having.

If the other person does not seem to resonate with your transmission, simply keep enhancing your own experience, hold the skill you are transmitting as purely and precisely as you can, include the other person in your awareness at more levels if possible, and detach from what he or she is experiencing.

Be ready to open to the flow that can occur as your transmission is received. Keep opening the back of your head and neck to adjust to more and more flow. If too much flow is occurring, find people at fewer levels. Or, go to your Renawre cocoon and balance all of your vibrational energy body centers.

Remember to stay in stable places yourself. If you start getting lost in your experience and lose awareness of the people you are transmitting to, you are no longer transmitting.

Just because your students can experience self-exciting when they first begin does not mean they can recreate it on their own. They need to learn and integrate all the steps and "pieces" of self-exciting to understand how to consistently find and experience self-exciting states themselves.

Charging for Classes and How to Work With Those Who Feel They Cannot Pay

Sometimes students may tell you that they want to learn self-exciting and frequencies skills, but cannot afford to pay for your classes. Read and review Orin and DaBen's *Creating Money* book to increase your clarity around money and equal energy exchange. Your clarity supports your success as a teacher and your students' success. Our most successful light body teachers set the energy exchange at a rate that reflects all the time and energy they are putting into developing and teaching these classes.

We have found that students get more out of the course, and respect what they learn, when the investment they make is one that reflects the seriousness of their commitment to their growth that the light body offers. In addition, those who charge an amount for their classes that honors their value and is truly an equal energy exchange attract students who understand and appreciate the value of this work. This clarity begins inside of you, as a teacher. When you are clear about the importance of this as a path and the value of what people will learn, you will find that the universe supports you, and that the people who are drawn to you are able to make the financial commitment involved.

We have usually found that people who say they do not have the money to pay for course or classes, that ask for special exceptions, or who are unwilling to offer an equal energy exchange are usually the ones who are not ready to awaken their light bodies. Often these students do not finish your classes, or do not experience the energies in a way that they feel successful. Self-Exciting and Frequencies skills can create many changes in people's lives, and the ability to manifest is an important one. Manifesting is a necessary skill to make the changes that bring people's outer world into alignment with their inner world of increasing light. Making their lives work on the physical plane, learning how to create money and abundance, and supporting themselves and paying their bills may be the next step for some people rather than awakening their light bodies. We find that when people are ready, the money is there.

***Radiance: Self-Exciting—Building Your Light Body* Course Program Titles**

Part 1 Building a Stable Base

- Program 1 Introduction to Self-Exciting
- Program 2 Emotional Flow and Mental Fluidity—Experienced Now
- Program 3 Updating Light Body Due to Increase in Your Skills
- Program 4 Updating Light Body Due to “External” Energy Shifts
- Program 5 Light Body Core and Cocoon
- Program 6 Light Around Thoughts

Part 2 Becoming a Solid Light

- Program 7 Introduction to Transmission
- Program 8 Spinning in All of Cocoon (Step 1)
- Program 9 Spinning in All of Cocoon (Step 2)
- Program 10 The Vibrations
- Program 11 Self-Exciting—First Stage Through Spinning
- Program 12 Finding an Issue as Energy—Self-Exciting by Cocoon Dissolving
- Program 13 Liftout—Basic Energy
- Program 14 Self-Exciting—Expand and Solidify with Vee

Part 3 Beginning Self-Exciting

- Program 15 Self-Exciting Through Core-Cocoon
- Program 16 Setting Self-Exciting
- Program 17 Using Self-Exciting Energies with Gridwork
- Program 18 Liftout Using Self-Exciting
- Program 19 Self-Exciting—Combining All Elements
- Program 20 Self-Exciting—Exploring Vee/Fullonia Energy Connections

Part 4 Self-Exciting

- Program 21 Self-Exciting Play—Falling In/Safe Landings
- Program 22 Self-Exciting as Introduction to Natural Speed
- Program 23 Surround Areas of No Awareness with Awareness
- Program 24 Self-Exciting—Bringing It All Together

Radiance: Filling in the Frequencies Course Program Titles

LB121 Frequencies of Vision

- Program 1 Introductory Journey
- Program 2 Light Body Cocoon and Core
- Program 3 First and Second Vision Frequencies
- Program 4 Viewing Energy Patterns in a Crystal
- Program 5 Viewing an Area of Your Life As Energy
- Program 7 Third vision Frequency
- Program 8 Viewing Your Vibrational Energy Bodies
- Program 9 Fourth Vision Frequency
- Program 10 Viewing a Project as Energy
- Program 11 Viewing Your Life Purpose, Higher Purpose as Energy
- Program 12 Staying in a Higher Flow by Orin
- Program 13 Surrender and Trust by Orin
- Program 14 Wake up Journey to Set Energy for the Day by Orin
- Program 15 Playing on the Light Body Gridwork by Orin

LB122 Frequencies of Precision

- Program 1 First Precision Frequency
- Program 2 Seeing a Choice as Energy
- Program 3 Second Precision Frequency}
- Program 4 Placing Radiance on the Inner Planes
- Program 5 Third Precision Frequency; Sense of Detail and Time
- Program 6 Thinking About a Topic as Energy
- Program 7 Play Journey with Vee, Vision, and Precision Frequencies
- Program 8 Fourth Precision Frequency
- Program 9 Journey to Finer Awareness
- Program 10 Play and Placing Radiance in Renawre Cocoon
- Program 11 Placing Your Radiance
- Program 12 Receiving Transmissions from the Master
- Program 13 Opening the Jewel in the Lotus by Orin
- Program 14 Becoming the Master; Transmitting to Others
- Program 15 Receiving from the Spiritual Sun in the Heart of Shamballa by Orin

LB123 Frequencies of Intensity

- Program 1 First Intensity Frequency
- Program 2 Folding Your Pattern
- Program 3 Building into Intensity
- Program 5 Second Intensity Frequency
- Program 5 Finding Your Experience as Energy
- Program 6 Third Intensity
- Program 7 Playing on the Patterns
- Program 8 Fourth Intensity
- Program 9 Expanding Conscious Energy
- Program 10 Integrating Intensity
- Program 11 Journey to Shamballa to Increase Your Radiance by Orin
- Program 12 Transmitting Higher Purpose to Others by Orin
- Program 13 Blending Your Mind with the Universal Mind by Orin
- Program 14 Recharging Your Solar Batteries by Orin

LB124 Frequencies of Clarity

- Program 1 First Clarity Frequency
- Program 2 First Clarity Frequency and Cocoon
- Program 3 Flow and Fluidity of Awareness
- Program 4 Second Clarity Frequency
- Program 5 Finding Light All About
- Program 6 Third Clarity Frequency
- Program 7 Knowingness and Mental Fluidity
- Program 8 Fourth Clarity Frequency
- Program 9 Discovering Beyond the Boundaries
- Program 10 Transforming a Situation with Energy by Orin
- Program 11 Creating with Light by Orin
- Program 12 Blending with the Master by Orin
- Program 13 Ceremony of Light by Orin

Using DaBen's *Radiance: Self-Exciting* and the *Radiance: Filling in the Frequencies* courses with your live classes

DaBen would like people studying self-exciting and filling in the frequencies to be able to use and experience these energies as transmitted by him in his *Radiance: Self-Exciting—Building Your Light Body* and his and Orin's *Radiance: Filling in the Frequencies* audio courses as a common reference point; helping to bring the light body group to a coherent energy with common experiences of self-exciting and filling in the frequencies.

All of us are establishing these frequencies of light on the earth plane, and their purity is important at this time until these frequencies and energies become more stable and are more easily held in the energy of the earth plane. Because of this, if you are teaching self-exciting and the frequencies of vision, precision, intensity, and clarity by transmitting as DaBen has done, you are required to purchase the *Radiance: Self-Exciting—Building Your Light Body* and the *Radiance: Filling in the Frequencies* audio courses for your use as a teaching tool and reference.

DaBen also asks that you play at least one or two DaBen journeys per class, and he has listed the titles that he feels are important to play for your students under "Classes

Based on Self-Exciting, Programs of DaBen's *Radiance: Self-Exciting* and *Radiance: Filling in the Frequencies* courses that he would like you to [play for your class..](#)" We encourage you to have your students purchase and use DaBen's *Radiance: Self-Exciting* course to complement your live classes, either during your classes, as additional study material between class sets, or after your students have graduated to further develop their radiance skills.

The goal of all classes and sponsorship is to allow people to experience the energies, and to empower them in being able to recreate that experience on their own. DaBen feels that his course is an invaluable addition to your classes and will add much to your student's skill with the energies of self-exciting. Each journey contains DaBen's transmissions of energies that go beyond self-exciting, and will be a valuable addition to your student's knowledge of building their light bodies as they continue to expand their skills.

Your students may also want to work with and purchase DaBen and Orin's seven part *Radiance: Filling in the Frequencies* course as a way to further fill in their light bodies and gain more skill with self-exciting. Your students will need to use DaBen's *Radiance: Self-Exciting* and DaBen and Orin's *Radiance: Filling in the Frequencies* courses if they wish to sponsor others in learning these skills or if they wish to become a *Radiance: Self-Exciting* teacher themselves.

Some people have asked us why people would want to take their live classes in addition to studying the *Radiance: Self-Exciting* or *Radiance: Filling in the Frequencies* courses. We have found that many people prefer to learn with a live teacher, in a group setting, getting feedback, and with someone sponsoring their learning in person. The encouragement and support of a teacher as students experience the initial challenges of becoming self-exciting can be important in their success. The power of several people running the energy together can also make it easier for each person to experience the frequencies and self-exciting.

You are welcome to record your classes; however we ask that you only make the audio available to the students in your classes, and that they not be used by your students to sponsor others. You may also use DaBen's self-exciting and filling in the frequencies courses in addition to or instead of making your own recordings. We ask that you not put out any written material or artwork (other than your flyers) on the light body as taught by DaBen and Orin.

To *Radiance: Self-Exciting* Teachers: Some suggestions on how to present what is next to your graduating students:

Your students will want to know what is next for them during your final *Radiance: Self-Exciting* class.

There are several paths your students can take, and we have listed some to assist you in presenting to your students some of their options. Information about graduate courses and seminars is contained on our website. Go over your student's options with them before they leave your final class.

Remember that the more successful your students are with their light bodies, the more successful you are as a teacher. The energy of your student's success definitely comes back to you. The most important thing you can do is empower your students to be their experience and support them in finding whatever path is right for them.

Possible paths your students can take as graduates:

1. To continue developing their light body skills:
 - Through practicing with your seminar recordings.
 - Through attending live DaBen and Orin seminars they are eligible for.
 - Through working with DaBen and Orin's *Radiance: Filling in the Frequencies* course.
 - Through working with DaBen's *Radiance: Self-Exciting* audio course to supplement your class. These programs have transmissions that take people beyond self-exciting, and will assist your students in increasing their skills of self-exciting.
 - Through using the six-part *Awakening Your Light Body* course by DaBen and Orin.
2. To sponsor and assist others in awakening their light bodies:
 - Your students will need to send friends to your classes, purchase the six-part *Awakening Your Light Body* course by DaBen and Orin to sponsor others, or work with the official language version for your language, if it is available.
3. To sponsor and assist others in learning self-exciting skills
 - Your students will need to send friends to your classes, purchase DaBen's *Radiance: Self-Exciting* course, or use the official language version for your language, if it is available.
4. To sponsor and assist others in learning the frequencies:
 - Your students will need to send friends to your classes, purchase DaBen and Orin's *Radiance: Filling in the Frequencies* course to sponsor others, or use the official language version for your language, if available.
5. To teach and transmit live to *Awakening Your Light Body* classes:
 - USA: Your students will need to purchase the six-part *Awakening Your Light Body* course by DaBen and Orin, and take the *Radiance: Transmitting Light* course by Orin and DaBen or one of our qualified teachers.
 - International: Your students will need to take the *Radiance: Transmitting Light* course, purchase the *International Light Body Study* course (LB001) and have worked with the six-part *Awakening Your Light Body* course either in your language, through your *Awakening Your Light Body* course, or the DaBen and Orin six-part set.
6. To teach and transmit live to *Radiance: Self-Exciting* and *Radiance: Filling in the Frequencies* classes: Your students will need to fulfill all the requirements listed in this manual to become a *Radiance: Self-Exciting* teacher.
7. To explore and develop skills in other areas enhanced by their light body skills that you feel your students need to learn and/or that you are teaching yourself. Remember that your students have been drawn to you for the gifts you can offer each other. We often teach best areas of growth that we ourselves have just learned or want to master.

If your students are not planning on sponsoring or teaching others, you may want to give them the dates of your next light body classes so their friends can attend. If your students want to sponsor others, they cannot use your course recordings to do so. Their friends who want to take the course will need to take it directly from you.

DaBen's *Radiance: Self-Exciting* Course Summary of Programs

General Information

What follows is a brief summary of DaBen's journeys, including the skills and strategies for self-exciting that he introduces. Please also read the description of each journey in the *Radiance: Self-Exciting* manual that accompanies the *Radiance: Self-Exciting* course by DaBen for more information about DaBen's journeys.

The following summary of each journey is not meant to be complete. It is meant to supplement DaBen's journeys. For instance, this summary contains only minimal information about the energies DaBen is transmitting. You will gain much value from experiencing each DaBen journey many times, until you know all the "pieces" of the journey and can use them to recreate these spaces on your own. You may also gain much value from transcribing the journeys to gain an even stronger sense of what DaBen is doing in each journey.

Part 1 Building a Stable Base

Program 1 Introduction to Self-Exciting

DaBen talks as a welcome and introduction, with a journey to harmonize the energy bodies as he talks about the light body and self-exciting. He points out that by awakening the light body, people have begun to be conscious of building the vehicle for their radiance and consciousness. Perhaps more importantly, they have begun to acquire the skills to master the process of building radiance and consciousness through a progression of discovery, expansion, and integration, using skills, observing, being inventive, and playing.

He talks about how self-exciting is a state of being that allows the opportunity for all energies, actions, thoughts—all of who people are—to contribute to and to carry them on their energy flow. This is a state when everything works, clicks, and becomes a part of one's being in a magical way. It is also the state of being excited about life, energized, and committed. All of this happens effortlessly, without struggle, by being drawn to what is next out of excitement. As people learn the skill of self-exciting, they can begin to reach a point where this excitement is self-sustaining, seeming to rise magically from all that they do. Self-exciting is an essential tool and skill allowing people to understand the energy in a way that they can be supported by and join the flow. Indeed, that allows people to consciously create that space when everything works for them.

From the skill of self-exciting, people have a greater opportunity to accomplish this self-exciting state in all aspects of their consciousness and actions. DaBen encourages people, as they explore these energies, to bring the skills they learn into all the levels of their consciousness, into all the dimensions, including the ordinary reality in which they live and play.

The benefits of acquiring self-exciting skills will be unique to each person. Everyone has the opportunity with self-exciting to experience living moment by moment more easily. The ability to experience will be enhanced. The ability to recognize and to join the flow of life will become more conscious, something that people recognize and can probably more easily choose to do. The ability to know peace and calm will increase. The ability to generate and recognize emotional flow, mental fluidity, and physical ease will be increased as people develop these skills of self-exciting. As people become more skillful and build their consciousness they might begin to recognize that there are continuous opportunities for joy and play.

As people explore these energies, as they learn self-exciting skills and how to be in that self-exciting state, their desire and willingness to explore their life purpose becomes a focus. People can begin to learn who they are in ways they have not yet imagined. Out of that learning, out of their ability, out of these energies and the ways in which they are used and translated to all parts of their life, to all the places people have consciousness, they gain a greater commitment to their life purpose. Their growth becomes accelerated.

As people play in this accelerated way, they gain a greater appreciation for all that they have learned and all that they are able to do. Out of that comes an even greater commitment and willingness to play. The challenges become greater, however one's skills to meet those challenges become greater as well. People can recognize the opportunity that they have to create an example for all of those about them, to create an example of energy, an example of actions and being.

As people gain more skill and increase consciousness and light, as they become more radiant, placing radiance becomes important. People must place their growing radiance in order to maintain the flow of light they have begun. DaBen discusses that in this series of journeys he has worked only with placing radiance on the light body gridwork. However, he points out that one could choose to place radiance on anything they can resonate with, that is able to hold the degree, quality, or quantity of light they have begun to radiate.

The *Awakening Your Light Body* course was to awaken the light body, and in the process become committed to growth and to discovering more states of consciousness. You have now awakened your light body. Self-exciting is an opportunity to learn how to build consciousness for creating opportunities for moment to moment awareness. As people take advantage of these opportunities they create more and more light. As they explore they will discover other ways of creating consciousness, such as through discovering and "inventing" frequencies.

Each journey in DaBen's series of light body courses contain transmissions of energies that go well beyond self-exciting, even though they are not specifically called out. As people's skill level increases, they can discover more of that advanced energy. Because of this, DaBen encourages people to repeat the journeys that they are drawn to as often as they would like. Each time people play with these journeys and skills on their own, they improve their mastery. As people master these light body skills, they will find that self-exciting is also a doorway to even more profound experiences.

Program 2 Emotional Flow and Mental Fluidity—Experienced Now

This is a review of the centers, excluding the Pieah, and is a very stable, very pure transmission of each center, held for a long time so students may experience emotional flow and mental fluidity at an all new level. Your students will want to learn this state and use it consistently, as it is the "ever-expanding" base that provides the necessary harmony to experience the self-exciting states.

In this journey DaBen leads people to notice the details and substance of the Renawre cocoon and explore the harmony that is possible here: the ability to see or sense the cocoon at least down to the waist, and have a sense of the energy coming back up. The centers are so balanced there is no need to adjust them further.

Teach your students to explore the interactions and ways in which emotional flow and mental fluidity enhance one another. Assist them in exploring how the abilities of the mental and emotional body to flow and exist in the same space and time enhance their ability to experience the energies and increase their ability to adjust to the flows about them.

It is this emotional flow and mental fluidity that allows growth with joy and ease, and makes it possible to build or add consciousness to those places in which people are not

even aware that it is possible to have consciousness. This brings about an accelerated growth. The ability to integrate the accelerated growth that self-exciting brings about will be greatly enhanced by learning more about this experience of emotional flow and mental fluidity, and the way in which they interact to enhance one another. This is an important transmission. Be sure to learn this space well as you transmit it to your students. It is also the base you will want to know yourself as you transmit self-exciting.

Program 3 Updating Light Body Due to Increase in Your Skills

This is a journey you will want to offer your students, and encourage them to return to many times to update their centers each time they have a shift or major increase in their light body skills. They will know to use this journey if they were doing well but now are having trouble getting into self-exciting spaces, if they have a lot of mind chatter, or have stopped using the light body and want to return to it. This journey explores observing the light body and basis for experience. DaBen works in this journey with developing the ability to use awareness and experience in combination with one another to explore and discover, by using the imagination as a sense, how to update or bring into awareness the new intricacies and subtleties in the energies that the light body takes on as it is being built.

This journey by DaBen starts with the Renawre, adjusting the lower centers for harmony in the Renawre cocoon. DaBen leads people to experience the way the energy of the Fullonia expands outward, finding the patterns within that movement of expansion. DaBen then instructs people to find the energy underneath the movement, and use that to experience more of the light body. DaBen uses the power of the Saha to enhance their experience of the patterns of the Fullonia moving outward.

DaBen then has people hold their experience of the physical body as it registers the fact that they are holding in their awareness all of the light body, letting them experience tingling, or a rush of energy at a physical level as they hold their awareness on all of the light body simultaneously with awareness on their physical body. It is in the ability to be aware of and to move into that underlying experience at even the most physical level, that allows people to move out more fully within the light body, and allows the option of just experiencing the physical or just experiencing the light body as a possibility and as a choice.

The ability to experience the light body and have it be indistinguishable from physical sensations, and have any physical sensations as they may come into awareness enhance the ability to experience and be just the light body is increased and improved.

Have your students come back slowly, observing the way that they experience the Renawre cocoon. The way they experience the time and space of the earth plane as they come back is an important aspect of their updating the energies and their skill with these energies. They need to notice how they integrate these energies through knowing how these subtle energies are a part of ordinary reality. Then they can experience a bit of the subtle energies all about them in any state of consciousness they are in.

Program 4 Updating Light Body Due to "External" Energy Shifts

This is a journey you will definitely want to make for your students that they can use over and over to update their light bodies in various and changing environments. Its focus is on the dynamic nature of energy, its abundance, and on people's ability to be neutral and just use this energy.

DaBen starts with harmony in the Renawre cocoon, working with the Pieah, Traeo and Ranthia to gain more harmony. From there he expands into the Fullonia, and has students explore their sense of the energy about them as the light body expands. This is the beginning of being able to sense the frequencies in the light body. He instructs students to notice any patterns, and even a void is fine. If it is a void, DaBen has them notice any changes in the way in which that absence of energy becomes a part of the light body.

Using the Saha to gain more intensity, DaBen has them hold their awareness at the very edge of their light body, noticing their rate of expansion, or if they are not moving just to hold their awareness at the edge of the entire volume of the space they are in. This is to prepare students for sensing their light body cocoon later. He instructs them to sense the energies of the light body, to let themselves be totally transformed by the patterns within the light body, not influencing the pattern, not becoming a part of the light body in any way, other than as just energy. This is energy that is coming through the Renawre cocoon, through them, through the part of their being on the earth plane, and through their light body.

DaBen has students observe the power and energy in the light body, the abundance of energy there, the subtle aspects of it as it comes upon the earth plane. He has them observe the way in which the energies about them change from moment to moment, the dynamic nature of this energy, and the way it provides a source of power and inspiration that they then can experience in the light body. They are led to observe the way in which the dynamic nature of this energy is in part responsible for the way in which they are buoyed upon the light body.

He then has students use the dynamic, ever-changing presence of the energy about to find more of the patterns within the light body. DaBen instructs people to explore patterns in one area of the light body, and then another, and to notice that doing so brings into awareness even more of the dynamic nature of the energy that they are suspended in. This is what is necessary to update the light body moment by moment, and thus all aspects of the being.

DaBen ends by telling people that using the energy about them with their current skill with the light body gives them an abundance that they might never have consciously experienced before. He reminds them that now, as they become more conscious of this energy, it is available for them whenever they choose to use it for whatever purpose they choose to use it for, for this energy about them is a part of their being.

Bring students back very slowly, so they can notice the way in which this energy about them they have been exploring has now become an aspect of their ability to experience, to be at one and at peace with the environment about them. Let them experience that feeling of abundance, of being unlimited in their ability to experience and to be aware.

Program 5 Light Body Core and Cocoon

This journey by DaBen explores the light body and the way awareness can be used to experience the light body. The skill introduced is the basic core and cocoon with a reference to volumes.

DaBen starts with the harmony in the Renawre cocoon, observing it as it falls down and around, moving into the Fullonia. He has them notice a change in the energy that appears as a boundary at about thirty feet out. From there he has them observe the light body cocoon in all directions, above, below, behind, and at their sides. He has them observe this cocoon of energy and note that it can be used as a focus for consciousness and as a way to notice all the patterns of light in the light body. Journey includes that light body extends beyond this boundary, but DaBen does not yet take them outside of this boundary.

DaBen then introduces the core as a column of almost crystalline light, along or slightly in front of the spine, letting it be whatever size seems most comfortable. This core extends up beyond the head and below the feet. DaBen lets people know that it is not important to notice how this core connects with the cocoon, but just that it does blend in with the cocoon.

Next, DaBen lets people experience bringing their awareness from the cocoon at thirty feet out, back to the core and then back out again to the cocoon boundary several

times. As they do, he has them notice all the patterns of light in between the core and cocoon. If there is a void of energy, that is fine too.

DaBen starts developing their ability to sense the frequencies by having them focus upon the entire volume of the cocoon and notice more details to any patterns or movements that are there and the way any pattern propagates throughout the entire volume. Afterward, he introduces the concept that they can hold the entire volume of cocoon in their awareness at once.

The frequencies are introduced here in a general way. As DaBen has people focus on the patterns of light within the cocoon, he has them notice how this increases their ability to be aware of and increases the light that is there. He has them notice as energy comes back from the cocoon boundary and moves out from the core and passes each other, how more and more light is created and their ability to be aware is increased.

DaBen introduces the frequencies by having them notice that as they observe the patterns, they can find pure energies, patterns that will not reduce to a simpler form. These patterns are called the frequencies. He has them notice that the frequencies increase their ability to move into the qualities of light that are now awakening in their light bodies.

As they come back to ordinary reality, DaBen has them notice the shimmer in the Renawre cocoon and the way the energies in the light body translate into the Renawre cocoon.

Program 6 Light Around Thoughts

Teach this as a separate journey, or as an introduction to a journey if your students are having trouble with mental chatter. Start from the Renawre cocoon, explore the thoughts that are there, the way in which they come about, and the place in space that thoughts seem to originate from, where thoughts are forming. DaBen has them place a bright, white light around those thoughts as they appear there, noticing that it becomes a little bit quieter as this is done. DaBen has them follow their thoughts back even further to their source where the thoughts take their first shape, and even back beyond that place, one where people are not aware of anything but light. DaBen goes center by center up to the Fullonia, having them go back even closer to source with each center, placing light around the thoughts as they form.

Part 2 Becoming a Solid Light

Program 7 Introduction to Transmission

In this journey, DaBen teaches the first two transmission skills: holding many tracks at once, and finding “whatever” as energy. Multiple cocoons as a skill and the first vision frequency is introduced. DaBen starts by talking about what transmission is; that it is not really “sending” as much as it is a joining in the resonance, in the patterns and frequencies.

DaBen starts the journey with harmony in the Renawre cocoon, expanding out to the Fullonia. He then focuses awareness on the cocoon, and patterns within the cocoon, moving right into the first frequency of vision. DaBen has them bring their awareness to the full volume of the cocoon, to notice any rotation within the cocoon about the core. Rotation may be in sections, in part of the cocoon, or involving part of the core. He has them hold the entire volume of cocoon in their awareness and notice any areas that are moving or rotating, and how these areas compare from one part of the cocoon to another. He transmits the first vision frequency by having them find the resonance of their energy which resonates with the energy of the first vision frequency he is transmitting.

After introducing the first vision frequency, multiple cocoons as a skill is introduced. Whether or not they can hold the entire volume and the quantity of light in the first cocoon layer easily, DaBen has them expand outward to the second layer, or to the third layer. He guides them to notice that each layer has a distinct edge, each becoming more subtle as they go further and further out. He wants them to challenge themselves continually to hold that volume of the cocoon as many layers out as they can easily go. And, DaBen lets them know that it is all right to stay within the first layer of the cocoon until they can easily hold all that volume at once.

Afterward, DaBen has them again find this frequency of vision within all the layers of the cocoon, introducing the skill of finding the frequencies in layers of the cocoon. He has them find the rotation about the core, the entire volume of the cocoon, and the rotation that is present throughout the entire volume.

DaBen then introduces holding many tracks at once: the entire volume of cocoon, a frequency with its patterns and movements, following the patterns the frequency is making, and their experience of all this.

Then finding things as energy is introduced, finding soul, a guide, or higher self; then holding all those tracks at once including the energies within the light body cocoon, their experience of them, the energies of that experience, the entire volume of the cocoon, and the frequencies, finding a balance between them. They may get just a glimpse of them all at the same time, that is fine. DaBen uses the power of the Saha to enhance their ability to hold many tracks at once.

DaBen guides people to notice the qualities of light and how this light has come from, been altered by, shifted by, and/or created by their ability to hold these many tracks at once now as well as their connection with their guide, soul, or Higher Self. DaBen brings them back very slowly and easily through the Fullonia, noticing the light in the Renawre, and to the Ranthia.

Program 8 Spinning in All of Cocoon (Step 1)

This and the following journey on spinning are important journeys for your students to present a good foundation for the doorway into self-exciting that they will want to use again and again. This first doorway of spinning will unfold many times as their skills increase. Step 1 as presented in this journey is spinning of elements in volume, primary awareness limited to first shifts.

DaBen looks at the spinning—the motion about the core that is a natural part of the experience of the light body. Lead your students to notice the qualities of light that this brings into awareness as they play with this. DaBen introduces the strategy of observing, waiting, and getting smaller for discovering how to take advantage of these experiences as doorways into a place that even more easily carries their experience. As they play with spinning, they can begin to notice some of the radiance qualities they are developing.

DaBen starts this journey with harmony in the Renawre cocoon, moving out through the Fullonia, expanding into as many layers of the cocoon as they can hold in their awareness. They are then instructed to hold the entire cocoon in their awareness, finding the movements and patterns of the frequencies, and holding as many tracks as possible at once. Then he works with the first vision frequency, having people observe the rotation around the core until this rotation fills the entire cocoon.

The strategy of waiting, observing is introduced here as they bring their awareness to a smaller area, observing the energy until they notice movement; a pattern that draws their attention. They then go into that movement, all the while being aware of the entire volume of the cocoon. They let the whole cocoon spin, including all those energies and patterns they have found, letting it spin faster and faster.

DaBen leads them to let all their awareness be carried by the spinning. Strategy of making self small is introduced here. DaBen uses this strategy to find yet another aspect of the spinning that draws people out and lets them discover that the spinning has increased in its intensity. Students are guided to hold as many tracks as possible as spinning increases.

DaBen has them notice their ability to be conscious, focusing on the edges of this consciousness where they can notice an ability to open their awareness even more. He has them just be their experience for awhile as he transmits.

DaBen then introduces the concept of commitment. It is not commitment with that sense of struggle and “have to;” and yet it is commitment in that they will do it, it is something that they do, it is something that they maintain, and that once they have begun, once they have made that choice, to develop their radiance in these ways, their commitment to that is important for them to notice and to let it operate, to let that desire, that willingness, that unwavering ability to find these energies and to be these energies find an expression in all aspects of their being. DaBen likens this to the commitment to radiance that the sun has.

Out of that commitment comes an aspect of radiance that begins to carry them, and by carrying them, increases its ability to carry them. It becomes self-exciting.

DaBen has them observe what increases their spin, and what decreases their spin, and begin to develop a strategy to bring the spinning back if it is decreased. He uses the skill of moving from the multiple cocoons to the core as a way to increase being carried by the spinning. DaBen uses the Saha to enhance the experience of spinning.

This is followed by having them place their awareness at the cocoon boundaries, and note the qualities of light there. Then they bring their awareness to the core, back out to the cocoon boundaries, to see how this enhances the spinning.

DaBen has them return by collecting the light they have gathered there, slowly letting those qualities of light become a part of that point of light of the Fullonia. He ends with having people observe these qualities of light as they appear in the Renawre cocoon.

Program 9 Spinning in All of Cocoon (Step 2)

This important journey presents a good foundation for this doorway to self-exciting that will unfold for your students many times as their skills increase. This, and the journey on spinning on Program 8, are journeys your students will want to play with many times.

In this journey by DaBen, the second aspect of the skill of spinning, a doorway to self-exciting, is introduced. This is the first step, plus spinning of all the elements in volume with the volume increasing in size, and the volume eventually opening to point of loss of ability to focus. Also introduced is a precision frequency. A strategy is presented to enable people to gain more information of the journey by softening their mental bodies when coming back, to make it easier to hold new ideas. The third and fourth aspects of transmission are introduced here, that of feedback of energy and holding many perspectives at once. DaBen also introduces the interrelatedness of self-exciting and radiance as transmission.

DaBen starts with harmony in the Renawre, moving to the Fullonia, and from there to finding the cocoon as many layers out as they can comfortably hold the entire volume in their awareness. They find the frequencies and patterns there for a moment. The frequency of precision is then introduced, finding those precise movements, vertically against one another, at areas throughout the cocoon. After, they pick one area to observe the rapid vertical movements, one up and one down, moving with and against each other. They are then led to noticing that movement elsewhere within the cocoon until they can find it throughout the entire volume of the light body cocoon.

Transmission skill of feedback is introduced; that as they found the energy somehow they have gained full resonance with this energy and as they resonate with it the feedback increases. Thus they are gaining an increasing ability to find the frequency in its completeness through the feedback they are getting. They can use this to notice the qualities of light that comes back as the feedback increases.

DaBen then has them notice the spinning within the cocoon, then the entire cocoon spinning about the core, all at once, observing all the frequencies and patterns. Spinning here is seen not just as spinning, but as movement, power, energy, and as a generation of light. DaBen has them observe the feedback and use it to find more and more aspects, allowing them, when these places are reached, to sense a greater pattern that can be achieved. DaBen uses the strategy of getting smaller to enhance this ability.

DaBen then introduces the transmission skill of holding many perspectives at once: the perspective of being inside the cocoon, and somehow being the entire cocoon at the same time. DaBen has them use the experience of spinning to set that foundation of experiencing the interconnectedness between radiance, between the spinning, and between the potential that is there in this space.

As they return from the journey, DaBen introduces the strategy of softening their thoughts as they return, letting them form, but then soften and dissolve away, so that as they begin to dissolve, people can capture some ability to sense something underneath the thoughts about the qualities of light, the energy, the insights that are there. This makes it easier to hold new ideas as they return to ordinary reality.

Program 10 The Vibrations

DaBen introduces the two vibrations here, as well as the frequency of intensity.

Starting with harmony in the Renawre cocoon, moving out to the Fullonia, DaBen has students find as many layers in the light body cocoon as they comfortably can. Then he has them find and identify any frequencies they can, and observe any qualities of spinning that are present. DaBen asks them to find the energy of the frequencies, notice the feedback, all the transmission, all the tracks they are holding, as well as holding the perspective of being inside the cocoon, putting their awareness throughout the entire volume, and being the experience of the cocoon at the same time.

DaBen then introduces a frequency of intensity, that of two balls or spheres within the cocoon, pulsing, one on the right, one on the left, asking them to observe this as they simultaneously hold the entire volume of the cocoon in their awareness. DaBen then uses feedback to intensify the experience, and transmits spinning in all of the cocoon.

The first vibration is then transmitted, a vibration coming from upper right to lower left within the cocoon, and extending out beyond the cocoon. DaBen has them notice how this vibration brings both a feeling of stability and an enhancement of their experience of the power at the same time. He has them notice how it draws their awareness differently on either side, above and below this vibration.

From here they can notice how the energy of the spinning has been stabilized, has formed a pattern more easily, and how they can travel out upon that pattern. They can use this to notice how the upper and lower portion of the cocoon draws the awareness in different ways and how the qualities of light distinguish themselves on the upper and lower part of the cocoon. DaBen uses the transmission skill of feedback to enhance this experience.

The second vibration is introduced, moving from upper left to lower right, crossing the first, intersecting, and moving through it. They do not disturb one another, but bring about a shift in the ability to be aware, and in the stability of the energies that allows one to easily travel out upon it. The second vibration both amplifies and stabilizes the energy of the spinning so that one can both be held and carried out on it. The imbalance of the first vibration is gone, replaced with a greater ability to look within the energy, to find even the finest details of the frequencies and patterns there, and to notice more of the feedback.

DaBen then increases the spinning, using these tools to see more detail, holding as many tracks as possible and noticing the feedback. DaBen has them increase their spinning, using the Saha to intensify it. He also has them focus on the nearly tangible quality of floating and the way that these two vibrations together may involve aspects of the physical senses. They are led to find the underlying carrying energy that is a part of their experience, that comes from the vibrations.

As he brings them back through the Fullonia to the Renawre, DaBen has them notice their return as if they are reconstructing their ability to experience the energies of the Renawre cocoon.

Program 11 Self-Exciting—First Stage Through Spinning

This is a far out, intense journey with a focus on bringing all the skills together that your students have learned so far. Although DaBen visits a node, and you can transmit this node if you meet the criteria for transmitting a node, you are not to call out that you are transmitting a node. This introduces Stage 1 of self-exciting; the focus on sensation of potential of being carried. This journey by DaBen can be explored often and in much greater depth, balancing exploration and integration.

DaBen has people start this journey with harmony in the Renawre cocoon, moving into the light body, and then into multiple layers of the light body, bringing all of their awareness to the light body cocoon. They are led to notice the frequencies they have learned—the frequencies of vision, precision, and intensity, and any others they can observe, holding all of them at once in their awareness.

DaBen instructs people to bring together all the other skills of transmission they have learned: holding many tracks at once, finding the frequencies as energy, finding their energy, noticing the feedback from that energy, and observing the perspectives from within the cocoon. He then has them put their awareness just at the boundary of the cocoon, the boundary of their awareness, holding the entire volume, and beginning to notice the spinning there, using the Saha to intensify the spinning.

With the spinning started, DaBen has them move out on the spinning and bring in the first vibration, noticing the way it creates an upper and lower change, creates stability, and yet division. He lets that tension within the ability to experience build, then brings in the second vibration, finding the stability there, and then moving out upon that. He uses the two vibrations to assist people in traveling and to see within all the energies.

DaBen then has them find qualities of light with the resonance that is created, having them notice the feedback, particularly that which increases their ability to experience, and that which makes it fade. The spinning is then increased. Strategy of getting small every once in a while is used, having people notice more movement and then moving out on that. This should give an even greater degree of awareness of all the volume, of the qualities of light, of the experience.

DaBen has them get totally into their experience, aware of all the aspects, and finding more aspects to their experience as they move their awareness throughout the entire volume. He has them observe the qualities of light and spinning that is present. DaBen continues to use feedback to enhance their experience. From this place DaBen has them notice if they can observe even more of the frequencies and energies they are in, observing the ways in which they use their awareness.

DaBen reminds them of the inner connectedness between the commitment to do this and the radiance that is created. He introduces the concept of surrendering to the experience. He has people notice the balance between surrender and being a part of the energies. He has them observe how awareness can actively be involved in surrender, and yet also note how awareness can begin to move as though on its own volition.

From here DaBen has people play with that balance, finding the spinning, the feedback from the energies, using all aspects of transmission. They are then guided to finding the vibrations, noticing the way they intersect and interact throughout the entire volume of the cocoon. DaBen transmits energies of the node throughout some of this.

He has people notice how at moments, the energy is fully sustaining, effortless, in fact, for moments, it is even increasing without their involvement, other than their following the energy, being a part of the flow, being balanced between being active and passive. He teaches that being carried by the energies increases and then enhances the ability to be carried. The more that happens the easier it is and the more it happens, the easier it becomes.

Here DaBen spends time having them play with the boundary where the self-exciting aspect becomes more and more prevalent, and where it fades, noticing where they are carried effortlessly as well as those moments in which it begins to fade. He has people play with the balance back and forth, finding the spinning, finding the feedback from the energies and all aspects of transmission. He has them find the vibrations and the stability that they bring, noticing the way they intersect and interact, throughout the entire volume, not just in the vibration areas. He has them pay attention to all the frequencies.

Next DaBen then has them expand one more layer out in the light body cocoon, noticing that how doing so changes their abilities with the energies in these spaces. The experiences may at first fade, that is fine. Once again they need to surrender to the process that is happening with the energy, finding a way to both focus their awareness and surrender to it. They find that as they do this, they begin to join the flow, and having done so it increases itself somehow without their involvement.

As they come back, DaBen brings them first to the innermost layer of the cocoon, then to the Fullonia, and then to the Renawre cocoon, having them find the right pace of doing so. He has them notice the qualities of self-exciting that are still there, noticing when it fades and when it carries them even more. He has them observe that even in the Renawre cocoon, Ranthia, and other vibrational energy body centers a part of the self-exciting potential is there. DaBen finishes by having them notice the qualities of self-exciting and the opportunities for self-exciting that are still a part of their experience as they join ordinary reality.

Program 12 Finding an Issue as Energy—Self-Exciting by Cocoon Dissolving

In this journey DaBen has people explore using the light body and self-exciting skills to find an issue as energy. DaBen teaches an extension of the core-cocoon skill, that of dissolving the cocoon boundary, allowing one to notice more of the subtle energies. The strategy of preparing for the smoothest flow is explored. This journey brings all self-exciting aspects that have been explored so far together in a way that can be combined and the experience brought to ordinary reality. This is an important journey that you will want to definitely provide for your students as a way to expand their ability to find things as energy and to manifest.

DaBen has people start by thinking of an issue in their lives, not a major one, not one that has been thought about a lot, and no insights have occurred into it, but an issue that they might have been living with for awhile, just putting up with, yet not particularly concerned about; an issue that if they could find a solution, would give them some degree of energy.

This is tied in with DaBen's talk on self-exciting—that self-exciting is really more than a skill; it goes beyond the light body skill in many ways, and becomes a way of being. Self-exciting is a state in which one can choose to operate from at all levels of consciousness. And from that state, one can begin to explore and expand their consciousness, to build consciousness, and to expand awareness.

DaBen starts with harmony in the Renawre, moves into the Fullonia, having them notice that as their skill and ability to place radiance increases, they are able to find the Fullonia as a smaller and smaller point of light. From here they expand into the entire

volume of the light body cocoon, as many layers out as they can, while still holding the entire volume in their awareness. He has them notice the cocoon boundary, the qualities of light there, and then bring their awareness to the core and back to the cocoon boundary, and then to the core.

As they do this, DaBen has them observe more and more frequencies. He points out that the more frequencies they are able to easily identify, play with, and become a part of, the more they will be able to be conscious of and to explore these subtle energies. DaBen uses the transmission skill of resonance and holding many tracks at once to increase their ability to be aware of these energies.

From this place, people are instructed to find the issue they chose as energy, just for a moment, and then let it go. After they let it go, DaBen has them be their experience, aware of the cocoon boundary, the frequencies, patterns, the qualities of light within the cocoon, and noticing any differences in those as they found that issue as energy.

Afterward DaBen has them notice and move into the cocoon boundary, observing the layers within the boundary as well as holding the entire sphere of the boundary in their awareness. Then DaBen introduces the extension of the core-cocoon skill, that of dissolving the boundary of the cocoon and then riding upon the energy that is present and moving out upon it. DaBen has people bring the qualities of self-exciting with them as they expand their awareness out to encompass a larger and larger volume. DaBen uses the strategy of getting smaller to find yet other qualities to use to travel upon, as they practice the skill of holding many tracks at once.

Once again they find the issue they have chosen as energy. If this issue has dissolved, that is fine. See if they can hold that pattern and move out and expand. If they can still find it as energy, if it still has some substance to it, they can notice its patterns, and then let it go.

DaBen brings in the first and then the second vibration, finding in this energy the movements, the flows, the patterns of energy that move from area to area, and that encompass a part of their awareness and assists them in being aware of the entire space that they have expanded into. From here he instructs them to find those flows of energy that have the smoothest flow, the ones that capture their awareness most completely, that enable them to be carried, and be aware of being carried, and to move out through this volume with their awareness most easily and smoothly. And if they find another that appears to move even more smoothly, they are to shift to that one. DaBen has them continue that shifting, as they find smoother and smoother flows.

As they are in the place of the smoothest flow and find that issue as energy, DaBen asks them to notice that it disperses that issue as energy in a way that the issue becomes transformed. Their experience of it has been changed. This issue has now become a part of their flow, and in doing this they have transformed this issue.

DaBen has them play with self-exciting for a bit, with being carried on the energies, until he brings them back by having them slowly collect all their experiences of these energies, drawing all the energies out beyond the cocoon boundaries into the light of the Fullonia, noticing the large number of layers of the cocoon as they return.

As they return DaBen once again has them notice the way those energies translate into the Renawre cocoon as qualities of light. Before they open their eyes DaBen has them think of the issue that they have chosen and notice any insights that are there about it. The issue may have disappeared completely, or there may be insights about it, or they may notice that there is a different sense about it.

Program 13 Liftout—Basic Energy

In this journey DaBen has people observe the layers of the boundary of the cocoon. They use the vibrations as tension builds to be able to observe the Renawre cocoon within the light body cocoon at the same time. In this journey consciously placing radiance is introduced, as well as finding the base frequencies in the cocoon. This journey also

reviews skills as preparation for self-exciting by bringing the new skills and appropriate strategies together. The frequency of clarity is introduced. The light body gridwork is used, and the skill of liftout is introduced.

DaBen starts this journey with harmony in the Renawre cocoon, with a brief touch upon the Ranthia and Traeo. He then has people expand outward into as many layers of the light body cocoon as they find easy to hold in their awareness all at once. They hold this entire volume and find the frequencies there.

DaBen guides people to find the four frequencies, including the frequency of clarity, which is introduced and transmitted here although it is not called out. They practice their skills of transmission-noticing the feedback from the energy, the resonance that is there, and all the tracks that they can hold such as their experience, the entire volume of the cocoon, and each of the frequencies that they have found. They might want to add a new track, then cycle one to the other until all can be held at once.

DaBen next transmits spinning within the entire cocoon, adding first one and then the other vibration, giving them the ability to travel out upon the energy. He asks them to hold that as stably as they can while they move out. From here they are instructed to experience that state of self-exciting that they have learned where the energy holds and carries them. They are guided to surrender and allow it to carry them even more.

DaBen uses the power of the Saha to create more power to move out on the energy and find the flows that are there. From here they find the boundary of the cocoon as they let the energy and tension build. The skill of liftout is then introduced. DaBen asks them to lift out of the cocoon, just briefly, shifting somehow a part of the energy that they have experienced in the entire volume of the cocoon, lifting that out so that the boundary has shifted a bit. Then they come back in.

Once again DaBen has them let the energy build, hold that, noticing how their experience of self-exciting has been amplified, the ability to be carried on the energies has been increased, and the ability to surrender to the flow has been enhanced by liftout. DaBen has them practice liftout several more times, playing with lifting more and more of the entire volume of the cocoon out. He also has them practice holding the energy both inside and outside of the cocoon at the same time.

DaBen next guides people to play with the gridwork, starting by finding a pattern outside of the cocoon, the gridwork as he is transmitting it. DaBen describes it as a gridwork of energy of intersecting lines and waves that are dynamic, changing and moving. As they find the gridwork, attention is called to how this assists them, as they notice the light there, in their ability to join with and be a part of this energy.

The skill of placing radiance is introduced, with the focus on placing radiance on the gridwork. This is the radiance of the self-exciting state they have begun to develop. DaBen explains that as people find more of that energy of self-exciting and are able to be a part of this flow, they will want to find places to put their radiance. Such a place is always available. This is the light body gridwork, the gridwork of all the light body energy that they and all the beings of light have created with the light body.

To place their radiance onto the gridwork, they are instructed to find the gridwork as fully as they can, then find the resonance there and their radiance, letting it flow out, letting that resonance create a new resonance within the gridwork. This is placing radiance.

Afterward, DaBen has them bring their awareness back to the volume of the light body cocoon and all the frequencies and light there, and then practicing liftout again, notice the qualities of light that are present. Once again they include the inside and outside of the cocoon in their awareness, finding the patterns again, and finding the gridwork like dynamic intersections of waves, placing their radiance there.

DaBen brings them back through the light body cocoon into the Fullonia, guiding them to soften their mental body so that their ability to discover the insights that are there as they come closer to ordinary reality is increased. DaBen has them notice how they

experience the self-exciting state from these energies, from the shimmer of the Renawre cocoon, from all the energies of the vibrational energy body centers, from their experience of their mental and emotional body, and of the physical ease. He ends by having them observe the flight-like quality of the Traeo, noticing the way that their experience has changed as they have become more skilled at self-exciting, and how that state can be a part of their experience of all of the vibrational energy body centers now.

Program 14 Self-Exciting—Expand and Solidify with Vee

In this journey, DaBen uses the skills they have learned to go as far out as they can experience to assist in the integration of these skills. Part of this integration is to update people's expanded abilities with the light body as they have learned new skills. The skill of going underneath is introduced and a node is visited to assist in learning the self-exciting states. The strategy of finding the smoothest flow is introduced. This journey by DaBen can be explored often and in much greater depth, balancing exploration and integration.

DaBen starts this journey with finding harmony in the Renawre cocoon, moving to the Fullonia, out into the entire volume of the cocoon, noticing the spinning along with as many of the frequencies as they can-vision, precision, intensity, and clarity. DaBen then has them bring in both vibrations, finding the spinning even more. They use this spinning to find the self-exciting state and to start being carried by it, thus increasing their ability to be carried.

DaBen next has them dissolve the cocoon boundary and then move out. He transmits self-exciting as they get into self-exciting and get feedback from all the energy they are finding. They are expanding outward and spinning at the same time. He directs people to pay attention to all the tracks they can hold. DaBen uses the Saha here to enhance self-exciting.

From this state, DaBen introduces the skill of going underneath this energy, moving closer to its source, to its basic pattern. He has them notice that the energy appears to go slower with this shift; that some of the harmonics of the energy, some of the ways that it has evolved, return more to their essence. He then guides people to notice the energy returning, building more and more harmonics, and then has them go underneath again. As they return, he has them just be the experience of self-exciting and notice all the qualities of light in this state after going underneath.

DaBen uses the Saha to enhance this space, and then transmits the Vee as the balls of the Saha move together. As that downpouring of light grows stronger, it covers an increasingly larger area. DaBen has this light gain in intensity and power until one is drawn up by it as the limbs of the Vee fold down. This energy carries them as they move past the orange sun, and all the petals open. He has people observe how self-exciting has taken on a new quality with this shift; how easy it is to be carried.

From here DaBen has people move underneath that energy, then letting it build. He instructs people to pay attention to the edges of their experience and then expand outward into infinity. DaBen next transmits a node. From this node, he has people notice the way that this energy carries them as they take their awareness away for a moment and then bring it back. However, they must find the new qualities of this energy or the degree to which they are being carried decreases. DaBen has them hold more tracks at once, letting go and rejoining that flow, over and over, to notice that energy and to be carried by it.

DaBen then brings them back down through the downpouring light of the Vee into the light body cocoon, bringing all the energy they gained from having expanded outside the cocoon into the cocoon, coming back through the Fullonia, into the Renawre, noticing the shimmer there. He has them set up their mental body softer and softer and observe the self-exciting state as it exists here in ordinary reality.

Part 3 Beginning Self-Exciting

Program 15 Self-Exciting Through Core-Cocoon

This journey introduces the second doorway into self-exciting through the core to cocoon. Be sure to offer this doorway to your students. Have your students notice the qualities of light of this state as they explore how they can bring that experience of the self-exciting state back to the Renawre cocoon and then back to ordinary reality, so that they can have the ability to experience all the opportunities that the self-exciting state can give them, in all of their states of consciousness, in all their ways of being.

DaBen starts this journey in the Renawre cocoon, with the energy moving up, falling back down, and coming back up, finding all the qualities of light there, the shimmer. He has them notice through feedback their ability to refine their experience through knowing moment to moment the quality of their energy, of the environment around them, and the light that is there.

Instructing people to hold their awareness on the energy of the moment, DaBen then moves into the Fullonia, getting the feedback from that, and then into as many layers of the cocoon as they can easily hold the entire volume in their awareness. He guides them to find all the frequencies and patterns, all the qualities of light, the core and the cocoon boundary, holding as many tracks as they can and noticing the feedback from them and letting it evolve.

From here DaBen has them observe the quality of self-exciting that they have reached, the essence of the spinning within the cocoon. He transmits the frequencies. Next, DaBen has people bring in the vibrations, feeling the stability, the increased ability to move out upon the energies, to experience the energies in finer and finer detail, that the vibrations add to their experience.

DaBen has them find the cocoon boundary, the core, and all the light in the volume of the cocoon. He has them move into self-exciting through moving their awareness from the core to the cocoon, back and forth, noticing the volume and the light in the cocoon. They move their attention faster and faster from the core to the cocoon, the cocoon to core. They can observe as they do this how it increases their ability to notice all the energy in the core, and then in the cocoon. DaBen has them observe the qualities of light and their experience through this.

Next, DaBen has them find the quality of their experience that is the most stable, using the vibrations to find more qualities of the stability and the flows that the self-exciting state opens for them. Through this they should be able to be carried and sustained by joining this flow, and by surrendering to this energy. They repeat the pattern of joining the flow and being carried, and as they do their capacity for being carried is increased and they are carried even more effortlessly and completely.

From here DaBen guides them to find the spinning within the entire cocoon as it spins faster and faster, creating the opening, the experience they have had of self-exciting. He has them notice any differences between these states, differences in the dynamics between these two states as well as the underlying essence of each of these experiences of being carried and of joining the flow.

People are then instructed to bring these experiences together, still finding the spinning, then going from the core to the cocoon, the cocoon to core with the vibrations enhancing their ability to notice all the detail and quality of light here. DaBen enhances this state with the Saha. He has them notice the energy and the feedback from this energy, the resonance that is there, and their skills with transmission as they hold all these tracks at once.

DaBen gives people time to just be, to experience being carried until it becomes effortless, increasing without their focusing upon it at all. DaBen has them return and soften their mental body to experience any insights that might be there.

Program 16 Setting Self-Exciting

Setting self-exciting is a way of learning to keep one's spin by choosing actions and activities to enhance it. Where to put their radiance is important, and in this journey the light body gridwork is again used. This journey also assists people in looking at things that take them out of their spin and assists them in practicing joining the flow. This journey can be a basis for expanding people's skill and providing insights into ways to use the energy to create a foundation for many explorations they might discover. Be sure to provide a similar journey for your students.

Your students now have the ability to enter the self-exciting state from a spinning within the cocoon, dissolving the cocoon boundary, or from focusing their awareness back and forth from the core to the cocoon boundary. Each of those is a way for them to focus their awareness, and to draw from that consciousness a state that allows them to fully and easily join the flow in such a way that their ability has increased. They can be in a place where self-exciting truly happens and their ability to stay within that flow creates more flow. Thus maintaining that state becomes effortless, a part of who they are, a part of their way of being.

DaBen talks about how the universe is dynamic, with the energies always changing and moving from moment to moment. Because of this, each way in which people use their energies, each moment, gives them the potential to join more of that flow and to enhance that self-exciting state. Or, in each moment is the potential to be carried a little outside the flow, and the next moment perhaps a little more outside the flow, until they have reached a place in which they cannot fully experience the self-exciting state.

Staying in self-exciting is like maintaining balance. When one is balanced, there is a tendency to stay more and more balanced. When one begins to become unbalanced, it requires an effort to return to that balance. So, part of the focus of this journey is to play with these energies, with choosing moment to moment, the energies that enhance that state of self-exciting, and noticing the energies that carry people away from that self-exciting state. It is those small moment to moment decisions and actions, and the use of one's energy, that are most important in maintaining self-exciting.

DaBen starts this journey with finding the harmony in the Renawre cocoon, moving out to the point of light of the Fullonia, and then into the light body cocoon, as many layers as can easily be held, then finding the frequencies and patterns. From here DaBen has them find the self-exciting state, either through spinning and dissolving the cocoon, or moving back and forth from the core to cocoon boundary. As they move into self-exciting, DaBen has them bring in the vibrations.

He has them practice the transmission skill of holding many tracks at once, finding the self-exciting state, their experience, all of the energies, qualities of light, the frequencies and patterns, and as many tracks as they can. From here they observe how they use the energies in a way that allows a more complete joining of the flow where they are carried more smoothly and easily.

DaBen spends time transmitting to them so they can discover even more of their ability to experience the place in which the self-exciting process of being carried by this flow begins to smoothly and easily operate on its own, taking off, becoming a part of them, a part of their vehicle for experiencing these energies.

He has them notice each way in which they use their awareness as a contribution to all the energies about them. As they join the flow, they reach a place where their ability to join that flow is enhanced and increased until it becomes automatic. He has them observe the way in which they use their energy, awareness, and experience that contributes to or takes away from their ability to join that flow.

DaBen spends time transmitting shifts here to assist them in noticing when that self-exciting has the opportunity to take off and the flow becomes almost tangible to their senses. They are guided to use the radiance they have created, and that is continuing to be created, to become more aware of all the ways in which they experience and use their awareness to be self-exciting and to be carried by the energies from moment to moment.

From this state DaBen has them find the light body gridwork and place this radiance out on the gridwork, putting the energy there as they find the resonance. They join more of the energy as they note the feedback from placing their radiance on the gridwork. DaBen transmits several more shifts of energy, guiding people to be their experience, letting go, and noticing the depth of the qualities here; all the light and brilliance that is here.

The journey is ended by having them move back to that point of light of the Fullonia, observing how it is that they are able to find those ways of experiencing, of placing the volume of their awareness in such a way that they are able to be carried by this experience more and more easily, and to retain that ease of being carried as they placed their radiance. From here they observe the shimmer and qualities of the Renawre, and how it is that they place their awareness. As they return to ordinary reality, DaBen has them observe how it is that they enhance their ability to bring back the energies of that experience of setting the self-exciting space to more and more levels of their consciousness.

Program 17 Using Self-Exciting Energies with Gridwork

This journey explores the strategy of holding the entire volume of whatever space people are in and finding the cocoon section by section. This journey is also an opportunity to play with placing radiance. DaBen has people look at how it is they can begin to increase their ability to use this self-exciting state, and to do that in this journey DaBen plays with using the gridwork, and bringing together many of the energies and the doorways to self-exciting that they have used so far.

Again, DaBen starts with finding the harmony in the Renawre cocoon. As they adjust each of the lower centers, they are guided to notice if they can recall from the Renawre cocoon the energy of self-exciting. DaBen next has people play with a certain rhythm of the Nu'a and Dinia, following the Dinia wave out, noticing a rhythm and pattern there. They observe the Ranthia, the flight-like quality of the Traeo as it is in harmony with the Dinia. They touch upon the Pieah, then find the shimmer in the Renawre cocoon. From here they move into the light body cocoon, finding all the frequencies they can within the cocoon. They are guided to notice the cocoon boundary, the core, all the light within the cocoon, their ability to notice those energies and frequencies, and the feedback from that awareness.

DaBen has people pick a doorway to self-exciting, and follow the shifts that DaBen is transmitting as he transmits self-exciting energies. From here they are guided to bring in both of the vibrations, finding that energy as completely and as fully as they can within as many layers of the cocoon that they have chosen that they can hold in their awareness.

Next DaBen transmits the spinning in the entire cocoon, spinning faster and faster. They are guided to move their awareness from the core to the cocoon boundary, and then back to the core, finding the way that that spinning interacts with this energy. He next has them observe the qualities of light and the state of self-exciting that is present, noticing all the feedback, holding many tracks at once. DaBen next has them go underneath that energy, following his shifts. As they do, they are guided to observe from here more about the self-exciting state, the energy of the vibrations moving out, the patterns, the quality of their experience, and the ways in which they have chosen to experience.

With this, they are being carried by the energy, surrendering that energy. DaBen uses the Saha to enhance this state of surrendering and being carried. DaBen next has them use a doorway to self-exciting, that of letting the cocoon boundary dissolve that is the extension of the core to cocoon doorway. From here they join the flow even more, finding the experience that they have had of self-exciting, bringing all of those doorways together, as well as finding all the frequencies as they expand outward. They are also guided to notice the vibrations.

DaBen next transmits the frequencies of intensity and clarity, and also instructs them to find any frequencies that they have discovered on their own that are a part of this self-exciting state. They are led to surrender and let themselves be carried with the state of self-exciting developing even more.

Several more shifts are transmitted by DaBen, who then directs them to find the light body gridwork, those intersecting waves of energy, as they continue to move out in all directions. DaBen has them find those places of intersection, noticing the qualities there, along the waves and in between them. He guides them to notice the way in which those interact, observing how they have been using this energy, and how somehow they are a part of and able to travel out on this energy at the same time.

From a self-exciting space, DaBen has people find the gridwork, move out upon it, place their radiance on it, and find ways to enhance their experience of it and its beauty. DaBen leads them into going underneath, then coming back up and finding the gridwork at this new level of experience. They find as many frequencies as they can as they hold this entire volume in their awareness. The vibrations are used here to hold that stability. The use of the gridwork allows them to move out upon that energy, smoothly and easily. They can notice the qualities of light of that self-exciting state, the surrender and the excitement, mixed somehow.

DaBen has them let go of all of this and just be their experience, noting the degree to which that self-exciting energy has exploded and taken off, carrying them, and begun to move on its own.

This journey is brought to a conclusion by coming back through the Fullonia to the Renawre cocoon. DaBen guides people to observe the qualities of light of its shimmer, softening the mental body, softening their ability to think about their experiences. As they notice their thoughts as these thoughts begin to come and go more normally, DaBen has them soften these thoughts so they can gain any insights or residual of their experience of the gridwork as it is here. He ends with having people discover the nature of their ability to experience self-exciting in ordinary reality, playing as they return with being carried by these energies.

Program 18 Liftout Using Self-Exciting

This journey continues the exploration of liftout from the entire cocoon by using the Fullonia with intensity. (This is not the same as the intensity frequencies.) The journey explores putting awareness where people have none by surrounding the nothingness with their awareness. DaBen has them play with gathering light in their cocoon and taking it with them.

DaBen starts with a talk about self-exciting and how it involves a degree of surrender. Yet, it also involves making choices of how awareness is used and what is sensed, and also the skill of being able to be a master at transmission, being able to find many things at once and track them-find their energy, play with the feedback, and their perspectives. There are a lot of elements, some of which remain unknown at this time. DaBen wants people, with the skill of liftout that they have been working with, to notice how it is that they might discover aspects of self-exciting that they had not imagined existed. It is part of the purpose of the following journey for them to learn how it is they discover things that they could not have even imagined existed, and play with them as energy.

DaBen again starts this journey by having them find the harmony in their Renawre cocoon, playing with certain rhythms of the Nu'a, Dinia, and Leow. He has them open the Mumin to all of the energies of opening and playing with that boundary. DaBen transmits next the Ranthia, Traeo, Pieah, and Renawre again. Here, DaBen guides people to find their experience of self-exciting as it is right now, without doing anything else, just seeing what they can recall of the qualities of light of self-exciting as they have played with it so far.

From here DaBen guides them to expand through the Fullonia into the light body cocoon, noticing as many frequencies as they can as they hold the entire volume in their awareness. DaBen transmits several shifts, then instructs people to find the pattern of all the energies that are present, as well as to find the spinning of the entire cocoon. The energy of being carried is now present. DaBen enhances this by having people be aware of their experience of being carried, the spinning, all the frequencies, all the patterns, the energy, and the feedback.

From here DaBen leads them to move underneath and then let the energy rebuild. DaBen uses the vibrations next to move out on that energy, notice more detail, gain stability in this space, and to enhance people's ability to notice more and more of the energies about them.

DaBen transmits energies to guide people to an enhanced self-exciting state. The spinning happens faster and faster, with the experience of being carried and of the self-exciting state taking off. DaBen has them notice all the tracks they have in their awareness and adding another track, that of observing in their awareness the core and then the cocoon, moving back and forth. DaBen transmits several shifts to enhance the self-exciting state and their ability to be aware, bringing everything together.

The Saha is used to enhance this state, and DaBen transmits more shifts. From the cocoon boundary, holding that entire volume in their awareness at once, DaBen has them liftout from the entire cocoon for just a brief moment, then fall back in. Afterward they are guided to notice the spinning, and their awareness moving back and forth from core to cocoon, and how these enhance their experience of this self-exciting state.

They are guided to use liftout several more times, noticing all the ways in which they experience the frequencies, all their light, and the entire volume of the cocoon afterward. DaBen has them work with the perspective of being both inside the cocoon, and somehow able to observe their experience as if they are outside the cocoon. Again, DaBen has them observe how this changes the qualities of light present and the way in which they experience the frequencies, their light, and the entire volume of the cocoon.

DaBen has them let this energy build, and discover how it is that they can both experience the building and contribute to it. This assists them in discovering what they are doing that contributes to self-exciting. From here they again liftout, and notice self-exciting again, lifting out again, observing self-exciting again, letting the energy build until the cocoon boundary dissolves.

By now your students should be carried by the energy even more completely as they expand outward in all directions, simultaneously holding the entire volume in their awareness as it expands, faster and faster. They liftout again, moving each of the elements of their experience just a bit, lifting it out of their main experience, then letting it come back in, in all the areas and in all that volume. DaBen gives them time to just be their experience, experiencing the wonderful state of self-exciting they have now reached. Every place they put their awareness is contributing to their self-exciting experience.

DaBen finishes by allowing them to stay in this state as long as they would like, being their experience as fully and completely as they can.

Program 19 Self-Exciting—Combining All Elements

In this journey the strategy of adding more light is explored in more detail and at the levels of scale that are possible from these spaces. As the skills of self-exciting are brought together, the texture of light is explored more fully. The skill of placing radiance on the gridwork is again practiced.

DaBen starts with finding the harmony in the Renawre cocoon, adjusting each of the lower vibrational energy body centers, then moving out through the Fullonia to explore and notice the light body cocoon and all the frequencies and qualities of light there. DaBen has them take a moment to explore more frequencies and patterns.

They are then moved into experiencing the spinning in the light body cocoon, having them notice the feedback as the spinning grows faster. They are guided to find the self-exciting state, following the shifts that DaBen is transmitting. They enhance this state by spinning faster, observing the feedback, and holding as many tracks as they can at once. Self-exciting is further enhanced by moving back and forth with their awareness from core to cocoon. They bring in the vibrations to add stability and the ability to see more into these energies, and to find the patterns and frequencies that are present.

DaBen uses the Saha here, guiding people to bring the two spheres together and hold them there for awhile to increase the power available. With this enhancement, they are again guided to notice the patterns, frequencies, and spinning. Self-exciting should now be carrying them. As they hold all these tracks in their awareness, then let the energy build, they are ready again for liftout. DaBen has them observe how lifting out and coming back enhances their ability to experience self-exciting.

DaBen has them liftout and come back, then move underneath that energy, then letting it build back again. From here they notice their increased ability to find all the patterns and discover more about these patterns. They are guided to liftout, come back, and go underneath several times.

Self-exciting begins to really take off at this point, and with it the experience of being carried, of being the flow. DaBen has them frequently observe the qualities of light present, noticing how that light can increase while they focus their awareness upon it. As the light increases they add even more awareness and the light increases more, until it becomes brighter, as though on its own.

DaBen has them just be this radiance and the experience of self-exciting. They watch the light that is increasing, adding more to it as it increases, and yet it is increasing on its own as well, so it is becoming brighter and brighter. DaBen has them liftout and come back again to further enhance their ability to notice the qualities of light present and their state of self-exciting.

Next, DaBen has them dissolve the cocoon boundaries if they haven't already done so. This assists people in experiencing even more of the self-exciting state, moving outward and expanding, and adding more light. He has them observe how the light becomes even brighter even though it is expanding. They are guided to hold the entire volume (all the layers of the cocoon) in their awareness as it expands, as a way of further enhancing self-exciting.

DaBen has them find the qualities of the gridwork, all the intersecting energies, and expand out along that, adding light to that as they do. He has them place their radiance here, finding the aspects of the gridwork that are in resonance with their experience and placing radiance there, then expanding out beyond that.

They are guided to notice that as they connect more completely to the gridwork, that quality of light expands and it becomes even brighter. This increases their ability to expand and move outward. By now, each movement, each place they put their awareness increases their ability to be self-exciting and to be carried even more fully and completely. DaBen continues to have them let the energy build, place radiance, find all the qualities of light present, and resonate with them as they continue to hold the gridwork in their awareness.

They continue on their own to play with and invent ways to increase that light and to experience self-exciting. It is suggested that they might want to do this by lifting out and going underneath on their own. DaBen transmits energy that assists in building the energy.

Afterward, DaBen challenges people to become large enough to be aware of and to handle the degree of flow that is possible here as they continue to add more light, expand, add more light, follow the gridwork, place radiance, and notice the feedback from their ability to be in all of these places. DaBen transmits self-exciting, and guides them to be in self-exciting as completely as possible, surrendering to that energy, being carried fully and completely by it.

DaBen brings people back from this space by finding that point of light of the Fullonia, having people come back smoothly and easily, but quickly. They are guided to find the Renawre cocoon and its shimmer, softening their mental body as the thoughts form, noticing all that they have gained, and all the insights about the energies that are there. Perhaps there is an absence of thoughts or a different kind of thought present, or a different way that the thoughts set up.

DaBen ends with having people notice the quality of light that is now present as they find the Ranthia, then the Renawre cocoon, and then the Ranthia again.

Part 4 Self-Exciting

Program 20 Self-Exciting—Exploring Vee/Fullonia Energy Connections

In this journey of expanding awareness out beyond the light body cocoon and into the Vee at the same time, students have the opportunity to use this as another doorway into the self-exciting experience.

DaBen starts with a talk about self-exciting and the aspect of play, the ability to enter into the self-exciting state and to have it carry without effort, to have it take off, to become something that they are not doing with their awareness or the way they focus, but something that carries them. People notice that because of the exhilaration, the acceleration of their senses, and the experience that has become a part of that self-exciting state. With the journey, DaBen asks people to explore, notice the qualities of light, and all the elements that come together in their experience, that contribute to their skill, that they might play in these ways with their energies and skills.

After finding the harmony in the Renawre cocoon, DaBen has them find the point of light of the Fullonia, moving smoothly and easily into the cocoon. Using the Saha to intensify the experience, DaBen has them find all the frequencies they can within the volume of the cocoon, noticing how many layers of the cocoon they have chosen. They are directed to notice the cocoon boundary and the number of layers within that boundary, while holding the entire volume of the cocoon in their awareness, including all the frequencies of intensity and clarity.

They are asked to find their experience of self-exciting without using any of the doorways they have worked with. From there DaBen moves them into finding the spinning, then the vibrations coming in, putting these elements together. DaBen has them choose if they want to go underneath to enhance their experience, to build so that when they come to the place where they have been able to experience the self-exciting state they can let it increase and carry them further, adding light as they do. DaBen also guides them to use liftout to move into that place where self-exciting takes off and they can easily choose the flow. They practice liftout and going underneath several times to enhance self-exciting.

DaBen also guides people to find all of their experience working with the transmission skills of feedback and holding as many tracks as possible. The Saha is brought in to continue the building. With these shifts, people are instructed to notice the number of layers of the cocoon they are holding. There is more going underneath and noticing a set of harmonics and qualities that build and add light to their experience as they do.

As the self-exciting takes off, they can note the flows, join them, play with the energies, and move from one flow to the other. DaBen has them play with surrendering, building, and adding more light, observing from time to time the frequencies that are present.

From this state DaBen has the cocoon boundary dissolve if it hasn't already, then has people find the downpouring light of the Vee, without letting it draw them up, as they hold their awareness on the entire volume of the cocoon with the Vee energy pouring

down around them. This assists people in lighting up the entire cocoon, adding a new quality of light to all the brightness that is there. As they resist being drawn up they can discover how the frequencies can become brighter in this light also.

DaBen then has them let themselves be drawn up by the energy of the Vee, holding it right at the place of the limbs of the Vee folding down, noticing the way the energy builds. They are still expanding from dissolving the cocoon boundary as they do this, still moving out. They are being drawn up, but holding, and finally, moving up. They are being buoyed by the opening of the petals, holding there, noticing both the Fullonia, the light body cocoon expansion, and all of the energy of self-exciting and being carried on that.

From this place DaBen guides them to use the self-exciting energies to find the flow, the quality of light, and the essence of the Vee light that supports their ability to experience all of this. They then observe the different qualities of their light body cocoon, the way they can now notice individual areas above other areas, and yet still move out while holding the whole volume in their awareness with the brightness still increasing.

They now are guided to let the self-exciting state carry them, noticing each decision, each choice, each way they use their awareness to be aware of self-exciting that enhances this state of their experience taking off. They will want to surrender to all of this.

DaBen has them continue to build the energy, holding both the Fullonia and the Vee energy together, letting it grow brighter and brighter. They can from here notice their ability to use that energy, to surrender to it, to be carried by it, and to be such a part of it that they are everywhere. They are both being buoyed by the uplifting energy of the Vee, and being carried by that self-exciting state. They move their awareness to the edge of their experience, and observe how this carries them even more. DaBen has them follow several shifts he transmits, then has them be their experience, falling back into that self-exciting space fully. DaBen continues to transmit the Vee energy.

DaBen brings people back by having them move back down through the downpouring of light of the Vee, back into the Fullonia space, noticing the frequencies, enjoying the space, observing the sharper quality of the Fullonia that is present now. There is still a hint of the energy of the Vee.

Then DaBen has them move back through the Renawre cocoon, staying there before moving more fully back. He asks them to observe all the qualities of light in this space, and the way they are still being carried by the space. He has them soften their thoughts and hold those ideas and concepts of how physical ease and emotional flow work together. He finishes by having them use the Ranthia to spin out, following along with the Dinia the flight-like qualities of the Traeo, and then touching briefly on the Pieah to assist in observing and experiencing all the qualities of self-exciting that are still present. He has them let the insights come, observing how the qualities of light are translated back, the feeling of being carried, of thoughts as they come in more ways now.

Program 21 Self-Exciting Play—Falling-in/Safe-Landings

In this journey DaBen assists people in using the self-exciting skills to look at every interaction and all the elements that add to an upward spiral. Extensions of self-exciting skills-falling in, and finding the frequencies in the layers of the cocoon, are available to enhance their experience. The strategy of safe landings is introduced. Note that “falling in” is not the same as “falling back” into the cocoon after liftout. It is a way of becoming the experience, surrendering, and “falling-in” to whatever experience people are having.

DaBen starts this journey with finding harmony in the Renawre cocoon. He has them notice as they find each of the centers the degree to which they can find that experience of the self-exciting state. They are to observe how this state is translated into their coming from ordinary reality, to moving into the Renawre cocoon and to experiencing

each of the vibrational energy body centers. DaBen has them sense how it is they use their awareness for expanding, exploring, observing, and experiencing, in ways that from moment to moment increase their ability to experience self-exciting, and to have it be self-exciting at all levels of consciousness, from ordinary consciousness to the light body cocoon and beyond.

As this journey is to play with all the skills learned, DaBen asks them to think about all the skills they have acquired that have assisted them in being their experience moment to moment. They are guided to find the quality of self-exciting as it exists for them in the Renawre cocoon, adjusting the lower centers, using that to assist them in finding that energy of self-exciting. DaBen transmits several shifts, guiding people to go within even more of the Renawre cocoon, into its shimmer, into its qualities of light. They bring in greater harmony through adjusting and balancing each of the lower centers, observing and playing with this energy.

DaBen takes them out through the Fullonia to the light body cocoon, finding the frequencies and patterns there, holding all that volume in their awareness, noticing the feedback, and following all these tracks at once. He works with multiple perspectives, having them be both inside and outside the cocoon at once. DaBen continues to build by having them bring in the vibrations, finding the stability the vibrations add. Self-exciting is then transmitted through the core to cocoon doorway, then through spinning as they increase the state of self-exciting even more. DaBen lets this energy build and build, transmitting a stronger self-exciting here, using the Saha as well.

From here they use the liftout, then going underneath, building back up, repeating this several times, each time finding more of the qualities of self-exciting. They should now be surrendering, being carried, just being in this space effortlessly.

From this space, DaBen introduces the skill of falling in. He asks them to fall into this energy that is present, falling in, letting that surrender carry them. They are guided to just fall into the energy so they are that energy, and that energy has become them. That energy of self-exciting influences their awareness, it has become a part of their ability to experience. DaBen continues to transmit the energy of falling in. From here he has them move underneath, experience self-exciting, be expanded by all the energies about, being a part of them, whole and complete, then moving underneath again and allowing themselves to be carried, each part of their awareness from moment to moment. They are finding the ability to increase the upward spiral of the energy. Saha is used here, then liftout, going underneath, being carried.

DaBen then has them play with going back to the Renawre cocoon, to almost ordinary reality, then smoothly and easily back out to this space, recalling as much as they can of these energies. DaBen has them follow the shifts he is transmitting, so they can put together this energy in such a way that they can create a "safe landing," a way in which they can organize this energy and all that they have learned and taken on from this space, all the integration that must come about to incorporate the energies they are experiencing in all levels and realities.

DaBen guides them to come back to the Renawre cocoon, noticing the patterns of light there, the way that energy comes together, finding the essence of the energy of the innermost layer of the Renawre cocoon. They then expand their awareness out, finding all the qualities of light of the shimmer. Then, as close as they can to ordinary reality, DaBen has them notice how that is translated in their experience, as he transmits several shifts, having them use that self-exciting quality to observe, finding that energy as feedback. From here DaBen has them move their awareness to the Fullonia, and then back to that space, finding their experience of self-exciting, enhancing it with spinning and the core to cocoon doorways. Moving underneath that energy, lifting out, falling in, being carried. DaBen transmits the Saha, then has them fall into the self-exciting and move underneath, letting the energy develop those harmonics again, and then just being their experience.

They are asked to observe as much as they can about the qualities of light, of self-exciting, of their experience of having been that energy, of having fallen into that energy, and of being carried by that energy. Then they come back into the Fullonia, then reasonably quickly to the Renawre cocoon, noticing the inner layer of the Renawre cocoon. DaBen guides them to move out, observe the shimmer, the experience of self-exciting, of being carried, of being that energy, observing how it is translated here in the Renawre.

As they do this, they are creating that safe landing, that ability to integrate these experiences at the energy level, to bring them in as qualities of light to the shimmer so that they might experience them as energy here. As they move more toward ordinary reality, part of the integration at an energy level is now a part of their Renawre cocoon. DaBen has them touch briefly into the Ranthia, getting an experience of how they have used their awareness and discovered things that they had not even imagined existed, all the sensing that they undertook as they were in those spaces.

DaBen finishes by having them be their Renawre cocoon, noticing as much as they can about the energies there, using the Traeo, that flight-like quality, and the ability to be in that space and observe what this gives. They are guided to use the Pieah, letting some of their ability to be in those spaces move out as more and more pure awareness. They next follow the Ranthia as it moves out into the cocoon, observing that energy, carried out from the Ranthia into the cocoon, just being their experience, balanced between the light body and ordinary reality. DaBen has them notice their mental body, letting it set up softly, observing the physical ease, emotional flow, and mental fluidity that is present. They can know that this energy will assist them in being able to have safe landings, integrating their experience more smoothly and easily.

Program 22 Self-Exciting as Introduction to Natural Speed

This journey explores self-exciting with the skill of natural speed. Up to this journey DaBen has generally been slowing down the energies so that people could experience them more easily. In this journey DaBen introduces the natural speed at which these energies operate. He gives people a suggestion of a way in which to increase their ability to experience and the details they can experience from these energies.

DaBen starts with a talk about natural speed; that he has been slowing down these energies, and that they really move much more quickly than he has been able to suggest to them while they were learning these skills, these states of being, and the consciousness of self-exciting.

He then begins the journey, having people find the harmony in the Renawre cocoon, then the point of light of the Fullonia, moving out to the light body, finding all the frequencies in the cocoon and holding the entire volume in their awareness. He transmits the frequencies of vision, precision, intensity, and clarity, asking people to hold all these tracks and notice the feedback.

DaBen starts building self-exciting, having people find this energy without using any of the doorways, bringing it directly in, the ability to be carried, and the ability that that carrying has then to increase, to carry because people are just naturally choosing ways to use their awareness to increase the upward spiral.

Next, DaBen transmits several shifts, then has them find the spinning in the entire cocoon, increasing the experience of self-exciting. He uses the core to cocoon doorway, holding the entire volume in their awareness.

In this state, DaBen has them notice that right on the edge of that energy they are experiencing is a sort of boundary, a place that is more difficult to experience and to place their awareness. He has them play with this, finding the patterns and frequencies on that edge. At this point DaBen begins to increase the speed and rhythm of their ability. He transmits energy to increase the building, having them let self-exciting build, surrender to that, and then build even more. To help them hold that in their awareness,

DaBen has people bring in both vibrations. This should assist people in their ability to add stability, to notice more aspects of self-exciting, and to experience its rhythm as things move faster and faster.

DaBen then has people hold that space, and choose the rhythm that allows them to experience more of all the energies. As it builds, DaBen guides people to move underneath, and notice how much more quickly that underneath returns with more harmonics, as well as how much more deeply it was possible to move underneath, and how more of the essence was discovered by doing so. DaBen transmits several more shifts, having people move underneath, letting it build.

After this, DaBen uses lifting out so people can notice that the speed present allows them to liftout even more, and that the coming back creates an even greater increase in their ability to experience and to be carried by self-exciting. This natural speed, combined with liftout, assists them in noticing all the aspects that are about and to have found a way to heighten their abilities in these spaces. All of these-the vibrations and lifting out, and moving underneath-all create in their own unique ways the ability at natural speeds to increase their awareness, their ability to observe. This holds for them the potential of building consciousness.

DaBen has them hold this experience, then let it build even more, maintaining this natural pace, speed, and rhythm. He has them play with that speed, and here you as a teacher will want to be transmitting the natural speed of the energies, as they go underneath, and liftout, all within the cocoon. You will want to transmit natural speed as they find more frequencies and use these skills to put together in different combinations, to play with what their experience is, and how it can increase the self-exciting, the ability to be carried and to be able to fall in to that experience.

From here they are guided to look right on the edge of their experience, then draw back a little from that edge, then move out toward that edge, noticing the patterns there. As they do this, DaBen guides them to notice that they can slip into almost any rhythm and speed they can experience.

He guides them to observe all the edges to their awareness, not just the boundary of the cocoon that they can put their awareness in, not all the tracks that they are following, but the edge of their awareness, wherever that may be. Perhaps it is in finding each of the frequencies, being able to hold the entire volume, something that limits them from noticing more as they move underneath, or experiencing more as they fall back from having lifted out.

DaBen transmits energies and gives them time to play at whatever rhythm they have found that works for them to explore. He then has them dissolve the cocoon boundary. As they move out, DaBen suggests they observe the energy that this has released, finding the gridwork, their resonance with it, and the different elements within it. From here he guides them to notice all the edges to their awareness as they keep the natural rhythm, that of being carried by self-exciting. Playing right at the edge of their ability to surrender, and then falling in to that energy as DaBen transmits several more shifts.

He has them move underneath, and observe how deeply moving underneath goes within their experience from this state, as they are supported both by this speed and the cocoon, and their placing radiance here. DaBen uses the Saha here to enhance their experience. Then, he lets them just be their experience and notice the qualities of light that are present.

DaBen brings them back through the point of light of the Fullonia to the Renawre cocoon, noticing their new ability to experience the Renawre. DaBen sets up the energy for a safe landing, as they are guided to play with that energy, holding all qualities of light here, the patterns, the brightness, the shimmer, noticing the different layers and textures in the Renawre cocoon.

He has them experience that safe landing. DaBen guides them to soften their mental body, observing their emotional flow and mental fluidity, the way the thoughts come in,

their pace and rhythm. As they return fully to ordinary reality, DaBen has them observe the speed and rhythm and their ability to experience the qualities of self-exciting that are still with them, and how those qualities have translated back to the time and space of the earth plane.

Program 23 Surround Areas of No Awareness with Awareness

This journey is a preview of ways in which people might explore using self-exciting skills and energies to discover more about building consciousness.

In this journey, DaBen is going to assist people in exploring finding awareness, the ability to have awareness in places that they have not yet found or even yet imagined existed. This is so they can explore more fully the process of using their awareness and in so doing gain more ability with self-exciting and increase their ability to be aware. As people learn more about transmission, using their awareness will become an integral part of their ability to experience and play. As they explore more of placing radiance, they will be drawn to building their consciousness.

DaBen starts this journey with finding the harmony in the Renawre cocoon, adjusting the lower centers, noticing the qualities of light in any other parts of their experience of self-exciting that are there as they do this. DaBen continues with having people find the point of light of the Fullonia, moving into the light body cocoon, observing all the frequencies there, and noticing their ability to find frequencies. He transmits self-exciting, having people begin the spinning, then the core to cocoon doorway to self-exciting. They are guided to finding the qualities of light, of self-exciting, and to letting that increase. The vibrations are transmitted next to assist people in noticing as many patterns as they can. From this state DaBen has them observe the edge of their awareness, using that to increase and to enhance the natural speed of the energies.

DaBen now has people go underneath, discovering how deep they can now move, letting the harmonics pick back up again, build, and liftout. As they come back in, DaBen has them notice the natural speed and use that to the degree that it assists them in being their experience. He has them go underneath, then liftout several times, to build self-exciting.

People are then guided to find the frequencies and patterns in the volume they are in, and to add light to those patterns. DaBen transmits energies as they play on their own, building the self-exciting, letting it carry them, surrendering, and falling in.

From here DaBen instructs them to let the cocoon boundary dissolve, if it has not done so already, and expand outward. He suggests finding those areas at the natural speed and rhythm he is transmitting in which they are having trouble placing awareness. DaBen next asks people to find the light body gridwork, picking one area they are having trouble placing their awareness, or that they can find no patterns or frequencies as they have added light. Or, perhaps there is not the same degree or quality of light in this area of the gridwork, or the gridwork has not assisted them in moving into that area. He guides them to find the boundaries and edges and all the areas around that area. DaBen calls this “surrounding an area of no awareness with awareness.”

He has people surround this area with awareness, so that as they hold this area of no awareness and surround it with awareness, they begin to notice that their experience absorbs part of this area. This occurs first almost experientially. They observe that their experience includes this area that they previously had no awareness in. They begin to distinguish some features and elements, some energies within this area. From that experience their awareness begins to pick up frequencies, or just patterns of light and qualities within that area.

DaBen has them place their radiance on the gridwork, noticing their resonance with the gridwork. He has them place the added radiance and the qualities of light they have gained from surrounding this area of no awareness with awareness on the gridwork. They are challenged to continue to surrender as their ability to be carried grows.

From this state DaBen has them play on the edge of their ability to be aware of the entire volume they are in and to find another area of no awareness, using the same process to surround this area with awareness. He has them find its edges and then move out, almost leap out beyond it to find all the edges, treating it as a volume, holding it, surrounding it with awareness. As they do, they can begin to notice that this area has become a part of their experience, allowing them to perhaps observe patterns, frequencies, and some qualities of light. The shape probably changes as well.

DaBen transmits self-exciting, having people notice how this energy is carrying them, and what they can do to increase being carried, and what they might do that decreases self-exciting. He challenges them to stay in that place of surrender as they join the flow. DaBen next has them add more light to all the places their awareness now includes, and then place their radiance, being a part of the light body gridwork, being all of that in their experience.

The use of the going underneath and liftout here by DaBen is to assist people in being able to notice the ways that their experience is enhanced, to find the entire volume in their awareness, to sense all this as energy, the feedback from it, and all the tracks. DaBen uses the Saha. He has them use going underneath and lifting out several more times, and then find another area to surround with awareness. After they do, they place radiance on the gridwork, then play with self-exciting, adding more light.

DaBen has them return from this journey by moving back to the point of light of the Fullonia, noticing their radiance, their experience of self-exciting, and all the light there, then going back to the Renawre cocoon. He has them observe how all of their experience becomes a part of the shimmer as they observe the layers, qualities, and texture of the Renawre cocoon as well as the pattern, depth, and the qualities of light that are present. DaBen has them find that safe landing, noticing the emotional flow and mental fluidity, physical ease, and more that is now present. They use their ability to explore this with awareness, to find it completely and fully everywhere. DaBen finishes by transmitting the Renawre and Ranthia.

Program 24 Self-Exciting—Bringing it All Together

This journey brings all of the skills of self-exciting together and shows people ways to experience their ever-growing skill and ability to explore the infinity of consciousness and the light body.

DaBen takes time to acknowledge people for reaching and achieving a mastery of self-exciting. He points out that this is a most significant state of being. It provides a foundation for many wonderful explorations and for building consciousness. In order to realize what it is that they have begun, this skill that they have begun to master, DaBen encourages people to play with these skills and strategies, to explore these energies, and to be observant and inventive as they explore and play.

He reminds people that they have made a connection with the light body gridwork and that they can call upon the energy there for assistance in learning about, understanding, using, and applying these energies to their life. He discusses that as they understand more as they explore self-exciting and develop their skill with it, they can be aware of self-exciting energy from any state of consciousness. As they understand how certain actions contribute to the self-exciting state, or take away from it, they will begin to realize and indeed even know with that great sense of natural knowing, that these energies are all one.

As people begin to use these energies to build consciousness, as they have done as they surround an area of no awareness with awareness, they can begin to find and understand more layers and levels of the oneness, discovering how dynamic it is.

DaBen starts with the harmony in the Renawre cocoon, moving to the point of light of the Fullonia, completing the harmony in the Renawre cocoon. They are then guided

to find the light body cocoon and the frequencies there, and then to follow the shifts that DaBen transmits as he guides them to experience spinning in the entire cocoon, moving into self-exciting. They then use the core to the cocoon as a doorway, holding the entire volume in their awareness, noticing the feedback.

DaBen has them bring in the vibrations, let the energy build, and add more light. They are then guided to liftout, come back in, observing the rhythm and speed at which they are now working. He suggests they find the speed that is most advantageous to pushing their ability to experience self-exciting, of being carried, and of being able to surrender to that. He has them use the edges of their awareness and move into those.

From this state DaBen uses going underneath, deeper and deeper, and then letting the harmonics come about again. People are guided to find the light body gridwork, then let the cocoon boundary dissolve as they find the gridwork. He has them notice the influence of having both of those energies in their awareness at the same time, letting that dissolving contribute to the self-exciting state.

He has them find the gridwork and all the patterns there again, finding and letting that resonance carry them to placing their radiance. DaBen has them continue to expand, add more light, and fall into that space. He gives them time to play in these energies, transmitting the Saha as well. He suggests they find areas that they have no awareness in and surround those areas with awareness.

DaBen uses going underneath and lifting out here to find more about the gridwork and placing radiance. He has them focus on creating flow, joining the flow, and surrendering to that self-exciting state, as he transmits this state to them for some time.

Continuing to build on this state, DaBen next has people fall in, surrender, and be carried. They continue to liftout and go underneath as DaBen transmits several other states of self-exciting. From here people are instructed to increase their speed and then fall into that. Every action they are picking is one to put them on an upward spiral. DaBen continues to intensify the self-exciting space through his transmission, with more going underneath, lifting up, and bringing all the elements together that they have learned.

He next has people use the downpouring light of the Vee, not moving up into the Vee, but just experiencing that downpouring of light throughout the entire volume, as a doorway to self-exciting, to being further carried by the self-exciting state.

Afterward, they let go of the Vee energy, and just be their experience, noticing all the light that they have added, the brightness in the entire volume, the qualities of the gridwork that are holding and supporting them. DaBen tells them to absorb that radiance and simply take time to be their experience.

DaBen finishes with practicing safe landings. People are instructed to gather all that light and brightness, all those qualities of self-exciting and bring it to the point of light of the Fullonia. Then DaBen has them observe the Renawre cocoon, all the texture there, practicing a safe landing, observing the emotional flow, mental fluidity, and physical ease that is present as completely as they can. DaBen transmits self-exciting as they find that energy in their Renawre on their own, playing with these energies, noticing that quality of light in the Renawre cocoon and following that out in the Ranthia. He has them observe the Ranthia, using that energy to find those patterns and frequencies that most match this qualities of light of the self-exciting within the Renawre cocoon, noting how they combine, bringing it all together.

Your Continued Education as a Self-Exciting Teacher

Congratulations on making the commitment to assist others in filling in the frequencies of their light bodies and in becoming a self-exciting light. This Teacher's Guide, and your education in preparing to teach, are an important part of your "base" as a light body teacher. In addition to the requirements that you are being asked to fulfill to become a successful teacher, it is important that you continue to grow and to expand your light body skills. Our most successful teachers have used our requirements as a minimum, and have continued to expand and grow in many ways that support them in becoming even better light body teachers:

1. Active and on-going teaching or sponsoring, including being open to student's questions, expanding your light body and its purity and clarity through the gift of your students' willingness to learn, to grow, and to challenge your knowledge and skills and;

2. Continuing your education in the following ways:

- a. Learning advanced light body skills, taught by DaBen, with support and complementary skills taught by Orin. Become even more skilled and familiar with the frequencies of vision, precision, intensity, clarity, harmony, brilliance, and transparency; becoming more skilled with self-exciting; continuing to take graduate light body courses. Refer to the [Light Body Study Sequence chart](#) on our website.

- b. Developing your own directions and complementary directions that come out of your light body knowledge and experiences.

- c. Learning complementary skills that other teachers, including light body teachers, have developed.

- d. We suggest that you learn the skills taught in DaBen's *Radiance: Self-Exciting Expanded* course (LB932), and his *Radiance: Filling in the Frequencies Expanded* course (LB933), as these courses will teach you many skills that will make you even more effective as a self-exciting teacher. In addition, completing the *Radiance: Filling in the Frequencies Expanded* course will allow you to teach the frequencies of harmony, brilliance, and transparency, as well as teach you a fifth frequency for each frequency set to your students.

3. Attend live seminars whenever possible, if they are being offered. This is where much of the new work in the light body occurs. There is always much to learn, and this increased "live" contact with the transmissions does much to strengthen your energy base. It can significantly increase the power of your transmission, even when the course topic is not directly about transmission.

4. Use and work with any Orin journeys that can assist you in better serving your group, such as the *Becoming a World Server* audio course, the journey *Public Recognition*, and any others that you feel drawn to.

Remember, these are suggestions, not requirements. The light body in itself is a path you could spend a lifetime exploring. We encourage you to develop yourself to your full potential in all areas of your life.

What follows is a list of questions to use both as a quiz, to see how well you know your self-exciting and frequencies light body material, and as a teaching aid to point out the kinds of information you will want to know thoroughly before you teaching a *Radiance: Self-Exciting* class. (All answers can be found in the *Radiance: Self-Exciting* manual that accompanies the audio course.) This list of questions covers some basic information but not everything you will need to know. When you teach the course you will want to know the information in the manual completely. We suggest you write or record your answers to these questions, then check to see how well your answers match DaBen's.

A * means the answer is to follow.

Part 1 Building a Stable Base

1. Is the light body process oriented or destination oriented?*
2. What states create a stable base for self-exciting?*
3. Can you describe what emotional flow is like?
4. Can you describe what mental fluidity is like?
5. How far down do you need to be aware of the Renawre cocoon and what is the state of your centers that forms a stable base for self-exciting?*
6. What can you do if you are having difficulties getting into light body spaces after previous successes, if you have too much mind chatter, or find your experience is no longer as easy as it used to be?*
7. How might you know that you need to update your light body centers if there are important "external" energy shifts around you, such as changing circumstances, new people, different environments?
8. Which of these enhances your experience of the light body cocoon?*
 - a. putting your attention on the Renawre cocoon
 - b. moving all your awareness to the light body cocoon volume
 - c. finding the frequencies in the light body cocoon volume
 - d. holding entire light body cocoon volume in your awareness at once
 - e. finding the energy in the light body cocoon section by section, then in smaller sections
 - f. finding base frequency in the light body cocoon as you hold all of cocoon in your awareness
9. What does the light body cocoon do? Pick one or both:*
- a. Allows you to focus on the light body energies
- b. Is a sensory system, allowing you to sense the subtle energies
10. What distance out from the body is the light body cocoon? Does it always have to be this size?*
11. How would you describe the boundary of the cocoon? How might people sense it?
12. What color might the Renawre cocoon be, and what color might the light body cocoon be?*
13. Does the light body cocoon boundary have layers? How many?*

(1) Process: 2. Emotional flow and mental fluidity; (5) all way down and up, centers so balanced don't need to adjust further; (6) update your light body centers by finding and following their pure frequencies; (8) all except a; (9) both a and b; (10) approximately 30 feet out, this can vary; (12) Renawre cocoon—white-silver light, light body cocoon—golden, yellowish light; (13) has layers; infinite number.

14. As you let the light come back to you from some of the layers, what kinds of things happen to your awareness?*
15. Should you keep any awareness on the Renawre cocoon as you move out into the light body cocoon?*
16. What might you do if you are unable to sense the core of your light body cocoon?*
17. What does generating more and more harmony in the Renawre cocoon do to the light body core?
18. What happens to your experience of the light body cocoon when you have more awareness of the core? Can you use the energy of the core to travel around the cocoon volume?
19. Describe the light body core.
20. Is it important to know how the light body core intersects the cocoon?
21. What are some ways your experience of the light body core might change over time?
22. What is the purpose of putting light around your thoughts?
23. Does your light body have a shift point even further out than the first? About how many feet out is the second boundary?

14) sometimes the layers change your awareness or allow you to move out smoothly and easily; 15) no; 16) put your awareness into full cocoon, then notice core; 17) It allows you to experience more about the core, and your light body starts to expand; 23) yes, approximately 100 feet out.

Part 2 Becoming a Solid Light

24. What does it mean to become a solid light?*
25. Why is it important to become a solid light to get into self-exciting states?*

Transmission

26. What would a good alternate word for transmission that describes how the energies work?*
27. What are two aspects of transmission as taught in this course?*
28. What does it mean to hold many tracks at once?
29. What does it mean to find things as energy? How might you know you have done this?
30. What is a good definition of becoming a solid light?*
 - a. Your light is so solid you can put your awareness everywhere at once
 - b. Your light is so intense you can sense layers, depth, richness, and expansion
 - c. Your light naturally expands and brightens
 - d. You can hold the Renawre cocoon and the light body cocoon simultaneously
31. What are the four frequencies taught in this course?*
32. What are you doing with your consciousness when you play with a frequencies?*
33. Why might certain frequencies be harder for you to learn than others?
34. How many frequencies are there in the light body cocoon?*

24) To put your awareness everywhere at once into your light body cocoon; 25) To sustain self-exciting states; 26) Resonance; 27) holding many tracks at once, finding "whatever" as energy; 30) a, b, and c; 31) vision, precision, intensity and clarity; 32) you are building consciousness; 34) an infinity.

To put your awareness everywhere at once into your light body cocoon; 25) To sustain self-exciting states; 26) Resonance; 27) holding many tracks at once finding "whatever" as energy. 30) a, b, and c; 31) vision, precision, intensity and clarity; 32) you are bridging consciousness; 34) an infinity.

35. How long should you hold the image of a frequency in your mind during a journey? Are they always the same during a journey, or from journey to journey?

Finding Things as Energy

36. How do you know when you have found the energy of something?
37. What is it meant to use your imagination as a sense rather than a creative force?
38. Do you get thoughts and specific insights about what you have found as energy in your light body cocoon, your Renawre cocoon, or in ordinary reality?
39. What happens to your thoughts and perceptions about the area you have found as energy? How long does it take for this to happen?

Spinning

40. What does spinning prepare you for?
41. What are the three doorways into self-exciting?*
42. What is it that spins in the cocoon? What is the direction of the spinning in the cocoon?
43. What is the purpose of the skill of spinning?*
44. What kinds of things add to your spin? What things take it away in the light body spaces?
45. How can you know you are losing your spin in the light body spaces?
46. What do you do if the spinning becomes too physical?
47. If you are still spinning when you come back to ordinary reality, what can you do?

Frequencies

48. What can you use the frequencies of vision for?
49. Describe the frequency of vision used in this course.
50. What does your experience of the frequencies depend on?*
51. Describe the precision frequency used in the self-exciting course.
52. What do the precision frequencies allow you to do?
53. What can you use the precision frequencies for in the light body spaces?
54. How might the precision frequencies affect the way you experience your ordinary reality?
55. How can you use the precision frequencies to have more complete thoughts?
56. Describe the aspects of a "complete thought" as taught in the light body course.
57. Describe the intensity frequency used in the self-exciting course.
58. What is meant by intensity?
59. Describe the clarity frequencies used in the self-exciting course.
60. What kinds of qualities can you notice about the clarity frequencies?

Which frequency is being described below? (Answers follow)

- a. spins about the core
- b. allows you to experience your vibrational energy bodies more completely
- c. allows you to take more of your consciousness into the Vee space
- d. changes opaque energies into translucent and finally transparent energies
- e. affects your mental body, increasing its light and ability to set up completely
- f. makes it easier to notice where one frequency ends and another begins

- g. allows you to look inside the energies
- h. has a pause and resume which highlights frequencies in your cocoon
- i. allows you to sense more about your vibrational energy bodies
- j. allows you to see and use all the frequencies in the energies that are present
- k. develops a fineness and subtlety to your awareness
- l. has a crystalline nature
- m. allows you to see more about the frequencies in your light body cocoon
- n. propels your awareness outward, expanding your consciousness
- o. allows you to discover, look at, and go inside your own awareness
- p. with these frequencies you can play with the rate at which these energies set up in your light body
- q. these frequencies allow you to subdivide the gridwork so that you notice within each of the nodes other nodes that are there, but not as developed
- r. allows you to observe or sense more detail about the energy patterns of whatever you view
- s. allows you to sense things and energies that were always there, but not visible to you before
- t. adds more and more light to your light body cocoon as you work with them
- u. allows you to more easily find the pure frequencies of each center
- v. has a lot of interaction with where your mind meets the Universal Mind
- w. refines your awareness of the energies about you
- x. helps you notice the way the frequencies interact
- y. allows you to intensely experience all that you have in your light body

Answers to a through y:
 (a) vision; (b) precision; (c) clarity; (d) vision; (e) intensity; (f) precision; (g) intensity; (h) clarity; (i) vision; (j) vision; intensity; (k) precision; (l) clarity; (m) precision; (n) vision; (o) intensity; (p) clarity; (q) vision; (r) vision; (s) intensity; (t) clarity; (u) precision; (v) clarity; (w) precision; (x) intensity; (y) intensity.

Nodes

- What are the nodes?
- How might they appear?
- How do you slow your experience in the nodes?
- The nodes form doorways into where?

Liftout

- What does it mean to liftout?
- What does liftout do to your ability to perceive the energies?
- What are you doing when you liftout of your light body cocoon?
- Can you control how long you lift out for?
- What do you bring back with you after liftout?
- What are you doing to matter when you come back into your light body cocoon after liftout?
- As you liftout, what experiences might you still have:
 - a. Fullonia experience of expanding outward
 - b. experience of self-exciting getting even greater
 - c. able to sense the boundaries of the light body cocoon
 - d. light body way of experiencing things
 - e. ability to find and sense the frequencies and patterns in your light body cocoon.

What is it that you are lifting out of the light body cocoon?

- a. you are separating light from matter
- b. your consciousness
- c. all the frequencies in your light body cocoon
- d. all of your light body cocoon

Vibrations

Describe the vibrations.

What do the vibrations do in the light body spaces?

Do the vibrations always amplify the energies?

Do they vibrations come in slowly, or quickly?

What do they feel/ look like?

What do they create when you use them?

Placing Radiance

What does it mean to "place your radiance?"

Why is it important to place your radiance as you become more radiant?

How is placing radiance different from transmitting?

How does placing radiance put you on an upward spiral.

What kinds of things can you place radiance in?

What happens if you continue to place your radiance into things/people and get no energy back?

How do you know if you are pushing, or if people/things are not responding as you place your radiance?

What are the two cautions about placing radiance?

Light Body Gridwork

What is the light body gridwork?

What kinds of visualizations might you have when you work with the gridwork?

What describes the gridwork?

- a. It is a beautiful, constant, never-changing grid of light
- b. It has a wavelike quality to it
- c. It has places of no light
- d. It is always very orderly
- e. It may seem to be composed of dots or points of light in three dimensions

Going Underneath

In what circumstances in the light body spaces might you want to use the skill of going underneath?

What are you creating with the energies when you go underneath?

Going underneath is a way to (choose) speed up / slow down your experience of the energies.

You can enhance the skill of going underneath by:

- a. adding light to your thoughts, tracing your thoughts back to their source
- b. releasing your attention on the spinning
- c. finding the essence of the energies you are in

Self-Exciting, final questions

How would you talk about building consciousness to your class, and what does it mean to build consciousness?

How does building consciousness transform your daily life?

How would you describe/define self-exciting for your classes?

Why does placing your radiance become more important as you gain more radiance?

What is purpose of self-exciting course

Radiance is a collection of skills AND the knowledge of how to combine them to become your experience more completely. Name at least five skills you learn in the self-exciting course.

What does it mean to "be your experience?"

What are the three doorways to self-exciting as described in this course?

Can you still have thoughts and be in a self-exciting state?

Describe self-exciting in terms of:

- a. the flow
- b. light
- c. movement
- d. being your experience

If everything begins to "white out" when you are expanded into multiple cocoons, or you begin to lose consciousness, what might you do?

If you have more energy than you can handle during a journey, what can you do with it?

What does natural speed refer to?

What does it mean to hold multiple perspectives in the light body cocoon, give an example.

What is one safe way to return from self-exciting states?

How is "falling in as you come back from a journey" different from "falling back" into your cocoon after liftout?

How do you soften your mental body as you come back from a journey?

What do you tell your class if they:

1. Used to be able to see or sense the energies well, but now are having trouble, as if they have lost some of their ability with the energies??
2. Cannot visualize the light body core and cocoon as you have described them?
3. Used to be able to see the energies, but now are just "feeling" them?
4. Cannot sense all of their light body cocoon simultaneously, but only parts of it?
5. Want to know how the light body cocoon is different from the Renawre cocoon?
6. Say as they look out through their light body cocoon they only see darkness, not light?
7. Have a strong reaction to a frequency, or goes unconscious when they work with one?
8. Can't visualize the frequencies, things look fuzzy or grey, finds the frequencies changing as they work with them?
9. What do you tell your students to do if they:
 - Come back from the journey feeling spacey?
 - Come back from the journey feeling dizzy, nauseous, or too hot?
 - Come back from the journey with itching or tingling all over?
 - Feel scared or nervous after the journeys?
 - Think they experienced nothing during the journey?
 - Have so much mental chatter they can't follow the journey?
 - Wonder if any of this is real?
 - Don't feel they are getting it because their experiences are not the same as others?
 - Don't feel they are getting it because they can't follow your instructions, or can't visualize?
 - Feel fragile after returning from a journey?
 - Don't feel they are doing it right? Can't understand your instructions?
 - Have muscle aches or headaches after your journeys?
 - Want to get mental and ask you question after question, and feel confused?
 - Fall asleep during the journey and want to know what to do about it?
 - Go somewhere during the journey but can't remember where?
 - Don't feel they are doing as well as your other students?

Have trouble surrendering?

Used to have good experiences, now not experiencing anything?

Transmission Questions

Can you create a specific result or experience for people?

How do you know a resonance is occurring as you transmit?

What do you do if the other person is not resonating with your transmission?

What do you do if the room takes off? How do you handle too much flow?

What might be the indications that you are pushing or using your own energy to get results?

It is not only important that your students experience the self-exciting spaces, but that they be able to recreate these experiences for themselves. Two key qualities to teach your students are observation and inventiveness.

There is no right way to experience self-exciting and the frequencies. Many people are not visual, and their experience will be through other senses, such as a feeling sense of the spaces. Remind your students that any experience they have is the right one for them, and that each time they do the same journey they may have a completely different experience of it.

Be prepared, and enjoy your teaching experiences!

Agreement for Teaching Self-Exciting and Frequencies

As a graduate of DaBen or your teacher's *Radiance: Transmitting Self-Exciting* course, you are eligible to transmit the energies of self-exciting and frequencies to others as DaBen has done in the *Radiance: Self-Exciting—Building Your Light Body* and the *Radiance: Filling in the Frequencies* courses (*Frequencies of Vision, Precision, Intensity, and Clarity*) if you meet the following requirements:

1. **USA:** You need to be on record as having purchased from *LuminEssence* or from your light body teacher DaBen and Orin's six-part *Awakening Your Light Body* series.
2. **International:** If an official light body course exists for your language and is required, you will need to purchase it. Otherwise, you can use your teacher's course in *Awakening Your Light Body* as your base of study. We highly recommend that you also work with DaBen and Orin's six-part *Awakening Your Light Body* series.
3. **USA:** You need to have learned the frequencies of Vision, Precision, Intensity, and Clarity, and be on record as having purchased from *LuminEssence* or your light body teacher, the first four courses of DaBen and Orin's *Radiance: Filling in the Frequencies* series. (*Frequencies of Vision, Precision, Intensity, and Clarity*.)
4. **International:** You may use your teacher's self-exciting course or the official course for your language, if one exists.
5. **All Students:** You may not transmit the frequencies of Harmony, Brilliance, or Transparency. To teach the frequencies of Harmony, Brilliance and Transparency, you will need to complete these courses as well as DaBen's *Radiance: Filling in the Frequencies Expanded* course (LB933). Taking this course will also give you a fifth frequency for each frequency set that you can teach your students.
6. **USA:** You will need to have learned the self-exciting skills, and be on record as having purchased from *LuminEssence* or from your light body teacher. DaBen's *Radiance: Self-Exciting—Building Your Light Body* (LB131) course and a graduate of DaBen and Orin's *Radiance: Transmitting Light* (LB851) course. **International see * below.**
7. **USA:** You need to have purchased and learned the skills in DaBen's *Radiance: Transmitting Self-Exciting* (LB852) course. **International see * below.**
8. **USA and International:** You will need to have experience teaching *Awakening Your Light Body* classes.

***International and Non-English speaking teachers:** You may learn these skills from a teacher and are not required to have purchased the Orin and DaBen light body courses. You are required to have the official language set for your language, if one exists. You agree to send us a list of your *Radiance: Self-Exciting* students. We are keeping track of all light body students throughout the world.

Using DaBen and Orin's seven-part *Radiance: Filling in the Frequencies* and DaBen's *Radiance: Self-Exciting* course

You agree to make sure your new light body students are clear that they may not use your seminar courses to sponsor others with in learning self-exciting. If their friends want to learn self-exciting, they will need to take your course. You agree to be familiar with our reasons for this policy, and to actively support the policy with energy work and clear speech and actions. Furthermore you agree to make students aware of our policies regarding sharing *LuminEssence* courses that they might have purchased from you.

Your students may purchase DaBen and Orin's *Radiance: Filling in the Frequencies*, and DaBen's *Self-Exciting* course from *LuminEssence* or from directly from you. If your students want the discounted price you will need order these albums for your students. Your students may order the courses directly from *LuminEssence* at the retail price, but not at the discounted price.

Policies for Sharing

LuminEssence Audio Journeys and Teaching the Self-Exciting and Frequencies Courses

Sharing Your DaBen Teacher's Journeys

1. You are not authorized to play or share the DaBen journeys in this Teacher's course with others. This teacher's course is just for you to use to learn to transmit light, and so that you may teach the *Radiance: Self-Exciting* and the first four *Frequencies* skills to others when you have met all other teaching requirements.

2. People who want to become a *Self-Exciting* and *Frequencies* teacher and use these DaBen journeys will need to meet all teaching requirements and purchase and own their own *Radiance: Transmitting Self-Exciting* course, or take this course from a qualified teacher and meet all other teaching requirements.

3. 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.

4. You are not authorized to record journeys in your own voice for commercial resale or to copy any audio journeys onto any media for commercial sale from this Teacher's course.

5. Do not share any DaBen or 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.

6. Please do not advertise that you are renting out, charging for, or sharing any DaBen or Orin 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.

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. 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.

Your support and willingness to purchase the audio journeys from *LuminEssence* provides the income to *LuminEssence* that makes it possible to keep this work available and to allow for new work to be created. Please [visit our website](#) for additional and/or updated information about these policies. We thank you for your integrity and your support of Orin and DaBen's work by not sharing these journeys except as noted.

Holding *Self-Exciting* and *Frequencies* classes based on this course if you meet all teaching requirements

You may teach the *Radiance: Self-Exciting* skills and states, and the first four *Frequencies* skills (Frequencies of Vision, Precision, Intensity, and Clarity) to others if you have a good understanding of these skills and have met all the requirements to become a teacher. Please [visit our website](#) for information on requirements to become a teacher. In addition to the above policies for sharing your *LuminEssence* audio journeys, please note these policies for holding classes:

1. With the completion of this Teacher's course, and if you meet the teaching requirements and prerequisites, you may teach and transmit the *Radiance: Self-Exciting* and the *Radiance: Filling in the Frequencies* skills (Frequencies of Vision, Precision, Intensity, and Clarity) as DaBen does.

2. You may record and make copies of your live *Radiance: Self-Exciting* and the *Radiance: Filling in the Frequencies* classes for students who attend your live classes in person. Do not produce or sell any written material or courses you make of your live classes to people other than those who come to your live classes. You are not authorized to record these journeys in your own voice for commercial resale or to copy these audio journeys onto any media for commercial sale.

3. You may not conduct classes through the Internet by playing or posting your *Radiance: Self-Exciting* and the *Radiance: Filling in the Frequencies* journeys online in any format, unless they are password protected and only for members of your classes. This includes but is not limited to podcast, or broadcast.

4. You may not make your *Radiance: Self-Exciting* and *Radiance: Filling in the Frequencies* classes (Frequencies of vision, precision, intensity, and clarity) available commercially in any format. Each class member who wants your class journeys will need to purchase their own course.

5. You may not make a set of your self-exciting and frequencies audio journeys in advance that you make available to all your classes (instead of making live class recordings for each class, based just on that class). To record your light body journeys and make them available to anyone other than those who take your live classes, you would need to have signed agreements with *LuminEssence* to produce and sell light body albums as the official set in your language.

Privileges for you as a Radiance: Self-Exciting teacher

As part of this agreement, as a Radiance: Self-Exciting teacher, you are authorized to teach the light body skills taught by DaBen in the Ceremonies of Initiation Series; Ceremonies of Light, Ceremonies of the Heart, and Ceremonies of Initiation.

You are also authorized to teach the Celebrations of Radiance Series; Peace: Living Your Life Purpose, Higher Will: Manifesting with Ease, and the Joy: Beauty and Perfection of Being Celebrations of Radiance series of courses.

In addition, you are authorized to teach the light body and Orin skills in the Vision Series; Vision: Seeing and Sensing Subtle Energies and Vision: Creating Your Highest Future. However you teach these courses on Vision, we highly recommend that you require the Self-Exciting skills as a prerequisite. Your students can develop clairvoyant sight without these skills, and will see enough to be effective, but they may not see all the other connections if they do not have Self-Exciting skills.

Teacher's special notes if you are holding classes or teaching this material, and have met all teaching requirements

- Please visit our website and sign-in to the [Member's Area](#) to view your teacher's information and teacher's discounts for which you may be eligible.
- Please let us know the names of your class members.
- You agree to let your light body students know about our sharing/copying/duplicating policies.
- You agree to let your students know that any recordings of your live classes are only for them and not to be shared with others in any format. If their friends want to study the light body, they will need to enroll in your live light body classes; purchase the course from *LuminEssence*; or purchase the authorized set for your language, if one exists.
- You may use any of [Thaddeus' music](#) for your classes and for your audio recordings, royalty free, as our gift to you. Please go online for our [terms and agreements about using Thaddeus' music](#).

Agreements with Students

Your students may not teach the *Radiance: Self-Exciting* course unless they have taken the *Radiance: Transmitting Self-Exciting* course and meet all of the teacher's requirements.

Please do not make your own agreements with students that confuse or dilute the *LuminEssence* agreements. Use *LuminEssence's* agreements so that there are uniform standards among light body teachers who are offering *Radiance: Self-Exciting* courses.

You agree not to sell your *Radiance: Self-Exciting* seminar journeys to other than those who attended your live classes.

Course structure

You agree to offer these courses as outlined in the Self-Exciting Teacher's Guide. You can also add your own journeys and take people to places that you have discovered on your own.

Clear focus

In your *Radiance: Self-Exciting* classes you agree to focus on teaching people to successfully learn the self-exciting and frequencies skills as your primary focus. Please minimize your advertising of other seminars and courses and let the focus be on your students and setting them up to become successful at learning these light body skills.

Continuing education—Your students

You agree to support your *Radiance: Self-Exciting* students' continuing education in the Light Body work, encouraging them to:

Attend additional light body seminars you may give.

Explore the possibility of their becoming an *Awakening Your Light Body* teacher.

Learn the frequencies of harmony, brilliance, and transparency.

Privileges for your *Radiance: Self-Exciting* graduates

Your students may come to the DaBen and Orin graduate light body seminars for which they are eligible. They are also eligible to become an *Awakening Your Light Body* teacher if they take the *Radiance: Transmitting Light* course offered by DaBen and Orin or one of our qualified teachers. They may sponsor others with DaBen's *Radiance: Self-Exciting* course, and DaBen and Orin's *Radiance: Filling in the Frequencies* course.

I promise *LuminEssence* Productions that I will honor these agreements to preserve the purity of the light body teachings. I share the goal of empowering students to successfully learn the light body radiance skills of self-exciting and filling in the frequencies.

Date: _____

Your Name: (Print here) _____

Internet Listing

Please sign and return this form if you would like to be listed as an *Awakening Your Light Body* or *Radiance: Self-Exciting* teacher on our Internet site. Our web address is www.orindaben.com.

Yes, I would like to be listed as a light body teacher on your Internet site. _____ (check)

I have taken the following light body courses. Please indicate if these are *LuminEssence* audio albums, or live courses. For live courses other than those offered by DaBen and Orin, please indicate your teacher's name: (use another sheet of paper if needed).

Course name:

Teacher's name if not DaBen and Orin

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Awakening Your Light Body Teachers

How many cycles of light body classes have you taught? _____

Do you intend to continue teaching light body classes for at least one cycle per year for the next two years? Yes _____ No _____

How many cycles of light body classes do you intend to teach this year? _____ Next year? _____

Approximately how many light body students have you taught? _____

When did you begin teaching *Awakening Your Light Body* classes? _____

USA: I now currently require all students to purchase the six-part *Awakening Your Light Body* courses as part of my classes _____

USA: I will require all students to purchase the six-part *Awakening Your Light Body* courses in my next cycle of classes starting on _____ (date).

Radiance: Self-Exciting Teachers

Are you currently teaching *Radiance: Self-Exciting*? _____

How many *Radiance: Self-Exciting* classes have you taught? _____

Do you intend to continue teaching self-exciting classes for the next two years? _____

Approximately how many self-exciting students have you taught? _____

When did you begin teaching *Radiance: Self-Exciting* classes? _____

I now require my students to purchase DaBen's *Radiance Self-Exciting* courses as part of my class.

Yes ___ No ___

Please complete and return:

Your Name _____

Company Name _____

Current Address _____

Include zip or postal code and country

Your daytime phone number (_____) _____

You have my permission to use my address __ phone number __ email address __ on your website.

I agree to let you know if I am no longer teaching light body or self-exciting classes so you may remove my name from your teacher's list. I agree to send you a list of my self-exciting and light body class students.

Your signature _____

Date _____

Radiance: *Transmitting Self-Exciting*

DaBen Meditations by Duane Packer
Recorded at a Live Seminar

Transcripts

Welcome to transcripts of DaBen's *Radiance: Transmitting Self-Exciting* journeys. We have provided these transcripts to assist you in better understanding the material covered. While we have an excellent transcriber, we do not guarantee that these transcripts perfectly match the audio course or that they are perfectly typed or edited. In addition, some of the material has been slightly modified to make it more readable.

Program 01 Talk-Welcome and Introduction to Course

Duane: It's good to see all of you. Are you ready for an exciting three days? It's all about self-exciting, but it's going to be exciting as well.

Okay. Also what we're doing this weekend, I'd like you to know it is very advanced. It takes a lot of focus. And I'd like you to sort of recall now how you've learned things and look at what that learning process is like.

Because if we were to pick an ordinary reality word, we're probably going to talk about learning a little bit, but if we were to pick an ordinary reality word, it's going to be all about learning. And for you, noticing how others learn as well.

Because as a teacher you can present the material, and to use the words of transmission, you can hold that space and you can do everything you can to find them as energy and establish that resonance, but it's only their learning that counts. And so maybe you don't quite understand their learning or maybe a part of you is saying, well, gee, that's a pretty peculiar way to learn, I should do it my way, or they should do it differently. But really all that counts is them getting the material, and if they've chosen their way of learning for whatever reasons, you just need to adjust to that. Because they will learn more quickly under the method that they have become familiar with.

To learn to teach these materials you're going to be looking at your own learning process. And so I'd like you to really examine that. If things get difficult, then look at how you could adjust your learning process to hold that space. What is it that's eluding you. How could you change your process just a little bit, just your way of thinking, just your way of holding that energy to grasp it, to know that it's there. This is advanced material. You should choose your students carefully. Your students should have well been upon the path of taking responsibility for their lives. The light body doesn't create problems in their lives, but it puts them in a place that they can become more conscious of them. As they acquire that consciousness, problems that they have been living with probably for years, as you know from your own experience, problems that you've been living with for years when you get more conscious they become intolerable. You absolutely have to fix them, they should have been fixed yesterday. And you sometimes aren't very pleasant to yourself or those around you once you recognize this.

So notice that if you choose after learning to teach self-exciting states, if you choose to teach, just be aware of that. And we'll talk about other aspects of it, but I want you to really get the advanced nature of this course. Only people who are ready. And don't let them push you to let them go faster than you feel they should go.

Because a tendency will be, as with the light body, oh, these spaces are wonderful, I want more and I want it now, I can't wait a month, I can't wait until next weekend, more now. Integration time, letting that consciousness come in, the form changes we just talked about, things becoming intolerable, they need time to work those out on the earth plane. Part of your responsibility, to at least give them the opportunity in the earth plane space and time to do that.

Okay. Now even though I've said it's advanced and it requires study and preparation and so on, there isn't any individual step that's difficult compared to what you've already learned, compared to what you've already mastered. There are some skills that are different, some skills that have a different way of grasping them, but none of them are difficult. So if you're finding them difficult, then start shifting around for another way to hold that.

There are, however, a number of skills that DaBen calls out. And so you will want to know those. You'll have to master them sort of at two levels. You'll have to master them at the energy level and how to teach them, how to hold them, how to transmit them and so on. But in order to talk about them, in order to call them out a little bit, you'll also have to memorize them, master them intellectually so that you know the words and you know some of the explanations and so on.

And so we'll be working on that as well, refining your use of language, translating that experience into words that make sense to you and that capture as accurately as you can the essence. That will be one of the challenges with self-exciting, is to capture that as accurately as possible, capture the essence out of the experience.

From the beginning DaBen has said that what he wants to put together as a body of his work is people being able to grasp and create for themselves these experiences. And the key word being -- two key words there, create for themselves, experiences. And so part of the material is made a little more difficult because DaBen doesn't want to leave enough so that it can be turned into ritual.

Now with self-exciting that's not too big a problem, but if some of the light body students that you've taught have turned using the ten centers, using the vibrational energy bodies, if they've sort of turned it into ritual, they almost out of rote can pretend that the ritual is getting them to the experience that they're getting. And so they may have sort of gotten lazy in terms of creating that experience. And you may find that some of what you do in that area is a little rote as well. It has to be renewed each time.

With self-exciting that renewal is a little more obvious because you're either in that space that's flowing because it's much more dynamic, you're either in that space that's flowing and you're increasing your radiance or you're not in that flow and you're decreasing your radiance. There is no neutral. It is either increasing or decreasing every moment by moment, it's increasing or decreasing.

Now, it may take you a little while to notice that you've been decreasing, or even increasing, but you will, and so it's not subject to quite that same degree of ritual. But because it involves intellectual words, a number of skills and so on, people can talk quite intellectual about it and not relate that to their experience. Part of your challenge as a teacher will be to try to link the two together so that when they talk or when you talk, that it always links to your experience and that what you're talking about is based at that moment what you can tune into and capture the essence of your experience.

Okay. "A skill is a distinct direction of focus and awareness that creates a similarly distinct state of consciousness potential and resulting automatic shift in experience." Now as you play with these skills, I'd like you to notice what potential consciousness is there just by doing the skill. If you have grasped the skill, if you are doing it at the level that really expands you, that creates that experience, it will create an automatic shift.

Now, there's a couple aspects, becoming aware of that, moving into that, noticing it at more and more levels, that are important. Now, we will go to some destinations, some states of consciousness, destination, only as a part of

the process, because a process that we will be learning does take us places. You may find that as you evolve, as you teach, that those places, those states are going to change. That's fine. Capture the essence of the process as you do that.

Okay. A skill that you've already learned in a number of ways, a number of places that we've dealt with transmission. We're going to be dealing with that again here. And we've broken it -- this time DaBen's called out four aspects of that, a resonance, finding that resonance and so on. As you work this time with that transmission I want you to notice as much as you can about each step there.

In order to transmit these skills, you need to find a stable place that is in energy, that is in your experience energy that encompasses the skill and a lot of the possible extensions, a lot of the potential places that that consciousness and the automatic shifts it can create for your students can go.

So what we're going to do in this first journey is begin, and it will be a fairly large step for the first journey of the day. But that's another challenge of teaching self-exciting, is you need to be prepared to take those steps, to let the energy flow. We're going to find that stable place. DaBen has picked a fairly easy one, but you need to find that stable place from which you can transmit the self-exciting skills in a pure enough way that they can be held stable. Even though they're extremely dynamic, there are aspects of their energy that can be held stable enough for your students to experience.

Okay. Now, we're going to always refer to teaching because that's the main part of the course. Some of you may choose not to teach. There is an immense amount of value, of knowledge, of experience that can be gained from just looking at these energies and playing with them the way that we're going to do. And so just notice that. Because you needn't choose to teach in order to gain immensely from playing with the energies in this way. You may choose inner plane work or some other way to place your radiance.

Program 02 Stable Place for Transmission

DaBen: Welcome. It is our distinct pleasure to be with you this day in this three-day period and to play with you using these energies and to create the space in which you can learn to be more fully and completely in these energies, and indeed learn to teach others how to create these spaces for themselves. You are forming a very special energy linkage and as you take on and attract students you undertake a very important aspect of your growth, an aspect that must be handled with integrity and with care and with love. And so with all of that as a part of what the energies are now and a part of your experience, let us just play. Let us notice how the energies operate, how we can move upon them. Notice the ways in which they come together. And as you find now the Renawre cocoon, adjusting each of the lower centers. Noticing the shimmer there. Adjusting the energies now, updating each of the centers, your experience, to match your growth, all the internal shifts that you have made and all the external energies that are there. Finding that harmony now.

Ree nawr ree...ree nawr ree nawr ree... Good. And moving to that point of light of the Fullonia now. Smaller and smaller and smaller point of light. Expanding out into the light body cocoon now, expanding outward, as many layers of that cocoon as you can hold in your awareness. Good. And noticing the light there, all the frequencies, all the patterns, just noticing the light, the movement, the way in which it moves.

Good. And noticing the spinning there now, spinning. Notice the aspect of the spinning. Notice how it is, what we have called a skill, a skill in these energies, a skill at playing here. Notice how natural that spinning is, how easy, how part of your experience, a part of the experience of being aware, of being able to sense these subtle energies. Spinning is a natural part of that. We are but using that skill of being aware of this to bring you to a shift, to opening a potential consciousness area for you. And it can open area after area.

Opening it now, spinning, finding that spinning, holding the entire volume in your awareness. Letting that spin faster, holding more of that now. Good. All of the volume in your awareness, all of it, every last bit. Good. Holding that, letting it spin faster.

And notice what happens now as that spinning increases as you move your awareness...good. Good. And now just lifting out, just lifting out of that a little bit. You're drawn almost immediately back in. But you lifted out, and that shift you've created a different aspect of the spinning, a different aspect of your awareness of that spinning now. Beginning to build again in its intensity, in an almost tangible way. Let that build. Let that intensity build, holding that now. Noticing the frequencies here, the spinning of the vision, the intensity frequencies, perhaps the right and the left. Good.

And as it begins to build in that tangible way, moving underneath, slowing it down in that way and moving underneath. Finding just the aspects that are essential to your experience and then letting those evolve once again in all of their harmonics. Good. Noticing how you are playing with all of these skills now. Going underneath and lifting out. How you're bringing them together. How what you are doing is creating that sense of being carried, setting the conditions for being carried.

Setting it in such a way that these energies create themselves as it were. That all that you do is opening that space. That every moment you are creating a greater opportunity for that space, for your experience to be filled with these energies. And in so doing they are recreating and recreating self-exciting. They reach this state and then they continue to increase it. It becomes self-exciting. Good. Good.

And now finding a distant point of light far above you now, far above you. A distant point of light, like a star perhaps, but just the light far, far above you. Holding that in your awareness and moving your consciousness up to that. All of your consciousness, slowly, on one of those rays of light now, moving it up. Slowly, so that all of your consciousness is moving toward that distant point of light. The light is not growing any closer, but you are moving closer to it. Apparently it is still a long ways away, but all your consciousness now is lifting, is on that lifting to that distant point of light. All of your consciousness, all of your ability to experience, that all your experience is somehow in that movement to that distant point of light.

Good. Now, just let yourself fall back down now. Whether you reached that distant point of light is not important. The energy that you're exploring is that of moving your consciousness completely out to that distant point, or toward that distant point and back. Falling back down, noticing how your consciousness comes back in to the light body cocoon and the volume there and through all the layers. And the spinning here.

And moving back out now, up to that distant point of light, all of your consciousness along this ray. Good. Now just let yourself fall back down. Notice that point of impact as it were as your consciousness comes back into that volume, this sense there. Good. And this time just remembering what it was like to move to that distant point of light, begin to hold your awareness in that energy now, that first separation of your consciousness from this space, from this volume. And now do that movement now, begin to lift your consciousness, noting the potential here, the potential for you to be aware, that tension. The spinning within the cocoon, the way your consciousness separates now. Good. All of your consciousness along that path now to that distant point of light.

Good. And now letting yourself fall back down to the volumes of the cocoon now, noticing the energy here. Good. Now, this time as you begin to lift to that distant point of light, take all of your awareness, all of the volume that you are aware of, all of it, all aspects with you, so that all of your sensing, every last bit of your ability to sense and experience and be is moving upward to that distant point of light. Good, right there. Good.

Now just holding that experience, just holding that experience. Lifting, but not really being concerned with that distant point of light anymore, just that lifting upward toward it, all that tension there, all of the awareness that you brought with you, that process of separating, that ability to sense from within

the cocoon to that ability moving upward to that distant point of light, that separation, that tension, that movement right there. Just be that experience now.

And as it begins to fade perhaps fall back into the volume and expand outward, noticing the spinning, going underneath that energy, developing a greater and greater sense of it, finding it at essence once again. And now moving upward, all of your consciousness, all of that volume everywhere moving upward to that distant point of light, that tension right there. Notice how large it can become. How active and yet how sensitive to all the energies, to all of your ability to sense.

Good. Now, from this space, from this energy find the connection with your guide. Begin to notice the room, all the energies within the room, all the subtle energies, all the movement, all the patterns. Holding all of these tracks at once now, as many as you can. Perhaps finding individual energies about you. All the while holding and being in this space. Good. Just letting yourself be now. Just surrender to the flow.

Good. And now from this experience find that spinning in the volume of the cocoon now, as large a volume as you can. Even if the cocoon boundary has dissolved, find the energy of that, frequencies and vibrations here. Begin to move all of that consciousness up to that distant point of light now. That tension, noticing that and being that experience. Just being completely, holding as many tracks, observing as much as you can now, observing and observing. All the energy in the room, the connection with your guide.

Good. Good. And just let that go, being your experience and coming back to that point of light of the Fullonia. Not moving on to the Renawre cocoon quite yet, but just to that point of light of the Fullonia and the light body cocoon. Letting that energy of that lifting your consciousness, moving your consciousness up to that distant point of light, let that go. Let your experience of finding that stable place and the tension of doing that, let that go as well.

Good. Now just let yourself come back into the Renawre cocoon, translating all that energy back now. Now, let yourself come the rest of the way back. And with that we want to acknowledge you for your ability or playing in this way. We look forward to playing for these next days. And with that we bid you most pleasant journeys for now.

Program 03 Stable Place, Transmit Core-Cocoon, Underneath, Liftout

DaBen: Welcome. Good. And now finding that point of light of the Fullonia and moving out to the light body cocoon now. And then finding the frequencies and the patterns here, smoothly and easily. You'll find it very easy in a very short while to find this stable place, to move out to that.

Good. And now finding that energy, going underneath and moving out now, finding that point, lifting upward now to that distant point of light. Good. And finding just that tension point. And if you would like, lifting a bit further and then falling back down, and lifting out again and renewing your ability to be aware, to be in that space, to be that experience. This point of tension, so smooth and easy, stable, comfortable to be, and yet very dynamic, lots happening.

Now, find the connection with your guide and moving into that, finding that energy. And with your guide's assistance now finding that energy of the gridwork and moving out upon that gridwork. Find a portion of the gridwork, the portion that you are going to add light to. And find it as energy, as many levels as you can all at once now. Connecting with your guide, holding that energy of the stable place. Good. And now finding just briefly, just briefly touching on your experience of the light body cocoon now, that innermost boundary and as many layers out as you're holding in your awareness, the essence of that cocoon.

Good. And now transmitting that, finding that resonance, holding that in your awareness as purely as you can, and holding in your awareness that area upon the gridwork and your guide and that stable place, and noticing any feedback now,

noticing the transmission from that. And adjusting your experience, adjusting, staying in that stable place but adjusting your experience of the core and the cocoon.

And now holding that area of the gridwork in your awareness, the connection with your guide, the stable place, all of that now, core-cocoon. Good. And moving underneath that energy now, transmitting that, finding that resonance. What's it like to go underneath your experience right then, right this moment. Finding the pattern at a simpler level. And then just letting it rebuild, reestablish new harmonics, transmitting that, holding this in your awareness.

Good. And that stable place, looking at that again. Is it easy to stay there, is it large enough. Feel free at any moment to return to your awareness within the cocoon and begin that liftout to the distant point of light, that lifting up. The connection with your guide, the area of the gridwork.

Good. Now, as the energy builds, becomes more and more intricate now, let's increase an aspect of that. Let's look at the skill of lifting out. Not to that distant point of light, but just as though you are separating the dimensions of the energy now, without your experience now, separating that, lifting out and then letting it fall back in. Sa ha...sa ha...bringing the spheres together.

Now, lifting out again, letting it come back together. Notice the purity in the space left behind, however briefly you were able to create that. Transmitting now, holding that area of the gridwork in your awareness, connection with your guide, the feedback, the light from this area, the qualities it's building, you are building there. You are training it to build, to be dynamic, to hold these qualities. Let it get as large as you can sense. Let it move outward easily and smoothly. Holding that stable place...good.

And now for a bit on your own, play with that core-cocoon experience, as many layers as you can capture the essence of the core, that crystalline-like nature, that perfectly transparent quality, the light there and the cocoon, the cocoon boundary, the holding energy and sending energy, all of that, all the light within the cocoon, transmitting that. And going underneath. The power of the liftout and the purity afterwards. Play with that now, transmitting that, holding your guide, asking your guide for assistance. Finding that all can happen smoothly and easily from this stable place. On your own now, just let it build, evolve, play.

Good. And as you continue now, just notice your experience of the stable place, that lifting upward to the distant point of light, that moment of tension there, that peace, your experience of the core and cocoon, the way that has evolved and changed. Your experience of liftout, the intensity and purity created afterwards, some of the frequencies within your cocoon, finding that area of the gridwork now, the connection with your guide, how these all fit together, either holding them all at once, being able to notice the qualities of each of the connections or moving between them with your awareness, either is fine.

Good. Now, together we're going to make the sound of the Fullonia. So find a part of your awareness, a shift now, letting it build, coming up now, that you can accent, that you can bring together with the qualities of light of the light body cocoon and the light body energies that you can bring together in that focus of the Fullonia to increase the awareness, your awareness, the awareness of this area of the gridwork of the light body energies, of the focus that's there. Building...good, there. All together, fuhl lon eee ahh...good. Notice that stable place now, that area of the gridwork.

Good. And just let that go now. Thank your guide and let that awareness of the area of the gridwork go now, noticing that light there. Letting the stable place move you smoothly and easily into a very large light body cocoon, and just being your experience of that volume now. Going underneath that experience. Good. And just letting that go, letting yourself come back into the time and space of the earth plane, bringing as many aspects of this energy with you as you can, but moving there steadily, smoothly but steadily, the time and space of the earth plane, capturing the essence of your experience now.

Good. Very good. You create as a group an excellent energy. Good. And with that we'll bid you most pleasant journeys for now.

Program 04 Talk, Question & Answer Wrap-Up of Friday

Duane: All right. We're going to expand on the skill, transmission of skills, so this time we're going to work on that stable place but also on the transmission of some skills. Now in teaching the Awakening Your Light Body there's an obvious order to the centers. There's an obvious order to the way that you bring them together, at least initially. But you may find great value in exploring and playing with after you reach the Renawre cocoon of going back and finding each of the centers in a different order so that you look at what the Traeo is doing and then the Dinia, or enhance the experience you have of the Pieah and then try the Nu'a. So play with those in different order. You'll find a different aspect brought together.

With these skills, and initially we're going to work with core-cocoon. For many of the students that you teach this will be a skill that they already know, for some it will be a skill that they don't. It's a skill of learning how to contain, to focus your awareness, or teach your student how to focus their awareness, without getting so restrictive that they're not able to sense the energies on a much larger volume, much larger scale.

Okay. And we're also going to work this time with the energy of going underneath, with the skill of going underneath and the skill of liftout. Now DaBen tries to use the word "liftout" to mean only the skill we're going to focus on, although don't get it confused with lifting up to that distant point of light. It's a much different skill. Now DaBen may bring in some other aspects, but he's going to ask you to focus on that.

Now, we're also going to work on some of the aspects of transmission, finding another's energy. And for this first exercise we're going to find the gridwork and you're going to find an area on the gridwork and use that to transmit to. And we're going to look at holding as many tracks at once as you can.

Okay. So that's a lot to bring together. But as you find in that stable place that it can happen all at once, if you can't experience right now it happening all at once, then cycle around, your connection with your guide, finding that area on the gridwork, transmitting, noticing the core-cocoon, your experience of that, how it's changing, all of the energies that you're working on. Now DaBen's going to lead you on this, but there will be some pauses for you to play with that transmission.

Now, there is no set order in those pauses, there's no set order in which you should experience them or in which you might be transmitting going underneath or cocoon boundary or liftout. There's no set order to that. Play with it. See what you create in your experience. Okay. We'll play with some other aspects as we do the journey, so get in a comfortable place.

Questions and Answers

Participant: Are you personally in a state of self-exciting all the time?

Duane: Not all the time, but I am working on it. The question was am I in a state of self-exciting all the time. I've gotten so that I can be there nearly all the time, but there are some times that I choose not to be. Some times that I'd rather not have to play by all the energy rules, that I would rather just brute force things on the earth plane. Some of the restructuring that we've done with LuminEssence, the pace of the business world, if I followed the flow, I'd still be in the middle of it. And I decided that I was going to just brute force it through. Now, in doing that I moved in and out of those self-exciting states, but when it came to implementing and tuning into the energies of all the people I was dealing with and so on, their pace, the pace that they found comfortable was intolerably slow. And I was forming a business relationship with them and so I really wanted to find out whether they could take the energy that I wanted them to operate at or not and then let them weed themselves out. And if they couldn't hold it, if they couldn't withstand the pressure that I put on them, then I didn't choose them. So you want to create the results, once you've seen the form, once you've done your manifesting work, you want to create the results to have those things happen.

Now when it comes to other choices, then I try to stay in that self-exciting state all the time. There's a range. There's quite a range in the dynamic of that. And so you need to adjust it to that. There are times in which you want to be very quiet, times you want to be very active. Find the way the state is, the way to adapt the energies to that.

I guess the most important rule that you could -- sort of a guideline you could set for yourself as you explore more and more aspects of self-exciting and certainly as you teach, and it's something we just touched on in this last journey, we just called out in this last journey. DaBen talked about it a lot in the self-exciting course, we're going to talk about it more. And that is placing radiance. You need to have places to put your radiance. That's probably one of the biggest keys to being able to stay in the self-exciting states. Are you actively engaged in order to place your radiance.

You may find that the pace picks up, as I found in doing some of the business things, that when you place your radiance the pace picks up. Some people can't handle that. Some people when they're not expecting it or not prepared for it in a business environment, they've set their lives in a certain way and having their pace speed up drives them a little crazy. So you want to be aware of where placing your radiance works and where it doesn't.

Okay. Any other comments or questions about that?

Participant: One of the things that I'm not used to is the very strong sense that I keep getting this time, not always going through the tapes, of just surrendering, just to let it happen, let it happen, keep going with it, push with it, flow with it, surrender to it.

Duane: Surrendering will probably become the predominant thing that you notice. And that's sort of an ongoing, continual process, and it gets easier and easier. But it's something as you get into more and more energy, as you become more familiar with the spaces, it's as though the very nature of self-exciting starts to take off and it's then carrying you. As you're being carried you need to stay in balance with that, and a way to do that is to surrender, just be in that flow.

Now those of you who have done a lot of reading of esoteric literature and these spiritual growth sorts of areas of writings, I think you should congratulate yourself on having reached the state where you can really, if you ever go back and read some of what you read earlier perhaps on these topics or esoteric topics, you can begin to understand now the common use of the word surrender. Just be. In fact most of the spiritual masters in their writings end up after pages and pages of attempting to describe experiences reduce it to just be.

What you're doing when you're surrendering is you are being. So through what you've done, through the skills you've built, your path has included the light body and may be predominantly the light body, but you've reached that place now where you can create that experience for yourself what that surrender is like, what that being is like.

Now I want to point that out to you because it's important that as you learn, as a part of your learning process, as a part of your growth, that you be able to look back and say, ah, there may have been a time in which I had no idea what that really meant. Now not only do you have an experience of what it means, but you are getting to the place where you can create for others their ability to learn that space as well. It's truly a remarkable skill, a remarkable ability that you've created. So acknowledge that, be aware of that.

And with that comes all the other things that you've created as well; a reverence for these energies, an acknowledgment of what's there, a wisdom about using them, when to use them, when not to use them, all of that. For many of you it's become so integrated with who you are now, all your growth, all your learning, the light body has become so integrated with who you are that you may at times not be able to separate it. That is in part a gift that your students, if you choose to teach, will give you. And as they ask questions and as you relate your experience, it can get you in touch with all the things that you do know, all the things that are now natural for you, the way that you know they are.

Okay. Strategies. Any questions on strategies? DaBen called a couple out this time. It seems like you do very easily with them. Any questions on those?

Participant: I don't have a question on the strategies, but...where is all of this leading us in relation to the earth plane? Or is this training us to ascend?

Duane: Leading us on the earth plane. The question was where is this leading us on the earth plane or is it about ascending. As you get more and more in these energies it will be harder for you to separate the two. You begin to see that as you move more fully into your life purpose, as you begin to understand manifesting, as you begin to really play, to play in a way that you're placing your radiance, that you are creating that aliveness, that that radiance is creating aliveness, that you are truly engaged in the earth plane, I think you'll find it harder and harder to find any separation. The rules are different. When you're pushing matter around and you're working with matter the rules are different. Things take longer, there's a different game being played. Not a different game. There are different rules under which things operate. But it's all in the same arena. It's all the same goal.

Participant: I know I sound ignorant, but I'm trying to relate our experiences here and our experiences back into the physical world.

Duane: To find ways to make that gap between your experience in the physical world and your experience in these spaces, to make that gap smaller, to make it so that you are conscious of more and more aspects of that. You're increasing consciousness, as I mentioned early today, as you increase consciousness you find areas that you once were putting up with, may not have even bothered you. Some of those areas become intolerable. You're going to go through phases of that.

One of the aspects is reconnecting on a periodic basis if not almost continually with your life purpose. What did you come to the earth plane to do. We keep hitting that over and over again at every level of acquiring consciousness. What is our life purpose, why did we choose here, now. And you may have an answer for yourself that will serve quite well for a while, month, years perhaps. But it will not serve if you are increasing your consciousness, it will not serve without being updated.

So you have to keep updating your life purpose. And you may be going along, you may have set forms in place well enough that you say, okay, this is my life purpose and this is what it looks like and here's the forms I have around me to accomplish this and you sort of look away for a month or a year or several years, busy manifesting and working on that and learning and growing.

And then you look at the life purpose again and you say, well, wait it minute, it wasn't what I thought it was at all. It's changed. How can it change, I only have one life purpose, how could it change? But more and more aspects get revealed all the time as you acquire more consciousness. More aspects come up of that. They may require new forms. And part of the grace of doing that is to shift the forms without totally destroying you or those around you so you have to start over in creating the forms.

And so it's acquiring that consciousness. It's focusing on that aspect. Note it. And as you do, that gap will become less and less between your experience in those spaces and your experiences out there. But be patient with yourself. Particularly in earth plane ordinary reality things take time. So you have to not expect it to shift just because you had a new idea.

And we can be thankful, you may be at the level now where you could survive if all of your ideas got implemented instantaneously. Orin calls it frozen time, thought. Most of us would have died off in the first, what, two months of life, certainly the first few years of life, if all of our thoughts or ideas had manifested instantly. That's an awesome responsibility.

You're beginning to get to the place that you can take on more of that responsibility and you need to remember now that you're dealing still with frozen time, but it's a lot less frozen than it used to be if you start noticing it as you're in this space and using and placing your radiance that things that we call synchronicities start to happen, being in the right place at the right time, having it just happen, being in that flow. It's not as frozen as it was. Fortunately for most of us it's still frozen in some areas or we would have cancelled ourselves out.

Okay. There was another comment there.

Participant: In response to what she was asking, I think you answered it very well earlier when you talked about awakening, well, bringing in this energy and being. We now have frequencies in our field that is to be energy, so how that helps us on the earth plane is when we go places we're creating the opportunity for other people to have resonance to just be in our physical presence. And that's a very wonderful gift and I think that's very valuable.

Duane: Yeah. You're going to find that more and more that as you become more conscious yourself you're going to find people with that consciousness. Maybe not well rounded, but they understand a certain area. You're going to find people that you wouldn't expect to have a grasp of these energies, of an insight into life and living, you're going to find that as you gain more consciousness you're going to find that in the strangest places. And by your being around people they are going to be inspired by your example. It may be a very brief association. And so it begins to create -- consciousness creates consciousness. And so it begins to do just what you're doing with self-exciting now, at a slower place, in a smaller way, but it's an important step.

Program 05 Practice Transmitting, Adding Spinning to Self-Exciting

Duane: Okay. We're going to try one more transmitting to an area of the gridwork. Pick a different area this time. This time we're going to in addition to the skills you've just been transmitting, in addition to those skills, we're going to transmit spinning. We're going to use spinning all the way to the doorway, the self-exciting. Okay. Now your challenge, a thing that you have to be aware of as you're doing this is that you're in that self-exciting state already so you don't want to confuse the two. You want to try to separate them in your experience so that when you get to that place that you're transmitting self-exciting that you've used spinning to create, to create an experience, create that doorway in the experience. So see if you can separate the two.

Now to help you separate the two we're sort of going to call out another aspect that you learned in the self-exciting course, that is natural speed. It will be easier to do that if you've let things speed up. Now, this is also practice in not really transmitting natural speed, not transmitting it as fast, but just noticing how the differences are. Okay. Now this is all in preparation for the next journey. Not this one, but the one after in which you'll be working with a partner. Okay. But try to separate this. Now it's not difficult. It can be done with just many tracks, multiple tracks, cycling one to another or holding them all at the same time. And it's even more fun than what you just did.

Okay. So into that space, smoothly and easily.

DaBen: Good. Now, finding that stable place, smoothly and easily, the connection with your guide, all at once now from that point of light of the Fullonia and the light body cocoon, as many layers as you can hold in your awareness. Stretching that now, good.

And letting that lifting up to the distant point of light now begin, and finding that tension, that movement, that place in which all of the consciousness begins to move upward and yet it's your experience of that process that you are looking for, that you are spending your awareness now to find, to be, to explore, to experience in even greater detail. Noticing now that depth and richness here. That tension but place of ease and peace and a place of great dynamic. Lots of potential for movement, lots of movement.

Good. And now finding the gridwork. Moving out along it now, expanding outward, moving in any direction you're drawn to, in any direction you choose. And finding an area of any size. At least one part of it, though. Be able to focus on it very clearly, to notice a lot of detail, a lot of the vibration, a lot of the movement, a lot of the way these energies interact here, plane vibrating, horizontal and vertical, moving, waves moving through.

And then letting from that place that you notice in some detail to move out beyond it now. Including that whole area. Full connection with your guide, good.

And finding now this energy of the core and the cocoon, transmitting that. And then choosing what's next. Feeling that energy almost cry out for going underneath, letting it reach a simpler level and then building harmonics anew.

Now, hold in your awareness that area on the gridwork, letting things speed up a little bit for you, but just in your experience as a part of that stable place. And then transmitting going underneath now, finding it even more simple. Good. And then transmitting liftout, the purity there as it comes back in now, the separation, the dimension, separation. Holding that...good.

And finding the spinning now and begin to transmit that. Hold in your awareness that stable place, your guide, all the energies, all the frequencies and patterns, the core and cocoon, the essence there, all that area of the gridwork, your guide, and letting the spinning just begin to be a part of your awareness as well. Spinning the entire volume, you tracking the essence of your experience of that spinning as it evolves and changes and grows, takes on a greater and greater depth. And choosing from time to time to transmit going underneath now as the spinning happens even more. Increase the volume of your stable place, lifting up to that distant point and letting yourself fall back down, encompassing, holding all of that energy, that spinning.

Good. And notice how you are in that place of renewing and self-exciting and how it's coming back now and opening that doorway, that spinning carrying you, drawing the focus within, down in, as though in through the core and expanding back out. And then just being carried by the energy in that experience of being carried and the stable place and the connection with your guide and the area on the gridwork, holding all of that now.

Good. And just to call it more strongly into your experience and into your ability to transmit now, find aspects of that spinning, letting it build, carrying you into that self-exciting state again. Even though your transmission is solid and well placed, you are getting the feedback, just renew that spinning as a doorway, that way in which you've achieved it.

Good. And finding that stable place more strongly in your experience now and renewing your experience of the spinning, the place on the gridwork. Good. And now from that self-exciting experience, both experiences you are having now, the one you're transmitting to that place on the gridwork, and your experience of that stable place, notice how those 2 interact, holding that one you are transmitting smooth and easy, surrendering to it now, holding that natural pace, surrendering to it, noticing all the aspects.

And from that experience, from that holding the aspects, from that surrendering, now, let's together make the sound of the Fullonia, smoothly, finding that, using it to enhance, good, Now. Full on ee ah.

Calling out and accenting now, that energy, that surrender. And begin, without consciously calling out that surrender, begin transmitting that quality as well, that being, that being carried by, that experience of ease. Good.

Good. And thank your guide now and, let that area of the gridwork go from your awareness. Let your experience of that gridwork capture just the essence now and moving back to that stable place, and the energy there.

Then playing now and lifting more of your consciousness higher toward that point of light. Letting that stable place fade a bit as you move your consciousness up now. Upward toward that distant point of light.

Good, and letting yourself fall back down and just being now, just enjoying. Just experiencing that quality of self-exciting, that being carried by the energy. Noticing its essence.

Good. And just letting that go now, letting yourself come back to the time and space of the earth plane. Notice how you do that, notice how you can translate all that back and maintain some of that experience now. How it is that each time you spin in the stable place it becomes more familiar and yet new and fresh each time.

Okay. And with that we bid you most pleasant journeys for now.

Program 06 Transmitting, Adding Light Around Thoughts, Vibrations

Duane: All right. Now, as we find the flow this time, as we find that stable place, notice as many aspects as you can. DaBen's going to call out perhaps more aspects this time than he normally does so that you can just notice them. Don't let DaBen's words distract you from your experience or pull you into a place if you are in that place, just notice it as you are going by, as it were.

DaBen: Good. Now, just finding that space now. We're going to explore this time both of you transmitting at once, both of you receiving as yet another aspect of your holding these energies, holding many tracks at once, noticing the way that you can operate at both levels now.

So begin by moving to that stable place, that light body cocoon, as large a volume as you can comfortably hold. And notice as you do that, notice the areas that you have to bring in more consciously. Maybe it is behind or below you, or to one side or above you. Just notice.

Good. And then finding that spinning.

Good. And lifting now, lifting up to that distant point of light. Finding that stable place, that tension there, and letting yourself do it again, fall back down and lifting up, until you have been able to lift your consciousness all the way out now. Holding that place, a large volume.

And connect with your guide. Just enjoy this stable place, this experience, this peace here.

Now, find your partner's energy at as many levels as you can.

Now, as evenly as possible, good, as evenly as possible now, balance that between finding your partner's energy, and noticing the energy in the room, and that stable place, connection with your guide, and the spinning that is there.

Just explore in your transmission now lifting out and letting it fall back in, that pure energy as you fall back in now....good. Transmitting that, holding that in your awareness as pure as you can.

Good. And now holding your partner in your awareness, balancing that energy of the room and your partner now, just holding that, noticing the feedback. And noticing the transmission that your partner is sending. Noticing all three now, finding that balance.

Good. And now light around your thoughts, just a circle of light moving more and more to the place in which your thoughts form when you first notice them. And as you move to that place, move to the next place that you notice that is closer to the source of your thoughts. Following your thoughts back to their source now, that circle of light.

Thoughts becoming quieter and quieter, becoming that light, so that all the energy of the thoughts forming are just translated into that light, just becoming that light. No thoughts actually form, just the energy.

And notice without those thoughts, notice the qualities of light that the thoughts create that this stable place has, that your connection, that your receiving has, that the energy in the room has. Just experience all of those various qualities without the thoughts now, without calling them out, without letting the thoughts label or otherwise be involved in your experience. Just following back that point of light of the thoughts now, that circle of light around the thoughts, to the point that thoughts occur, closer and closer to their source.

Good. And now just letting the transmission of the light around the thoughts go for a moment, just letting it go. And find the upper left to lower right vibration now. Let it form in your awareness, and then bring it in and transmit that. Notice how you are receiving that energy as well. Notice that stable place. Notice the spinning, how you are being carried by this energy, the connection with your guide, the energy in the room, this vibration, how it feels, the way that that balance is enhanced.

Now, upper right to lower left, finding that one, bringing that in, letting it smooth out now, heightening your awareness and slowing things down somehow.

Notice as you are transmitting the feedback there, and then the receiving of the transmission from your partner, all that is going on.

With that find the spinning now and transmit the spinning, using that as a doorway. Faster spinning, opening up now, that stable place, holding that, your connection to your guide, sending and receiving, the feedback of your transmitting now.

Notice the qualities of light here, the way that the texture forms with all of this interaction of light, the way the texture of that, the way you are able to use that as a part of this spinning. And as the self-exciting, as that spinning begins to carry you to become just a part of your experience, how all of that, and your stable place, create a texture of light, buoyant and tangible.

Good. And begin to explore now, using going underneath, or lift out, that lifting out from the cocoon and letting it fall back in, that pure energy. Using the Sa Ha to amplify, using that power.

Just begin to explore now what is it that creates that finer and finer, more sustaining quality to the energy, to your experience. Let that stable place expand and expand now to hold all this energy, so that you are a part of it, so that you sense that each shift that you make, each change of flow of the energy is a part of your experience.

Good.

Good. And now just notice your experience now. Notice that stable place, notice the feedback, the spinning, all of that. Notice how you are able to be suspended in this space, holding all of those tracks at once, in tune, in touch with each of the aspects, each slight variation, sending and receiving, holding your partner's energy, your connection to your guide, all of that.

And let the pace of it, if you've not already, let it become more a natural pace. Let that speed up now and play with going underneath and lifting out. Just being that experience, opening, opening to it. That quality of self-exciting, of that surrender, being carried, surrendering just as fast as you can as you are carried here. Notice what increases your sense of this energy, this radiance. And when it is more slow, do all of those things that increase your ability to sense that, to surrender, to be carried.

Good. And now whatever space that's there, whatever energy that is there, make the quality of the sound that we'll do together of the Fullonia now, make that quality enhance, point out, bring out elements of that experience now, that transmission, the vibrations or going underneath, or liftout or the spinning, the self-exciting energy. Just playing, balancing, holding all of that. Building...good. All together now.

Fuhl lon eee ahh...

Good. And once again. Fuhl lon eee ahh...

Good. And now just let your connection with your partner go, smoothly and easily, just let it go, but stay in this stable place and continue playing now, using your guide, to explore more and more detail, more and more of the finer texture of this energy. And notice how the room energy shifted with that releasing of your awareness, that bringing to a close, letting that transmission fade.

Notice the change, notice the shift. And in that void, in that missing energy that's there, notice the potential for you to discover the energy, to discover that quality, and begin to use that. Not to necessarily fill it in or attempt to replace it, but to use that quality, that missing energy there as a boost to your experience, to your peace.

And being carried by your energy now. Notice that as you do, that energy is carrying and filling in and working with and finding just the right balance, an openness and peace, a part of self-exciting, a part of this state that you're learning to transmit so that others might be able to create it for themselves. Notice these qualities as well.

Notice how each movement now, each physical movement, each shift of the energies, each quality that's there influences your experience to a greater and greater degree so that moment to moment to moment now the texture of the energy is yours to shift and

change. Increasing your ability to be carried or decreasing your ability, explore now which does which.

Good. And just let that go now. Just be your experience as you come back, slowly and easily, noticing all the qualities as they translate back now, all the qualities of light.

Good. With that we'll bid you most pleasant journeys for now.

Program 07 Talk – Setup for Spinning to Step 2

Duane: Okay. What we'll explore next is other aspects of this surrendering process, perhaps another doorway in the next journey, exploring another doorway so that you can hold that as well. And we'll look at some of the challenges your students might have as they first start to play with these energies.

Your partner this time is going to be the gridwork again so that you can look at some other aspects of self-exciting, of the doorways, playing with that. And as you do that this time, as you do that connection, see if you can notice how it is that you would find more and more aspects of the energies so that your feedback was greater.

Because in part that's what having you transmit and receive at the same time with your partner, that's in part what that challenged you to do. It challenged you to hold more tracks, to hold that space and to create an even greater resonance. So as you do that, the gridwork this time, see if you can open to that knowing that it's possible now. See if you can open your ability to do that.

We're going to explore an aspect of self-exciting that involves some of that sort of surrendering to the energy, letting that energy flow and noticing everything that you do either increases or decreases that spin. So begin to notice, can you tell what you just did, which did it do.

Now, there's a balance here, there's a tricky game. If you're spending all of your time looking in the rearview mirror, as it were, trying to figure out what you just did and whether it increased or decreased you're headed for a crash because you're no longer really looking at what's in front of you. But you've got to find some way to get some feedback. It doesn't have to be totally accurate.

And don't shoot for or aim for trying to have every action you do right now at this stage, have every action you do increase that spin. Again, in this game you're good enough at it that you can sort of do what 51% of the time will gain you a net plus, right? It's all you're after. You needn't have any more. It's sort of like horse racing systems. They figure that if they get 51%, they're winners. And that's all you need at this point. But notice. Notice what things it is that you do or are doing.

All right. To increase the number of tracks that you are looking at here as well. DaBen is going to call out what he calls strategies. He's going to call out a number of strategies that will work for the group and for the energy of the room. Now you may find that you are already using these. I would guess that you have developed these, used these and more to place your awareness, to place your focus, to bring that about to look at the energies. One of them is getting small and really looking around you and noticing that. We'll play with a number of those.

Now, for you it's important that you learn these enough to point them out or suggest them to your students. And it's certainly important for you to do that. And to encourage your students to develop strategies of their own. All the strategies accomplish really a greater refinement of the two things that DaBen says all the time:

Be observant and be inventive. And strategies are just ways of formalizing that a little bit. Ways of noticing how the energy might be. So if things aren't quite where you thought they could be or you're having a little trouble just seeing exactly what happened with that energy, strategies are ways of increasing your ability to be observant and to be inventive in working with those.

Okay. Find a comfortable space.

Program 08 Spinning to Step 2

DaBen: Good. Well, let us explore now more aspects of self-exciting. You are doing so well that we want to look into this energy to an even greater degree, to show you how you might create for yourself that opportunity to be more thoroughly and completely in this state of self-exciting. And from that state indeed to transmit to others and to teach others how to create this state for themselves.

So finding that stable place now. You might remember to adjust the harmony in the Renawre cocoon, updating your skills. And taking a moment just to enjoy that stable place, that peace, the comfort in this point of dynamic tension, this point of movement and activity.

Good. Now, making that connection with your guide and then finding an area on the gridwork, finding the gridwork now and an area on the gridwork. Pick a large area.

As you find the energy there you might try using a strategy, getting small and just observing about you, observing the size that you have chosen, is it too large, is it too small, how easy is it to really get your awareness all throughout that volume now. And hold your stable place as well, the connection with your guide.

Good. Spinning now, let that spinning be a part of your awareness, noticing more and more aspects of that spinning. Good. And now finding the energy of the core and transmitting that now. That clear energy. Notice how that changed. Good. Noticing increase or decrease in spin now, each focus, each shift of awareness.

Good. Good. And noticing more and more aspects of that connection now, the aspects of the energy, of the gridwork. Good. Now finding that spinning, faster and faster now, a larger volume, holding that, holding that spinning, holding your stable place, transmitting the spinning, more and more. Holding your connection with your guide and the gridwork, but spinning, letting it spin faster and faster, more and more of the volume spinning now, all the movement becoming spinning, all the light there, frequencies building and moving. Letting that spin increase.

Good. And as it takes off now, as it goes beyond your ability to hold that spin in your awareness, focus on the entire volume now. Just surrender to that flow, to that energy. And notice each moment now your awareness, your focus, your being increases or decreases. Just be, just surrender to that being carried.

Good. And explore now. Explore the qualities of this self-exciting, that stable place, of the gridwork.

Good. And find that spinning again, even a larger volume, even more motion this time, faster perhaps. Finding that natural speed now of all the energies about you, of the gridwork, of your connections, of your ability to focus upon these energies. Natural speed now, faster, moving from one to the other and then the spinning and noticing the speed at which you can hold that state and be carried.

Notice all the activity, all the action that's there. And out of that speed there comes and even greater peace, an even greater ability to hold your focus and awareness, to play, to be upon that. Good, there. Noticing that now, noticing that energy, noticing that space, building on that natural speed. Letting it increase, letting it increase. Very good. Holding that now. Just letting it increase, being a part of that energy. Good. Just surrendering now.

Good. And now let's use another strategy in this as you surrender. Finding the smoothest flow now in all of this, the flow that goes the furthest. Just gliding, gliding upon that now. Surrendering layer after layer, wave after wave.

Good. Now, moving up to that distant point of light again and letting yourself take all of your consciousness there, noticing, noticing how much larger that stable place can be, how smooth your experience can be, how easy it is to hold that, to expand that place. And letting yourself fall back down now, being in that stable place at this much greater size. Good.

Good. And just let that go now. And smoothly and easily now, but quickly, come back to the time and space of the earth plane. As you do, translate as much of that experience as you can. You might find that stable place, of that size, again, smoothly and easily. Notice as you come back now how you do it, whether it increases or decreases your spin or that self-exciting state, the qualities of being carried in this way.

Good. And with that we want to congratulate you on this wonderful space that you have created and bid you most pleasant journeys for now.

Program 09 Talk - For After Spinning to Step 2

Duane: Okay. You're doing very, very well. We're getting to those places where we can really let self-exciting be what it is, that continually renewing where your really only focus after a bit, after you get to that space, after you're able to hold that, your really only focus need to surrendering fast enough, getting out of the way.

There's lot of skill that you've brought to that. Lots of ability to sense the subtle energies for you to be able as easily as you did move back and forth and sensing the feedback from your transmission and receiving a transmission, from being able to work all of that, holding those spaces, being able to let it go smoothly.

Now, your challenge for your students is to recognize the moments that your students are opened to learning, open to exploring that, so that you can capitalize, as it were, on their skills. So that you've got just the right amount of new things and using the skills that you build them piece by piece.

Now, another aspect of learning is that learning is not always linear. So you can't always rely on knowing the next time what you thought you knew or what you thought they knew the time before. Sometimes learning goes through this sort of cycle. So be alert to that as well.

Okay. We're doing well. We've looked at most of the skills that we'll bring to bear on creating the self-exciting state. We've looked at a doorway. Most of you are able to hold that stable space, not having to renew it very often. And it's not important to be able to hold it.

If you need to come back and renew that space so that you can be there again and then set it up again, do that. Don't try to hold onto something that is disintegrating around you. Start over. It's sort of a variation on the theme that DaBen's said to you over and over again. That the measure of mastery is not how long you stay in those spaces, but how quickly you get back.

So if you've lost it, the group's lost it, start it over. Don't try to recover. Start from scratch. It's very difficult to take something that has begun to come apart and figure out what you have to put back to have it work. It's much easier to say, okay, wipe it clean, we're starting over. And you can do it quickly.

Program 10 Placing Radiance-Setting for Self-Exciting

DaBen: Good. And finding that stable place now, as large as you can find, as large an area. Noticing the frequencies here, noticing all the light within the cocoon.

Good. And just notice as many of the aspects, as many of the parts of your experience of this stable place as you can. And lifting up to that distant point of light. Just updating your experience of this stable place. And falling back down.

Good. Now connecting with your guide, noticing how that may have changed as you have gained yet more ability in these energies. Noticing all the aspects of that connection, the wisdom and information available to you there, the guidance, the power and energy.

And now very slowly expanding your awareness out to the energies of the gridwork, those vibrations...good. All the patterns here. Notice your ability to move upon that gridwork, up and down and all throughout all the dimensions here.

Good. Now choose an area on the gridwork, whatever size you'd like, to transmit to. Good. And now finding that energy of self-exciting now, beginning the doorway perhaps of spinning. Good. Through the various steps of the spinning now...good. Transmitting that. Good. Now, that self-exciting now, finding more energy, completely. Being carried by the energy now. Still noticing the spinning, but being carried by the energy, transmitting the spinning, transmitting your experience of being carried by the energy, holding that stable place, connection with your guide, your awareness of the place upon the gridwork.

Good. Fuhl lon eee ahh...

Continuing that transmission now, more and more self-exciting, more and more building. Good. And as you reach that place of being carried, letting yourself be carried, surrender to that flow, letting that flow happen. As you do, notice as much as you can of that self-exciting space. Begin to set that self-exciting energy, just noticing it. Patterns, your experience, all that's there, all of that surrender, that being carried, all a part of that now.

Setting that, placing as it were a pattern that you can follow as it expands and grows. That patterns weaves its way through your experience now, setting that space. Transmitting that to the gridwork, noticing the light within the gridwork, the feedback, the way the patterns change. Being your experience of the gridwork, the feedback, being your experience, holding that stable place, the connection with your guide, being that energy. Choosing to bring in a skill or using a strategy to add more power.

Fuhl lon eee ahh...Good.

Now, as you're continuing all of this, as you are playing with this now, as you're transmitting to that area of the gridwork, find as much of the gridwork in your awareness as you can, the whole experience that you have of the gridwork, all the area that you can find. And just add beauty and light there, anywhere within the gridwork. As you're transmitting now, holding that, placing your radiance, transmitting your experience of placing your radiance, transmitting your experience of self-exciting, your energy from that stable place. Holding that now.

Good. Now just bring your awareness back to that area of the gridwork you have chosen to transmit to. Notice the feedback there now. Good. Now just letting that go, letting that area of the gridwork go from your awareness now.

And just being your experience of that self-exciting, that energy, that building, that setting of the self-exciting space. Just letting it build even more now, moving underneath, playing, noticing that skill that you've gained, the ability to do that natural pace more smoothly and fluidly, to experience that. To go within each of the smallest areas of detail that you can notice within this entire volume and play there, to expand, to explore, to add light.

Fuhl lon eee ahh...

Good. And now continuing that, holding your awareness on that and the stable place as well. From that stable place and your experience of the self-exciting now and being carried by it, move your awareness out. Move your awareness out on the earth plane, all around the earth, finding groups and individuals perhaps of light that you can notice, points and clusters of light as you look out now on these subtle energies, the waves and planes.

Finding that light just forming, just opening, and the light that is well established and strong. To all of those now, send your light, add beauty, add harmony to that light that's there. Good. And just feel the feedback from that energy now. Good.

And now in the area that you are living right now in the time and space of the earth plane in the area that you are living, just find that area, as large an area as you'd like around there. Find the energy, the qualities of the energy there, the light and the patterns there. You may begin to appreciate more why you are in that area right now, what has drawn you there, what about the qualities of light here that draws you. How are you creating even more beauty and harmony in that light, in that energy.

Good. And just letting that go now, just being your experience. Good. And now just letting your awareness of that stable place go and just be your experience for a moment, letting yourself notice the light body cocoon, as many layers as you are holding, and then just be your experience, just enjoy being carried by that self-exciting energy now, just being carried and being.

Good. Now just letting that go, and back to the time and space of the earth plane now. Smoothly but quickly, noticing how it is that you translate that energy back. Good. And with that we'll bid you most pleasant journeys for now.

Program 11 Talk

Duane: Okay, great. A nice, high level of energy today. Self-exciting must be really working for you.

Okay. Let's talk just a little while we're sort of finding the energy of the room again and just sort of remembering some of those spaces. There's what I used to call funny memory. I'm not sure that that's a good term anymore. But as you recall the spaces that you're in in the subtle energies, it seems that the memory operates much differently than it does in the rational mind or in sort of the earth plane intellectual sorts of things.

It's very difficult for me to remember intellectual sorts of things if I didn't notice it at the time, if I didn't really note something about something I read or learned. If I didn't really notice it at the time, I really can't remember it.

But with the subtle energies I can go back and recall things that I didn't notice at the time in greater detail than I ever would have been able to during having the experience. And so you can use that as you sort of tune into now what you experienced yesterday and use some of that. And it's not cheating to use that to get to that stable place, to get to the places that you've learned.

You do not need to do the original steps. So if you find that you can do it very easily, don't force yourself to be diligent and to go through all the steps that you did the first time to get there. Allow yourself to know that you can find that experience.

For many of you and for many of your students as they learn self-exciting they will begin to realize or begin to notice that they don't need to do any of the light body centers, the vibrational energy body centers or light body centers to really get there. They just remember those spaces. And that's fine. In fact that's in part what DaBen would want to do, by not making it any more possible to ritualize this material than he has.

You do want to remember that you should and you should remind your students frequently to update their skills so that when they get to those spaces that they are remembering to continue to build on the foundation. And to do that occasionally you're going to want to go back and experience each of the centers again and say, ah, gee, I didn't notice that there was that aspect before. There are going to be new aspects.

It's somewhat true here in these skills as in the early Awakening Your Light Body skills in the vibrational energy body centers that you need a strong base. You need this base down here in order to build on. If you start expanding your skills, pretty soon your ability in the higher planes is increasing, but you are not continuing to build your base. And if you do that, you can begin to see, at least if we were using this analogy in gravity, you begin to see that you now have the potential for crashing. So you want to update your skills. You want to keep it growing like this.

And so in those cases then you want to go back and rework the centers and, you know, maybe learn another way or explore another way to get to those places. But if you find it getting easier and easier, that's fine. That's exactly what we want, that you can get to those spaces in a few seconds.

Okay. Let's talk a little bit about the mechanical process, all the sort of logistics of organizing a course. You have all the physical space requirements and so on. Those are fairly obvious. You can work with those. But as you could tell, Sanaya and I worked

on putting together in this manual in the first pages, and why don't you look now at sort of the class structures. And we sort of organized it into a class structure one, a class structure two and -- or I think class set one, class set two and class set three.

These are suggestions as to what's our experience of what people can learn, of what makes complete sets. DaBen always tries to on every day, particularly, or even portions of a day to get to a place where the energy is complete. That the skills at that place are really complete.

So that if your student would leave after the first class set, for instance, chose not to come back or for whatever reason couldn't back, that they would have a complete set of skills, that they could build on that if they chose. It wouldn't be all the skills that are available in that self-exciting series, but they could begin to build on them. This is our guidelines to help accomplish that.

Many of you when you went through the frequencies, from the feedback that you gave us and so on and our observations, you want to introduce the frequencies a little slowly. Don't try to do all vision, precision, clarity and intensity all in the same day. It's too much. Spread it out. But it should be integrated into the course work.

In organizing the tape course material DaBen tried to -- couldn't not make every side an essential side because there were some learning steps that need to be in there that he felt really once you had made that step you might not ever listen to that journey again. You're welcome to, if you could, there's unique energies on all of them, but there are some that he designed to be listened to over and over again. Certainly the updating your skills because of external changes and internal changes. And then the other sides that are suggested there.

We want you to make sure that as you follow this that you do the preparation necessary to understand the essence of what's being suggested there, that you use them as guidelines. But you've got a lot of preparation that you would need to do in organizing a course to tailor it to match you, your interests, your abilities and to match your students, to match your teaching style. You have to fill in other things. There will be questions different than the questions we're getting here that your students will ask because they're your students. They will be attracted to what you are interested in and interested in exploring.

Particularly as you get into self-exciting, as you get into these areas, there was questions yesterday at the end of the day suggested, you have this infinite potential of places to go, of things to explore, of ways to build your consciousness. Everyone is going to be unique there. But you've drawn your students to you and so there's going to be some commonality in that. So you need to take the time to work with this material, using it as a vehicle to develop that consciousness in the areas that you're interested in.

In order for you to truly come from your experience with this material, teaching this material and the places that you choose to go, you have to have an interest. It can't be an intellectual interest only. You should have developed some of the intellectual side of it so that you can talk about it coherently, but you have to truly be interested in it.

More and more the largest part of the contribution that you will be making will be by your example, by the way that you live your life, by the way that you present how you find the world. And so recognize that that is going to be an essential part of the process, so it can't just be that you one day decide, hey, I've taken this self-exciting course, I think I'll organize a class. You will be in for lessons that you could have gotten in a much more joyful way than just deciding that it was a good idea one day. Prepare. Make sure that it's a good idea. It's not just a momentary bright idea, I think I'll do it. Make sure that it's what you want to do, that you've followed it out in time, that you want to make the commitment to those students for the period of time of your classes. That you are willing to be alert to not taking on their issues, that you have chosen your students well. So that you are alert and a part of that energy.

Program 12 Safe Landings and Surrounding Areas partnership one. (Be both partners, transmit to the gridwork?)

Duane: Okay. Now, we're going to play with a couple doorways. You should probably have an experience of them so that you are able to transmit them, but there's no reason that other than you being able to explore them for your teaching, there's no reason that you need another doorway. If the one you're using is working fine for you, it's gotten you into that space, it has served its purpose and you don't need more than one. And you won't need it for very long because you'll use it automatically.

And so we're going to explore them for that purpose, and then we're going to play a bit more with placing radiance and then we're going to work with a couple strategies as well. One is safe landings. That's definitely a strategy you should know of for your students, and probably for you as well.

It's very simple. It's called I will come back slow enough to reassemble things in a way that I can function in. Very easy, easily said, the concept is simple, remembering to do it is not terribly hard, even doing it's not terribly hard. But the number of times that people forget to do it and say, I am spacey, I don't know how I can function, is too large. So safe landings is important.

Okay. The other one we'll play with out there, the other strategy, is going to be sort of a precursor of a skill much later on, and that is surrounding areas that you don't have awareness with your awareness. How do you become aware of something you're not aware of. That's sort of a paradox, is how can you be aware of something you're not aware of. And so we're going to begin, that paradox will be one that we will use again and again as we continue to grow, continue to explore. But we'll start the process there simply as a strategy.

Okay. A's you'll go first again. B's, your role again is to receive and to learn as much as you can from receiving. Okay. A's, find that space.

DaBen: Good. Now, B's, as you receive, notice as much as you can. There's much for you to learn in that receiving and how to receive, for you will need, as you teach or as you explore, the ability to notice, to listen, to sense, to be the energy around you will gain in importance.

And so practice now sensing the energy about you in as many ways as you can discover, and perhaps sensing the area about you through your cocoon, through every point within your cocoon so you are receiving millions upon millions of sensings.

Good. And now, A's, find that stable place, get it just right. Good. And now connect with your guide, smooth and easy, a very flowing connection. Now find the energy of your partner.

Good. And as you find that self-exciting energy now, begin to do it by transmitting your experience of moving back and forth throughout the entire volume of the cocoon that you're in, from the core to the cocoon boundary and the cocoon boundary back to the core, just back and forth. Floating at first, moving easily, smoothly but the entire volume back and forth. Increasing the pace of that. Good. Increasing that pace, faster.

Good. And you notice a point that it becomes impossible for you to fully connect with the core and fully connect to the cocoon and still be fast enough. Use that energy of missing as it were that connection that throws you into the volume too soon. Use that energy of being into the volume completely and fully now, not aware either of the core or the cocoon boundary per se, and just being in that space and letting that draw you out now.

As it draws you out you notice that you're being carried by that experience, and from that you know what to do now, experiencing that space, experiencing self-exciting, being carried by that. And now as you from moment to moment use your energy, use the skills to increase your spin, increase your self-exciting. Good. Good.

Now, let that go to some degree, and renewing your connection, reminding your connection with that stable point now, transmit this process, this doorway. Using only

the sound of the Fullonia to accent the process now, for a couple minutes now make the sound of the Fullonia to accent, just accent, when you've reached that point perhaps and a significant point beyond. Whatever you're drawn to do. Begin now.

Good. And now in silence transmitting that experience of self-exciting just as you have before, adding power now. Good. Very good.

Now, just moving underneath or playing with the energy in that way of transmitting, find an area of the energy about you that you can't really look into, that is not there in the same way that most areas about you are. Holding your partner in your awareness, that stable place, the experience of self-exciting now, finding all those areas that you can't quite hold in the same way and surrounding that area, whatever volume it is, however small or large, surrounding that entire area, that entire volume with your awareness now. Just letting the self-exciting energy carry you, noticing how that awareness begins to move, become more solid, move into that space at different rates and different places. Finally it's connecting through in places and then eventually just disappears, becomes like all the rest of the area. And out of that, though, there's an energy, an energy that contributes to your self-exciting, contributes to that flow you're experiencing.

Good. Now just letting that go but holding your awareness of your partner now, all the aspects, the connection to your guide, that stable place, all of that energy now. And now just recall that experience of the downpouring of light of the Vee, very briefly connect with that energy of the Vee, begin that downpouring of light, and then just hold your experience of that downpouring, the way the shift of your energy occurred. And falling into that now, moving into that space, that energy. Notice that as you do, that you expand out, that there's this quality of self-exciting that you've learned there as well. That it can carry you, that it begins to carry you as well.

Good. And continue to experience the qualities of that light of the downpouring of the Vee. Just expanding out on that, beginning to find that self-exciting state at even greater levels now, even more detail, being carried by it, buoyed by it. And as you increase your, do your energies, use your skills to increase the spin here, to increase that self-exciting, moment by moment by moment...good. Just notice that now, transmitting that.

Good. Now, A's, for a couple moments draw on the skills that you think would enhance the feedback that you're getting. Make those accents, accentuate those moments with the Fullonia or the name of a skill, just the right timing. Make the sounds when you're ready.

Good. And bring that to a conclusion now. You can still transmit, but silently. Good. Now, holding your partner in your awareness, begin to come back, thanking your guide, beginning to come back very slowly, finding a safe landing. And then at some point just let your awareness of your partner go and let that stable place go. And when you are back wait a little bit for everyone, begin to switch the roles now so that B's, you will be finding that stable place and transmitting and A's, you will be receiving.

Good. Good. And now, A's receiving, noticing all the energy, sensing that energy throughout the entire volume of the cocoon perhaps, every point, millions of points within it, sensing now. And B's, find that stable place. Connect with your guide and noticing the aspects of the energy here, smooth and flowing. And find as many aspects of the energy of your partner as you can.

And find in your experience the core and cocoon and move back and forth, holding that energy for your partner, moving back and forth, finding that, core to cocoon, slow and floating at first, and then as you gain more speed more intensity is brought to it. As you move faster somehow the energy builds even more as it moves to the core and it amplifies and it moves out and expands, amplifies and expands, core to cocoon boundary and back. At some point you're lost in the ability to focus and you move out upon that, on that movement there...good.

Good. Now just finding that self-exciting energy now with moment to moment, enhancing your abilities here, finding your partner.

Good. And now finding that first downpouring of light of the Vee now, transmitting that, already from this self-exciting space. Notice what happens now. Finding that energy, opening to more levels now, holding that energy, letting it expand. Just that downpouring of light of the Vee, the way that shift of energy occurs. Good. Letting that contribute to your self-exciting, setting that self-exciting state now, adding power, moving out along that.

Good. Now, looking in the area about you, holding your partner in your awareness, the connection with your guide, that stable point, the self-exciting and continue to set that, look in the area about you now. See if there's any areas that are less easy for you to put your awareness in and through and around. And find those areas, as large or small as they may be.

Place your awareness all the way around it, as though you are quickly surrounding that area. And just experience now as your awareness begins to move into even different areas, moving quicker in one than another, moving, becoming, connecting all the way through and the energy from that, that contribution to your experience of self-exciting, that state of self-exciting now. Noticing the speed here.

Good. And now B's, for a couple minutes call out the Fullonia to accent a point or use of a skill to enhance your partner's experience from that feedback now, setting that space to enhance their experience even more, just holding that energy...good. You may begin making the sounds now, when you are ready.

Good. And just slowly bring that to a conclusion now. Continue to transmit, but silently.

Good. And now B's, begin to come back slowly and easily, holding your partner in your awareness. Safe landings now. Thank your guide. Holding that stable place for a bit and then coming back slowly and easily. A's, just experience. B's, at some point just let your experience of your partner go as well.

Great. Just notice the energy in the room, the quality here, the full spectrum of light, all filled in. Good. Good. And with that now, both of you continue to come back to the time and space of the earth plane. We'd like you to share with one another your experience of transmitting and receiving, of the doorways, what things that you learned of circumstances of the energy that you noticed and learned from in your journey this time. And with that we will bid you most pleasant journeys for now.

Program 13 Talk

Duane: Lots of ways to explore this. Okay. There's lots of ways to explore putting these energies together. Lots of richness here.

You might have an even greater experience now of what DaBen means when he says that he has his focus is teaching you process, is teaching you how to be in the energies, how to work with the energies as his primary goal. Not the places you can go with them, although there are wonderful places, wonderful states of consciousness that you can go with them. And you pass through a whole number of those as you do each journey and as you teach and as you receive.

And those you may find that you favored places that you want to return to and spend time and explore, and that's fine. But in your teaching DaBen would like it to be your focus as well to make sure that your students don't learn just places, but learn the process, and the emphasis is put on the process so that at some point they can choose their own places and be free to do that and be confident of being able to do that and have that sense of discovery and play.

Okay. Let's talk while we sort of rest up for the next journey here. How are we doing in energy? Ready for another journey are we? Any comments on one of the other doorways, either the downpouring of light of the Vee, easier or harder than spinning, that downpouring of light? How about those for easier? Well, okay.

How about the core to cocoon and that energy in bouncing back and forth, easier than spinning? Okay, I see different hands. So your students may have a similar sort of preference. Remember what's important is that they be able to get there and recreate it for themselves. How they got there, that's not as important.

Okay. Now, we've talked a lot about self-exciting and the stages of self-exciting, and this last journey we began to get to the fourth stage in a more solid way, that's setting self-exciting that DaBen talked about in some earlier journeys this morning. As you were doing the setting that energy, working with the energy, enhancing that on your own, both times when A's are doing it and B's are doing it, there began to be a quality of energy in the room that's really that setting of self-exciting.

Now that you've begun to really have that experience and be able to transmit it, I'd like to put some words to it that may help you notice it in the next journey, notice it more in your experience. That setting self-exciting has some paradoxes and it has some dichotomy when we try to express it in words. But out there it makes sense. DaBen looked for a long time for a word to use that he ended up using "setting" but it's not quite right but there wasn't any word that really quite matched what was happening. At least single word.

What you're doing when you're setting that self-exciting is that you're taking the elements that are there and holding them in your awareness in such a way that they can expand but you can retain some consciousness, some ability to track them, some awareness of what those elements were. So that you've sort of set that space.

Now that is very useful for a number of reasons. The primary one you'll be using now is that if you start to lose the awareness of some of the places that you've set for self-exciting, it's a strong clue to you that what you are doing with the energy is reducing your ability to hold that self-exciting state. You are losing your spin. Sort of an early indicator to you that the way you've now gone off or are playing with the energies is no longer adding to that state. So you can use that as a sort of early indicator.

Now, in that aspect, that setting self-exciting, as a part of that surrender becomes that balancing point, becomes that awareness, can increase your awareness, that every moment you're either increasing or decreasing that ability to hold that self-exciting state.

Program 14 Setting for Self-Exciting Stage (Partnership exercise again).

Duane: Same partners. This time we're going to transmit and receive at the same time so there needs to be no A or B. So just stretch a little bit and then move into that position where you can be comfortable.

DaBen: Good. Well, you're doing very well. We want to acknowledge you for acquiring these skills, for being upon your path of growth, for choosing to continue to grow. Of course we say that as if you truly had a choice. And you'll find that choosing becomes just like that, over and over again. That there is what's next for you and there is that that is next for you. And working with what is next for you in the highest way you can is really the only choice that you could make.

And so let us explore together now where your choices have brought you. Where you can experience what it is that you are able to do and explore now. And it is up to you in the true sense of that word as to what forms you want to pick. That is truly among your free will. And we would suggest as Orin has given you so many clues on how to do, that you choose those forms that bring you joy, that path that brings you joy.

And we can see that some of you are beginning to have a bit of a problem with those forms as well and that no form seems perhaps at time the best form. But having chosen to come to the earth plane, you needn't be heavily attached to your forms, but in most cases some form is required. It can be very fluid, it can be very temporal, lasting only

a short time. Or it can be very flexible and stable. It's your choice, what works for you and brings you that joy. But your growth will continue much as self-exciting, and your choice will really only be to surrender to it.

And so as we look at that process of surrender and where your skills have brought you and that exquisite state of surrender now, let us play indeed with that.

And so finding that stable place...good...letting everyone find it now. And now just let that go. And now taking the entire volume of your cocoon, all the energy there, all the frequencies, all the patterns, noticing as much as you can, adding more light, finding those patterns, adding even more light now.

Finding a frequency of vision, perhaps that rotation about the core in the cocoon. Or precision, rapid vertical movements. Or intensity, that right and left beating, one then the other. Or clarity, that movement and then crystal-like quality stopping. Or a brilliance frequency, points of light expanding, exploding, becoming geometrically expanding, exploding now. Or harmony, experience of fitting, moving, fitting, becoming. Good.

And now with that, that entire volume, all of that light, beginning to move that up, all of your consciousness of that up now, all your consciousness moving up to that distant point of light.

Good. And now letting yourself fall back down and into that stable place. And notice as you fall back down your consciousness comes through each of the cocoon layer boundaries, gathering energy as it does.

Good. And just enjoying that stable place, that tension there, that sense of consciousness moving outward but staying there solidly. Good.

Good. And now connect with your guide, smooth and flowing. And now find the energy of your partner. Notice that you can hold the track of receiving as well, so that you're receiving and finding the energy of your partner. Beginning to transmit that space, that wonderful space of that stability and self-exciting now, noticing the spinning. Or choose a doorway, whichever doorway you would like to get to self-exciting now, either spinning, more and more in the stages, or the core to cocoon. Just you choose. Or the downpouring of light of the Vee. Choosing now.

Good. And adding more intensity now to that, adding more power...good. Being carried by that self-exciting more and more. Noticing now, noticing your feedback.

Begin setting self-exciting now, getting that space, just noticing it, falling back into that energy...good. Using that strategy, falling into that energy...good...holding that now.

Fuhl lon eee ahh...

Good. All together now, making the sound at just the right moment, letting that energy build. Accentuate your transmission with this sound now.

Fuhl lon eee ahh...

Good. And notice the energy in the room, notice the feedback from your transmission with your partner, notice receiving that transmission, the stable place, the connection with your guide, all of the patterns here, all the transmissions silently of the skills as you work with them now.

Good. All together now. Fuhl lon eee ahh...

Good. And now just increase the volume that you are holding in your awareness as you transmit now. That stable place, maybe letting it go and seeing what will happen and then reestablishing it. Maybe you can find even more volume, even more consciousness to bring to that now so that you can sense even more energy, even more of that light, exploring, playing with your transmission, with holding that space.

Good. And again, all together now, accentuate whatever energy is there that you're transmitting with the Fullonia. Good. Waiting...ready. Fuhl lon eee ahh...

Good. Now let us play some more. Finding that natural pace now, transmitting that, going to the second stage of spinning now, all of that energy. Good. And then setting self-exciting again, setting even more of that energy in your awareness now. Okay, good. Building that now. All together now, Sah hah...sah hah.

And silently now, all at the same time, a liftout. Falling back in, that pure energy. Notice the transmission in receiving now, notice how the energy of the room begins to be a part of all of that as well.

Good. And all together now, Sa ha once more, sah hah. And waiting for the Fullonia, just waiting, letting that move out, letting that enhance. Good. Now, Fuhl lon eee ahh...

Good. And being your sense of self-exciting now, just surrendering to it, being carried by it.

Good. And accentuate your transmission now, whatever you're transmitting, your experience, being that energy, accentuate that now with the Fullonia, all together. Fuhl lon eee ahh...and again, fuhl lon eee ahh...

Good. Now, just let go of the energy of your partner, just let go. Beginning now of that safe landing. Thanking your guide, letting go of that stable place and just be your experience, just enjoy this energy. Enjoy the change in the shift, translating those qualities of light backwards now, back into the time and space of the earth plane.

Good. And coming back slowly and smoothly now. Good. You are doing very well. It's been our pleasure working with you and playing with you in these energies today. We want to acknowledge you for all the energy you've brought together, all the assistance that you have brought here in this time and space to work with you, assist you, to explore, to play. And with that we bid you most pleasant journeys for now.

Program 15 Talk

Duane: All right. You're doing very well. I think I know why DaBen didn't want any evening session this evening. He thought we would have enough time in the journeys without an evening one and I agree with him.

Okay. A couple homework assignments, though. This one is simple. Read the Vision Statement, page whatever, 3 or something like that. Okay. We're going to talk some tomorrow about that and about some of the do's and the don'ts of teaching.

As you read the Vision Statement I want you to use that, to follow the spirit of that. And Orin and DaBen have tried to also set some guidelines into what is okay to teach and what they don't want you teaching yet in self-exciting. And it's really covered all in the Vision Statement. It's not Orin and DaBen's intent or Sanaya's and my intent to withhold material from you or not make it available for you to teach. Everything that Orin and DaBen bring through will all be eventually out there in some form that you can adapt or make your own. But it needs to be in the right order, in the right timing, so that the integrity of the experience of someone getting that material 10 years from now can still create that experience. And it's Orin and DaBen's intent to begin in a while attempting to put together some sort of foundation or work so that the work is available after Sanaya and I have exited. And so all of this material is in that timing.

And so just following that, the pace at which the gridwork is increasing and the stability it's gaining, the new material that's coming through will probably be accelerating. And so we think you'll probably have a different problem than one that you think you have now that there's not enough to teach. It may be more challenging teaching than you may be ready for that soon. So just read that Vision Statement and work with that.

Program 16 Bringing Self-Exciting Transmission Together

DaBen: Good. As we played with the energy earlier this morning and the past days, and indeed the past weeks, we have been very pleased with the way you are able to hold and recreate and amplify the energy. To take that energy that is there and to send it back in a pure and even way. And to acknowledge you for that and to set up a way to play even more with these energies.

We'd like you now to smoothly and easily but as completely as you can find that stable place. On your own, just finding that stable place now.

Good. Now finding the room as energy, and if you can, some of the individuals around you or perhaps even the whole room as individuals or certainly as a group, all the people here. And then finding the gridwork and holding both the gridwork and these people in your awareness now, transmitting to them.

Good. And finding your doorway, perhaps spinning, perhaps the core to cocoon, perhaps the downpouring of light of the Vee, whatever you choose, whatever you enjoy, your doorway to self-exciting now. Begin bringing the skills together, liftout perhaps, going underneath, bringing the vibrations in to stabilize, whatever your feedback of the gridwork and the energy in the room is telling you would most empower.

Good. Now, play with the spinning. Notice the stages in the spinning, first stage, the volume beginning to spin now. Holding self-exciting, holding that state, surrendering to the energy. You're doing great. And just finding that spinning and transmit spinning now, just for the joy of transmitting spinning, nothing else, just the joy of experiencing and transmitting that spinning and getting the feedback and just playing, noticing that energy.

Now the second stage of spinning now, even more involved, the spinning more coherent, faster, involving more elements now, capturing even more of your awareness, drawing your focus into it. Good. And notice how that adds, what elements it adds and the way in which it adds those elements of light to your ability to experience self-exciting and indeed to your self-exciting awareness. And surrendering now, falling back into that energy, using that strategy of falling in now. Good. Just falling into that.

Good. Now adding power to that self-exciting, adding more light. Good. And finding those elements now in setting that self-exciting energy, setting that, finding it, moving and then watching smoothly and carefully each moment now, adding more and more, surrendering, holding that...good.

And all together accentuate that energy, just note it with the sound of the Fullonia now, all together. Fuhl lon eee ahh...

Good. And just noticing the feedback from the energy in the room, from the gridwork, your patterns now, all of that self-exciting. Just notice this space now. Wouldn't it be wonderful if your students, the people you chose to teach could create this for themselves.

All together again, the Fullonia. Fuhl lon eee ahh...

Good. And now just let your awareness return to your experience, letting go of your awareness of the room and of the gridwork, just being your experience, noticing it as completely and fully as you can.

Good. Now, notice this experience of self-exciting right now. And then just let yourself smoothly and very slowly come back to the time and space of the earth plane, translating all that energy back now, bringing it back to the degree that you can, to the degree that it will translate.

Good. And with that now we bid you most pleasant journeys for now.

Program 17 Talk

Duane: We're looking at using today as your way to find that confidence that you need to organize material, to find your students, to bring everything together. And I phrase it in that way because that's a large part of any new skill that you learn and certainly undertaking teaching. And all the light body is experientially based so you have to have that confidence at some point in order to make the step to organize it, to put it all together, to start the logistics.

And you need to get through that sort of fear-excitement-doubt. There's always going to be a bit of that there. Those emotions, unlike some popular belief that if you just process enough all those emotions will go away, that's not true. It is definitely not true. And you wouldn't want them to go away really.

If you had fear go away, its counterpart, excitement, would also go away and you'd lose that whole energy set, at least of the emotions that I have spent some time studying and looking at. You go from the excitement to the joy to the happiness, peace, calm. There's a peak there. That joy is a peak. Many of you have notice that you really can't hang onto the joy very long, that it will go into happiness fairly quickly. And for you now probably peace follows fairly closely thereafter.

There's the polarity to that, and you can pop anywhere, let's just sort of mentally draw this excitement-joy-happiness. There's the polarity to that, fear-anger-sadness. You can pop between any of those, be anywhere on that cycle. You wouldn't want that to go away. Your experience as a human being on the earth plane would be pretty flat, probably not worth doing.

And, as you process, as you become more conscious or use the energies and become more conscious, then you learn to recognize that emotions set, that energy set, and to use it and to go through it and to do what you choose to do even though that's there. Or perhaps more accurately put, because it's there, because there's that excitement there.

And so as you do that, as you organize, as you plan, whatever you're planning but in this case we're just talking about a class perhaps in self-exciting or teaching the light body if you've not taught the light body so that you can begin to attract some of your students, you need to go through some of that. And so there's some of those things that you want to just let be and deal with as they need to be dealt with.

In terms of the growth that that brings up for you, DaBen has learned with me and Orin somewhat with Sanaya that when they first gave us a sort of 10-year plan, okay, this is what we're going to be doing for the next 10 years, it was overwhelming. No, not me, that's more than I had planned on. And so they've sort of learned to give the next picture, not the long-term goal. The long-term goal is out there, but the details, I'd rather uncover most of them when I need them, not too far in advance of when I need them.

And so it's that balance between organizing, between planning, between seeing that and taking action even though you know there's going to be some of those elements there, because there's the doubts there, can you do it and so on.

Okay. Let me give you some, for teaching and for other things as well, let me give you some behind-the-scenes tips on how to particularly in this case handle the energy that comes up. We tried to give you some experiences yesterday and from a few of you at the end of the day that came up apparently we were successful. We had been doing entirely -- things have been entirely too easy the first day.

You mastered the energies, the space was set, you found it, everything was great. You had a little bit of a more difficult time finding that space yesterday morning. You need to know what it's like to have that more difficult space. And you also need to know what it's like, that's one of the reasons that DaBen did it again, that sort of last journey yesterday where you were in partners, you were sending and receiving, you were getting lots of tracks at once and the energy built up. And for some of you it built up so much that you couldn't handle it and it collapsed.

You need to know what some of those are like if you're going to undertake teaching because you will have some of those experiences. And they're not wrong, they're not bad that they happen, but you need to recover from them and get back to that even place.

One of the ways that I have learned to do that is to find someone to assist me who knows the energies, can handle the flow, and to just assist me in being in that space. And there is a certain geometrical configuration for people if you're teaching a larger class like this class or even a class of 10 or so. It's often good to have one or more people that can be in sort of places in the room that you know and that you can count on them being in their experience.

No matter how much energy is there, they are in their experience. And during all of this class I've had people that were in the original experimental teaching self-exciting group in a configuration. One in the back of the room that I can have a direct connection to, and then two on the sides that are connected to the person in the back.

It's a way to let the energy flow, so the energy can flow through and around and come back so that I know if the energy builds up too much that I've got that additional assistance in handling the flow. So organize assistants. Your friends, it may be a student that is advanced that you have taught.

It's a wonderful space. The people in those positions are getting a wonderful experience. It's a boost in energy. All that they really have to do if you should give them the assignment is that you can count on them being in their experience, being present. Not unconscious. In the energies with the flow, whatever amount of flow is there, being in that experience. And it's a wonderful space. It's a relaxing space, it's a ride, it's whatever energy is there. It's more amplified even than the meditation this morning. So it's a wonderful assist and it's a wonderful gift to them as well.

The other is that if you push, if you decide this class is going to get to this experience and I am going to take them there if I have to get into each of their energy fields and adjust it so it's there, I'm going to get them there. I think you know by now not to do that. But there's subtler, more subtle versions of that.

For me still when things are going particularly well, I say, well, let's just add this one other piece. Well, gee, they got that, I'll just add this one other piece. And you can get to the place where you sort of get drawn into now you're pushing. And for me, when I do that, I sort of get a temperature imbalance. It starts to come back to me physically. And so you need to be alert to that and be aware that when that happens that after your classes you might not want to schedule the next day to be a solid left brain, I've got a full appointment calendar day. I try to allow a couple in which, you know, maybe I will cope with an hour or two of left brain, but the rest of the time if I do not want to have a thought, that will be okay, I will survive if I don't have a thought. And there's lots of environments that you're in and commitments that you make that you really have to be engaged, and you might allow some time after teaching to not be heavy duty engaged.

The other is to really follow -- many of us get routines that we get into. After a seminar or even during a seminars try to allow yourself to be spontaneous. Do what's there for you next, not to have scheduled things out so you follow a set routine.

Okay. That's sort of the after the seminar. We've talked a little bit about that at the beginning. Let's talk a little bit about preparation for. I've said that this material is advanced. It is. You should prepare for it. You should get your classes organized. You should set a timetable. How long is this journey going to take, how many journeys do I think I'm going to do.

Once having that, though, once that structure is in place, you know you could give it from that, and then allow yourself to make modifications as the class evolves. So it's sort of preparing to be spontaneous. You prepare so that you can truly be spontaneous then because you know what you're going to do, it's not something that you're inventing as you go along.

I think that was one of the things when I was years ago exploring in this realm, the metaphysics area, that many of the teachers winged it from minute one, and it comes across as winging it from minute one. Be prepared. Have your energy goal in mind and have at least one solid way to get there and then you can be spontaneous and be creative with that, but you've got at least one way to do it.

Now, in retrospect, that's really nothing more than what we've talked about in *Creating Money*, that's nothing more than the manifesting process. You're just doing the manifesting process by organizing the structure and setting some form to it and then you allow the form to come to you in whatever way it really does. But you have some idea as to what form is going to be there. So follow those principles.

Okay. I think that's all the pointers for right now on teaching. For those of you who don't choose to teach right now, that's fine. You should wait until it is the right time for you. I'm sure you've received a lot, even though the emphasis in our talks have been on teaching and many of the journeys have been focused around teaching people to learn the self-exciting skills, just being in these spaces, looking at it from this perspective and using the energies and playing with that stable place and seeing what can happen with the energies is of great value even if you never teach.

And so don't put that trip on yourself either. Well, I took this class, I should be teaching. The time should be right for you. And you'll know. You'll know when that is.

Program 18 Initiation to Self-Exciting Spaces

DaBen: Good. And B's now, you're receiving, and A's just get to that stable place, make the connection with your guide and find your partner's energy and just doing all that, just begin your playing. While B's, you see if you can discover yet more levels at which you can sense, at which you can listen, at which you can use your light body and all the places in the light body to sense the energy from your partner and the energy in the room and all about you, so that you're just sensing.

Okay. A's now, enjoy weaving that space. And when you're ready you may make the sounds now.

Good. Now give that another minute to bring to a point of completion.

Good. And now continue to transmit, but silently now.

Good. Now, A's just let your awareness of your partner go, feeling all that energy there. Placing your radiance now, whatever you choose, perhaps on the gridwork or on the energy about you.

Good. And now B's, just let yourself come back to the time and space of the earth plane, and then when you feel you're back enough begin to move out to that stable point. And A's, come back to the time and space of the earth plane, and then begin into your light body again to observe, to just through all the area in your light body sense, sense the energy.

And B's, from that stable place now finding the connection with your guide, smooth and flowing. Then find the energy of your partner, at as many levels as you can.

Good. Now, finding that energy of self-exciting that you are moving toward. Good. Now, begin that transmitting, each of the skills that you are using to weave this experience now, transmitting. And when you are ready you may begin making the sounds. When you are ready, begin now.

Okay. Give that a minute more to bring it to a point of completion.

Okay, continue to transmit but silently now.

Good. And now just letting your connection to your partner go, bring your awareness back to your energy, thanking your guide. Just being your experience. And A's, just enjoy that energy now. Notice all that you were able to sense and how it was that you were able to sense throughout that entire volume now. And B's, just letting that energy go, translating it back to the time and space of the earth plane. And A's coming back as well.

Good. You all did very well. It was a pleasure watching each of you as you transmitted in the energies, the way you built the energies, brought the experiences together. Good. And continuing to come back now to the time and space, smoothly and easily. Good. And when you're back enough, share with your partner your experience of both receiving and transmitting and of creating that self-exciting space. And with that we bid you most pleasant journeys for now.

Program 19 Talk

Duane: Okay. Let's just look at the Vision Statement, sort of read that together, sort of hold that picture out there as things evolve now. From the energy this morning perhaps you'll find a lot more of that energy and we can hold this picture out there, this idea, this energy form.

DaBen and Orin asks us to join them in holding a vision that; "Each of you who is building your light body is adding to and creating a gridwork of light on the inner planes." That already has become a central feature, a place that you can find energy, you can place your radiance, you can draw energy from, you can count on it being there. It is solid and stable enough now in a while variety of frequencies and patterns that you can draw on it. Let's say you start a class and you really can't remember all the excitement and energy, you're drawing a blank, you can't remember what self-exciting feels like, how are you going to get there? Go to the gridwork, it's there. All of you did that, consciously or unconsciously, all of you did that on the very first day of the class. We went to the gridwork, you found what that was like and you said, oh, that's it, and you just created it.

Okay. "This gridwork of light is available to each of you as a source of soul nourishment, stability, strength, energy and light. This gridwork of light increases daily in the beautiful, clear, harmonious, balanced, radiant and light-filled energies it contains."

Now as you place radiance, as you play with self-exciting now and placing radiance, if you choose to place it on the gridwork as we've been doing, find areas that are a little different, that don't quite have that light and add light there. Or find areas that are totally void, that you can't really find the gridwork there. Find how to add light to those areas. Play. There's a lot to be learned.

"Your connection to other light body students enhances the purity and strength of this gridwork of light."

Now, that's getting a lot better as the group gets larger. We all come together with a common purpose on the inner planes. We find that we're very similar, that the light is compatible, it just is harmonious, it blends together and it's wonderful. What you may discover as you try to translate that back to the personality level is the very large diversity of light body students, of the belief students, of the backgrounds, of the way they approach their lives.

And for some of us, when we reach something that's so diverse, we really can't understand it, it upsets us in some way and you get some personality conflicts developing. So if you find that happening, just go back to what you share in common with other light body students and just notice that and find the aspects of energy that are the same.

"Each of you transmits the pure frequencies of self-exciting and the frequencies as set by DaBen so that the energies become stable on the earth plane, allowing more and more people to build their light bodies."

The key word there is that essence of pure energy as DaBen put it. Now, do your best at that. Do your best. Don't set this I have to do it identical to DaBen because you might never achieve that, and it may not be appropriate for you to even try in that sense because you will have your own variation. But try, do your best to find that pure essence and then it will evolve from there.

Those of you who took the light body awakening course more than two years ago, you may notice that the lower centers now have changed dramatically, they've evolved. The gridwork, the light body has taken on a life of its own. And that's fine, those are stronger. With self-exciting it's more in the early stages. So be as pure as you can. That's why we ask you to in your classes to use a very few number of sides, but a few sides that DaBen made so that that's out there for a while longer, so there's that common reference point.

"Each of you increases your ability to transform the energy around you into light, become a clearer transmitter of light and to experience the never-ending unfolding of these energies of light."

Be true to your own growth. That's an easy one, sometimes. Be true to your own growth. Be in what's happening for you, handling the thing that's in front of you as well as you can. That's all that is required. And then the next thing, and then the next thing.

"Each of you honors the energies of the light body with integrity, reverence and respect in your actions, words and thoughts."

As you teach you will set an example. Use that reverence. We have a lot of personality things. The different cultures that we are from have different ways of showing reverence, different ways of showing respect, different ways of showing honor. So use your way, use the way of your students to show that respect.

A lot of the energies can be supported and carried just by showing respect, you having integrity, making your word law in the universe. And a lot of that will be carried from that. You'll have a lot less potential problems in agreements and so on if you put it out clean and keep it clean from the very beginning.

"Everyone who is ready will have an opportunity to awaken their light bodies."

Now we did a journey yesterday and found people that were ready, that were just beginning to be able to understand and use this material. And so just be available to that. If somebody is wanting you to sponsor them, you say, well, gee, I'm not quite ready, but they are earnest and they keep coming back to you, then really look at undertaking that, see if they're ready.

Look at undertaking it. Start small. Start with the people that are right around you that are drawn to it. Make sure they're ready. Don't you decide that they're ready. They decide that they're ready and you say, oh, great. Now you may have been holding an energy space for them to be ready, but don't you decide when they're ready.

Another aspect here is some of you, this group is from all over the world, quite literally. But some of you live close by and you may know people that are your students and then students should have the opportunity to go to whoever they choose to go to to learn whatever they choose to learn. So don't get into competition with a friend of yours that's also teaching and now she or they are teaching one of your students. We're not in competition. There are, what, four and a half, five billion people on the planet. I'm sure that there's enough for all of us and we will attract our own students. So allow that flexibility there. Don't get into survival, into shortage.

Now, another aspect of that that you will have to make a choice of, and some of you have made quite different choices than Sanaya and I have made, and that's fine. DaBen painted a picture when we first started years and years ago. He said you have a choice to make. You could accomplish the -- and you may have a similar sort of picture or you may not -- I'll give you the assignment, the commitment that I have made, and that is to shift a certain quantity of energy, and I don't know quite how that's measured.

I do know when some of it has been accomplished. A certain quantity of energy shifted. Now that can be done with taking 10 people and having each creating a space that each one of those can shift a large amount of energy. Or taking 100 people and having each one of them shift it a small amount. Decide which sort of approach is best for you. Sanaya and I continually evolve what is right for us at that time.

Right now our focus is on seeing if we can reach a slightly larger group of people that are more advanced, that are really ready. And it's always been our focus to work with you, the teachers and the healers, to set that space. Not the general public per se, not the people just beginning on the path per se, but on the teachers and healers.

Some of you are working with general public or working with people who are just getting into metaphysics, into anything spiritual. Some of you are working with people who have been doing very spiritual practices for years. Do what's right for you, and start noticing that there may be that sort of equivalent amount of energy that you've chosen to shift. And you can do it in lots of ways, either by shifting a few people a lot or by shifting a lot of people just a little bit.

So if you have radio programs you're reaching a lot of people that you never will meet. If you write a book you'll never meet most of the people. But you can find that that energy has been shifted, you know that. So decide what's right for you. And then make changes as time goes on.

"Each of you who sponsors or teaches the Radiance Self-Exciting and Radiance Filling in the Frequencies courses makes it your goal to empower people to have a direct experience of these higher spaces and recreate these experiences for themselves."

That's the goal of DaBen's teaching. He wants it to be your goal. It's the goal of Orin's teaching. He wants it to be your goal. We're not creating circumstances in which people can even have the slightest possibility of becoming dependent. We want to empower.

Now, that requires you as teachers to at some point shift your role as teacher to role as co-sponsor or co-light body student or whatever. You need to as a teacher perhaps initiate that with people at times to make sure it happens.

"You will be able to be with DaBen and Orin in courses at key energy times to receive their live transmissions to strengthen and build your light body using new frequencies of light available and to experience the empowering energy of a light body group."

DaBen and Orin will be available on the inner planes and occasionally in live classes so that when the time is right for you that you have the opportunity to do what we've done this weekend in various themes. I know that I would like to be able to be more spontaneous in those classes, but again logistics interferes.

DaBen would love to take better advantage, not have to try to look so far in the future and say, well, okay, where are things going to have evolved and is this really a good time. And the hotel will tell you, well, it's either this weekend or two weekends later, and DaBen says, well, okay, but the one in the middle that you can't get is even better. And so it's attempting to handle those logistics. But we're getting smarter in handling those details all the time. And so we'll organize topics around that.

"Each of you studying the Self-Exciting frequency courses has a copy of the Statement of Vision to refer to and energize with your thoughts."

To just hold these ideas, this energy, just so that it begins to manifest just because we're holding it this way. As things evolve in the next few years, I think that we're going to find that there are going to be students that have begun their spiritual growth, have begun their evolving from other disciplines finding the light body, finding a way of perceiving the energies perhaps more clearly or perhaps because it's slightly different, giving them a better perspective or different perspective on the energies they've been exploring.

So I want you to be open to that. Not set the form, not make the light body exclusive or gee, it's better than, or whatever. It's a way of viewing the energy. It's a way of understanding the energy and working with the energy. There's lots of ways of coming to that. And so as you meet these people you'll feel free to share, to explore, to not get into competition with, but to explore.

Gee, when I look at the energy I experience it this way, and then you experience it that way, what's there that we can learn from each other. Open yourself to those potentials and possibilities as well.

Program 20 Building on Self-Exciting Spaces

Duane: Now, we're going to play, truly play with these energies. We're going to find some spaces that should assist you in looking back on, as it were, looking back on self-exciting as a skill. And it should complete that going to that distant point of light and falling back down, it should make use of that energy, allow you to see a bit more there.

I want you to remember after having seen that if you teach, I want you to remember that stable place the way you've learned it. You can expand it a little bit, make it bigger, but remember that stable place. Don't go experimenting with other stable places, just stay with that one. You know it, you've practiced it, you've learned it, stay with that one. But for your exploring and expanding out there, there's another skill that DaBen will introduce this time that you should find providing you lots of insights on that energy and make it even easier for you then to transmit that self-exciting state.

Okay. So find a comfortable place.

DaBen: Good. And we want to congratulate all of you and acknowledge you for the skills that you have put together, the places, the states of consciousness that you can now reach. We want you to be able to acknowledge yourself for having been able to, a long time ago in the time of the earth plane, been able to make that choice, to choose growth, to go forward.

And we'd like to acknowledge you for your being willing to take a chance, to risk, to be willing to search for those energies that you knew were there but hadn't yet been able to find or discover, and to create them for yourselves, to learn how to do that, to invent and discover and however you have brought it together. You have succeeded and you are succeeding.

And so as you play with these energies now, from your point of knowledge and from your great wisdom of these energies, notice how it is that you are creating and discovering these spaces.

Good. Now, finding that Renawre cocoon, and if you must come back to find the Renawre cocoon, do that, and just notice the shimmer there, the qualities of light in that shimmer, the way it flows, the energy within it, the way that the activity of the individual vibrational energy body centers are reflected in that flow, in that energy, in that vibrancy and resiliency of the cocoon.

And then finding the point of light of the Fullonia and moving out into the light body cocoon, as many layers out, as many cocoon boundaries out as you can, that you can hold in your awareness.

Good. And then moving now to that energy of self-exciting. You may find it easy for you to first find that stable place and then move to self-exciting, but don't hold the stable place long, let it carry you, that energy that you've become familiar with.

Good. And now finding the vibrations, upper left to lower right and upper right to lower left and bringing those in. Finding natural pace now, letting it speed up so it's just right for you.

Good. You might experiment with the spinning or downpouring of light of the Vee just briefly to bring in even more awareness of that self-exciting energy that's developing now.

Good. And now without ever trying to reach that distant point of light, begin to move your consciousness up along that ray of light, higher and higher toward that distant point of light. All of your consciousness, all of your ability to sense, all of your ability to experience, moving up along that cord now, that ray of light, moving up toward that distant point of light, distant star...good.

And then letting yourself fall back down, going through each of the cocoon boundaries as you go, rapidly moving through each of them, collecting all of that energy, noticing the energy there. Notice as you move through the cocoon boundaries that you collect light, noticing the different qualities of light in each layer of the cocoon now. And then into the core. Expanding back outward, being aware of the entire volume of the cocoon, the spinning there.

Fuhl lon eee ahh...fuhl lon eee ahh...

Good. And noticing the flow of that energy now, and the spinning, all the spinning about you. Rising up along that ray to that distant point of light and then falling back down, smoothly and quickly. And the natural speed here.

Good. And just briefly now experience that downpouring of light of the Vee, and then back to self-exciting. Sah hah...

Lifting out, finding that purity now, right back in...good. All that power, all that energy here, all the spinning...good.

Now, notice in that spinning, notice that you can place your awareness on an area in front of you in which the flow is moving from your left to right. Begin directing that flow inside another flow, inside a flow that's moving from right to left, so that the energy is coming together, moving in that way.

Notice your attention is drawn right to that point that the energies are flowing into one another, one around the other, flowing into, your attention is drawn there. Just notice that energy that's there. Let yourself be drawn, let it influence all of your awareness, let it influence all the awareness you have of the entire volume of the cocoon, all the area around you, all the energy. Just moving into that now, just falling into that experience, just being that energy.

Good. Noticing how tangible that experience becomes now. Just surrendering to that flow, being your experience of that energy moving into one another. Left to right inside and right to left outside, moving. Just be your experience, following that energy.

Sah hah...sah hah...

Good. And using that now, following into it even more, just be your experience, just be your experience, being carried, just floating on that energy.

Fuhl lon eee ahh...

Good. Now, just letting that go, just being your experience. Just noticing that energy of self-exciting now, find those qualities of self-exciting with that light there.

Good. And then very slowly, very slowly now, back to the light body cocoon, your awareness of it.

Good. And now back to the point of light of the Fullonia. And the Renawre cocoon, the Ranthia and just be that energy now. And continuing to come back to the time and space of the earth plane. It has been your pleasure playing with you, having these energies, playing together out in these spaces. And with that we bid you most pleasant journeys for now.

Program 21 Talk and Journey Set up

Duane: At one of the breaks there was a question about, the questioner said that he was experiencing a lot of heart energy or a lot of that love with self-exciting.

Love is a force, or as DaBen would call it, an aspect of a medium throughout the universe, certainly on the earth plane. So as you get into these spaces you are going to encounter that a lot. You're going to encounter those feelings, gratitude, insights from that space of love, compassion.

But you may find that compassion for you is taking on new meanings where compassion isn't always, as you gain more consciousness, isn't always a total acceptance of anything that you see, but it is an acceptance with understanding and recognition that there's free will and choice on the part of the person and that they have chosen, often very consciously, their circumstances to teach them lessons, to learn.

And so be in that space, notice that space. Learn to enjoy it, learn to understand, be with. Understand is not quite the right word, but learn what the experience is and how that operates.

And as we talked at the break, you should be noticing by now that these spaces, and for many of you you've probably noticed, learned a lesson and it's just become a part of your experience and so you don't really notice it anymore, but when you want to get into your experience, the way to get into your experience is not to attempt to get into your experience and to keep trying to get into an experience, but to just experience what you're experiencing.

And the natural result of that is then you truly are being and you are in your experience. And the same is true with that experience of love. Don't go seeking after it trying to get it, trying to figure out what form it would take or how you would feel if you had it or inventing it and all of that other stuff. Let it be a natural result of you being your experience, of you being self-exciting, of you being in those flowing spaces. Let it come out of that.

And then once you've experienced it, don't try to hang onto it. That's a definite way to drop out of the flow and the experience. You just have to recreate it moment by moment. Just let it carry you.

Now, for some of you and at some times your problem is going to be, if you can call it a problem, is that you're in those spaces so much you begin to wonder if you can operate on the earth plane, or even want to anymore. Remember that you're here to accomplish something, to learn something, and the way to learn that is to learn how to unfreeze this frozen time that Orin talks about and manipulate the matter, move blocks of matter around on the earth plane to accomplish what you set out to accomplish. And you now have more and more tools to do that joyfully.

And so at those times when I feel, well, gee, handling another logistic, moving this piece of matter from this place to that place and make it look like something else, I think that takes 99% of my time. I just remember that I can find it as energy and learn from that and begin to do that more and more, and to recognize that in part without that we couldn't have our connection of the inner planes, we couldn't have the vehicle to talk about or recognize that what we're doing is there.

And for most of us still, although DaBen is sometimes tempted to do a journey where he says we're beginning in a journey and at the end he says we've finished and nothing in between. For most of us that would be a little more advanced than our personalities would allow. And so we're sort going to continue to use the earth plane and matter for a while.

Okay. Let's do another exploration using that internal-external, exploring, looking at some larger energies and looking at what commitment is at this level.

Okay. Get in a comfortable space.

Program 22 Exploring Self-Exciting Realms- Commitment

DaBen: Welcome. And as we play together this journey, we'd like you to know of all the beings that you've attracted to play with you and assist you in holding this space this weekend, and that they are available to you to call upon to assist you in setting the energy for whatever it is that you are excited about, interested in, exploring, growing into.

We want to tell you of our gratitude to each and every one of you, and our love for you and all of those that you touch, all of those that you assist in creating a shift for.

Now as you find that point of light of the Fullonia and moving out now, smoothly and easily, finding that light body cocoon at as many layers as you can, as many boundaries out as you can comfortably hold in your awareness, the entire volume now.

Good. Now, finding that energy of self-exciting, any doorway you choose. For many of you it's already there, just notice it. And more and more it will become, that self-exciting energy will become a natural part of your space, of your light body cocoon, of your light body, of your exploring and expanding.

Good. And that downpouring of light of the Vee for just a moment now. Sah hah... sah hah.

Rising up now to that distant point of light, all of your consciousness, every last bit now, moving toward that distant point of light.

Good. And letting yourself fall back down now through all the layers of the cocoon, all the way to that center of the cocoon, that point of light of the Fullonia, all of that energy there, noticing the spinning, the self-exciting energy all about you now.

Finding that, moving from the left to right, that energy, and then that energy from right to left outside it, moving together and noticing your awareness on that energy moving together, what happens as they come together, noticing that place now, falling into that. And as you do, noticing the entire volume of the cocoon, continuing falling in and the entire volume of the cocoon.

Let that cocoon boundary, that last one out there, just let it dissolve and expand now, expanding out and out. Noticing somewhere in your awareness the earth, the earth plane and all of that energy there, the energy of the earth, that nature of the Planetary Logos, finding that now...good. Notice the commitment of the Planetary Logos in maintaining that environment in which you can have your point of consciousness, a point of consciousness of yours based on the earth plane.

Good. And now moving even further out, continuing to expand, noticing the energy of the sun now, all of that power there, that commitment, that light and commitment there, being carried by the energy.

And continuing to expand...great.

Fuhl lon eee ahh...fuhl lon eee ahh...

Good. Now, just letting yourself notice that experience, what's at the essence of that experience now.

Good. And now, starting to notice as you come back very slowly, starting to notice the energies of the gridwork, the patterns. To come back more to the scale, the size of your light body cocoon. Just noticing that energy. And find all of those points of light, those people that are growing and creating light, and thank them and to place your radiance there with with.

Good. And coming back a little further now, translating all that energy back. And finding your students, past and present and future, sending them light, holding that space for them now.

Good. And continuing the come back even more. And from this space of love and well being, finding Sanaya and sending her energy to find just the right words to communicate, just that right energy placed into words from Orin for her book on soul love, Orin's book on soul love, this energy right there.

Good. And coming back even more now. And acknowledging yourself for your abilities, for your energy, for who you are, for all that you are and all that you are becoming. That connection there, you and your soul and this energy, the guides, all that love and gratitude that you can express now at these levels just by being and playing. And sending energy back and acknowledge that you have received it and by creating your own and by placing your radiance, by growing, by following your path.

Good. And just coming back even more, and the light body now, the light body cocoon. Notice the cocoon boundary and move in, layer after layer, making the number of cocoon boundaries smaller and smaller so that you are moving into one or two layers of the cocoon now. And noticing the concentration of light here.

Good. Now, at your own time and pace let yourself come back to the time and space of the earth plane, this room. And with our love we send you most pleasant journeys and bid you good day for now.