

# *Awakening Your Light Body*

by

**DaBen and Orin**

*Channeled by Duane Packer and Sanaya Roman*



## **Sponsor's Guide**

For Sponsoring Others with DaBen and Orin's  
*Awakening Your Light Body* Six-Part Audio Course  
or the official light body course in your language

## Vibrational Energy Body

*Visualization Aid for Renawre Cocoon with 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.

## 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](#)

[Orin's Path of Self Realization](#)

[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](http://www.orindaben.com), if you are viewing this document online; or if your computer automatically connects to the Internet.

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

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## *Awakening Your Light Body Sponsor's Guide*

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Hello from Duane and Sanaya,

We are delighted you have come this far and have completed the *Awakening Your Light Body* course. DaBen tells us it is wonderful to experience the growing light you are creating on the inner planes. You now have the tools to go beyond just having your life work—you can go to as yet unimaginable levels of abundance, well-being, and vibrancy as you continue to awaken your light body and use the tools of light you have learned.

As a graduate, you are eligible to sponsor others. You will need to use DaBen and Orin's six-part *Awakening Your Light Body* course to sponsor others with, if you are a USA student. If you have learned the light body from a teacher and do not have a set of these albums, your teacher can purchase them for you or you can order them directly from LuminEssence. If you do not live in the USA, you will need to sponsor others with the official light body course for your language, if one exists. (You can visit our web site for a list of our International light body teachers and the official light body albums in other languages.) You can refer to *Awakening Your Light Body* course titles in this guide for information on what journeys and information are contained in the six-part DaBen and Orin *Awakening Your Light Body* course.

As an *Awakening Your Light Body* graduate you are eligible to take the advanced light body course by DaBen or by a qualified teacher called *Radiance: Self-Exciting—Building Your Light Body*. You are also eligible to take *Radiance: Filling in the Frequencies* by DaBen and Orin, or by a qualified teacher. We suggest you start with the *Radiance: Self-Exciting* course and either work with the frequencies during or after you complete that course. Information about these courses is on our web site. We have a number of additional graduate light body audio courses you may enjoy as well.

As a graduate of the *Awakening Your Light Body* course, you are now eligible to attend certain light body seminars, either in person or remotely, with DaBen and Orin. You can experience DaBen and Orin's live transmissions of the energies just for you. Each seminar will teach you new light body skills and further awaken and build your light body.

If you want to teach by transmitting the sounds of the centers aloud as DaBen or your teacher does, you will need to take the *Radiance: Transmitting Light* and the *Radiance: Self-Exciting—Building Your Light Body* courses by DaBen or by a qualified teacher. Please be sure to visit our web site and sign our guestbook and let us know about you. If you did not take light body courses through LuminEssence, let us know you are a light body graduate, and include information about the light body courses you have taken, your teacher's name, and graduation dates. We will then include you in our transmissions of light and energy.

Congratulations once again for your courage and willingness to grow. As you have taken this step of awakening your light body you have made a contribution to all of humanity, opening an energetic doorway for those who are following one step behind you.

~Duane and Sanaya

*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 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 the new frequencies of light available, and to experience the empowering energy of a light body group.

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

### Preparing Vision

Congratulations on awakening your light body! 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 light as you continue to grow. It is our vision that you will become more and more radiant. We ask that you hold that vision for yourself as well and assist us in holding Orin and DaBen's Vision for the *Awakening Your Light Body* course as listed on the preceding page.

As you increase your radiance there may be people around you who want you to teach them what you are doing that is making your life work so well. You may have already had this experience. Sponsoring others in learning the light body gives you a wonderful opportunity to place your radiance.

As a graduate of the *Awakening Your Light Body* course, you are eligible to use your six-part *Awakening Your Light Body* course by DaBen and Orin, or use the official light body audio journeys for your language, to sponsor others in awakening their light bodies. We will call playing DaBen and Orin's audio journeys for others (or the official journeys in your language) **sponsoring** others in learning the light body. Feel free to share this course with others, however we ask that you do not copy this course onto any format for sharing. You may not post these audio journeys on the Internet. Please do not copy or transfer these copyrighted journeys to other people via audio listening devices, other digital media, file sharing programs, or other methods. You are not authorized to record these journeys in your voice for commercial resale or to copy these audio journeys onto any media for commercial sale.

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](#).

With the completion of this course, you are now eligible to sponsor others by playing DaBen and Orin's audio journeys for them, or by lending your journeys to others, or by playing these journeys in a class setting.

If you want to transmit the sounds of the centers as DaBen does, you will need to complete the [Radiance: Transmitting Light course \(LB851\)](#) as well as the [Radiance: Self-Exciting course \(LB131\)](#), either taught by DaBen and Orin or by a qualified teacher. We will call transmitting the sounds of the centers as DaBen does **teaching** the light body.

To make the transmittal of the *Awakening Your Light Body* information as effective and pure as possible, and to empower you as sponsors, Orin and DaBen have suggested policies in this guide to assist you 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.

**Every time you sponsor others or teach the *Awakening Your Light Body* course, make it your goal to empower people to awaken their light bodies successfully and have a direct, good experience of these higher spaces and to be able to create these experiences for themselves.**

### Possibilities for Sponsoring Individuals or Classes

**Sponsoring Individuals with DaBen and Orin's Journeys:** You can sponsor others in awakening their light bodies by sharing your audio journeys with them, or through playing your journeys for others. In addition to this, your responsibilities as a sponsor means holding others in your awareness on a consistent basis while they progress through the *Awakening Your Light Body* course. Sponsoring them and assisting them to be successful might include talking with them, encouraging them to continue, meeting with them on a regular basis, running the energies together, and any other way you can discover that assists people in learning to create the light body experiences for themselves. You can learn a lot about the light body and expand your skills with it through sponsoring others.

**Classes Based on DaBen and Orin's Journeys:** Feel free to create classes and play DaBen and Orin's audio journeys from the six-part *Awakening Your Light Body* course. We ask that you not duplicate these recordings for others. If your students are interested in owning their own albums, refer them to our web site or have them contact LuminEssence. Your students will need to be on record as owning a set of DaBen and Orin's light body albums, or the official set for your language, if they want to sponsor others as you have. Please make sure each of your students has access to this Sponsor's Guide upon graduation.



## Awakening Your Light Body Sponsor's Guide

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**Classes Based on Your Live Transmission of Sounds:** You **may not** transmit the centers as sounds to others in classes until you have taken the [Radiancance: Transmitting Light](#) course (LB851) with DaBen and Orin or through a qualified teacher. We ask that your students not transmit the centers live unless they have taken the *Radiancance: Transmitting Light* course and completed all other requirements for teaching. DaBen and Orin want to make sure people who are transmitting the sounds of the centers have learned the principles of transmission, know how to transmit pure frequencies, monitor feedback, and so on, as taught in the *Radiancance: Transmitting Light* course. Visit our web site for more information.

### What You May Say in Your Flyers and Announcements

Sponsoring others, using your audio journeys, provides a valuable opportunity for your growth and a way to place your radiance. In order to assist you in learning by creating your own forms to teach the *Awakening Your Light Body*, LuminEssence does not authorize, certify, or approve teachers. To make this clear in your flyers, please use the exact wording below to describe your training in *Awakening Your Light Body* and your association with LuminEssence. In this case, we are assuming you will base your classes on playing the DaBen and Orin journeys in your classes, or playing the official light body journeys for your language, rather than transmitting the sounds of the centers as DaBen is doing.

\_\_\_\_\_ (Your name) is a graduate of the *Awakening Your Light Body* course as developed by DaBen and Orin, channeled by Duane Packer and Sanaya Roman, and is sponsoring others in learning this course based upon his/her understanding of it.

Optional: \_\_\_\_\_ (Your name) has completed the advanced *Awakening Your Light Body* courses: *Radiancance: Self-Exciting*; *Radiancance: Filling in the Frequencies*, *Radiancance: Transmitting Light*, and so on. (You may include any courses you have taken.)

Note: 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. using Orin and DaBen audio meditations, 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 light body class 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, and 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 *Awakening Your Light Body* 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 your 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.

### Light Body Courses and Materials Available from LuminEssence

***Awakening Your Light Body Manuals.*** Each of the manuals that come with the light body can be purchased separately. They contain the transcripts of the journeys in each album, plus space for journal notes, in addition to light body information, questions and answers, and so on.

***International Light Body Study Audio Journeys:*** For non-English speaking or international students: Album contains twelve DaBen light body journeys, including nine required journeys and three suggested journeys to be played for your classes. These journeys come from the six-part DaBen and Orin *Awakening Your Light Body* course. Journeys are for playing during your classes and are available for purchase by your non-English speaking students. Album contains twelve DaBen journeys plus a spiral bound manual containing the English transcript of these twelve journeys. ([Specify LB001](#))\* If you own DaBen and Orin's six-part *Awakening Your Light Body* audio course, you do not need this set.



**[Awakening Your Light Body Sponsor's Guide](#):** For additional copies, you may visit our website and download this free guide. ([Specify LBS](#)). It is for *Awakening Your Light Body* graduates to use as a guide for sponsoring others with their six-part DaBen and Orin *Awakening Your Light Body* course, or for sponsoring others with the official set of audio journeys for your language, if they exist. If you are sponsoring others with your light body albums in another language, they must be the official albums for your language.

**[Radiance: Self-Exciting—Building Your Light Body Course](#):** This course contains 24 journeys by DaBen. This course is highly recommended after finishing the *Awakening Your Light Body* course and is required if you are going to teach the light body by making the sounds of the centers as DaBen does. ([Specify LB131](#))\*

**[Radiance: Filling in the Frequencies Course](#):** Learn the frequencies that fill in your light body. You can increase your manifesting skills, discover where to put your light, and much more with this course. [Frequencies of Vision \(LB121\)](#), [Precision \(LB122\)](#), [Intensity \(LB123\)](#), [Clarity \(LB124\)](#), [Harmony \(LB125\)](#), [Brilliance \(LB126\)](#), and [Transparency \(LB221\)](#). \*

**[Radiance: Transmitting Light Teacher's Course](#):** You can become a light body teacher by completing the requirements and taking this course, or by studying with a *Radiance: Transmitting Light* teacher in a live class setting. (Visit our Internet site [www.orindaben.com](http://www.orindaben.com) for a list of teachers.) When you have completed this course, DaBen's *Radiance: Self-Exciting* course and the *Awakening Your Light Body* audio course, and if you meet all other requirements, you may teach others how to awaken their light bodies. ([LB851](#))\*

\*Please visit our website for additional information on these light body products and others available from *LuminEssence* Productions.

## Building Your Community and Selecting Students

### Building Your Community

Orin and DaBen tell us you are drawn to the *Awakening Your Light Body* course because you are a teacher, healer, and leader. The next step for you in your spiritual growth may be to begin connecting with your “group” and transmitting light to them through the inner planes. As you do this you will draw to you those you are here to work with and serve. This group can be your family and friends, people you have not yet met, your students, those whose lives will be most enhanced by your work, business clients, or the plant, animal, or mineral kingdoms. Find this group as energy, both as individuals and as a group, and experience all you can about them as energy. Hold them in your awareness as you run the energies and enhance your own experience, and ask what is next for their growth. You may be drawn to do inner or outer work. If you keep asking what you can offer this group as the next step of their growth you will be guided to the right forms that allow you to best reach and bring light to these people.

Some of you may teach the *Awakening Your Light Body* course to these people; some of you may simply use these spaces in your music, art, healing, counseling, and other areas of your life's work to bring these frequencies of light to people through your work. When you feel ready, you can draw your group to you. We will join you on the inner planes and transmit light to you, the healers, teachers, and leaders, when you build your community and increase your world service.

### Selecting Students to Sponsor

One of the most important aspects of being a successful sponsor is only sponsoring those who are most likely to succeed. We suggest you only accept students on whom you have checked with your Higher Self or guide as to the appropriateness of their taking your courses and their commitment and readiness for this step. Only work with people you feel are ready, committed to finishing the course, have had some exposure to self-growth techniques, and are on a growth path already. You might want to use questions like those on the page that follows to determine if your students are ready for this course.

We have found that the best students believe they create their own reality, are willing to take responsibility for the things that occur in their lives, and feel their spiritual growth is one of the most important aspects of their lives. You will want students who are interested in experiencing expanded states of consciousness, and preferably have already had some experience with meditation or other consciousness-expanding techniques.

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

**BE VERY SELECTIVE ABOUT WHO YOU SPONSOR!**

## **Are Your Students Ready to Take the *Awakening Your Light Body* course?**

What follows are questions we ask people to ask themselves to determine if they are ready to take the *Awakening Your Light Body* course. Before you accept students, have them answer these questions to help them determine if they are ready:

1. Have you been on a path of spiritual growth for awhile? Are you ready to be on an accelerated path of growth?
2. Are you interested in experiencing higher, expanded states of consciousness?
3. Is finding and living your higher purpose important to you?
4. Are you fairly open to the new? Are you willing to let go of those things that no longer serve your higher good, and are willing to create those things that do?
5. Are you somewhat self-reliant and creative? Do you trust your inner guidance and seek to follow it with action?
6. Do you believe you create your own reality?
7. Are you aware that you have a Higher Self and soul? Are you drawn to such things as meditation, learning how to channel, developing your psychic or clairvoyant abilities, or other things that expand your consciousness?
8. Is spiritual growth important to you and are you willing to devote time and energy to it every week?
9. Are you receiving inner guidance to create new things in your life, to put more time and energy into your higher path and purpose?
10. Have you learned how to deal with the emotional issues that may come up as a result of being on a path of spiritual growth? Do you look for the good in every experience?
11. Are you sensitive to energy? Do you want to learn more about subtle energies and how to work with them?
12. Do you believe you deserve to have a wonderful, joyful, and abundant life?

If they answered "yes" to the above questions, your students may be ready to awaken their light bodies. Ask them to go within and ask for guidance to see if awakening their light body is their next step.

## **Light Body Course Not Therapeutic in Nature**

We advise people who are enrolling in the light body courses the following:

"As a part of simply being alive on the earth plane, you will experience various situations that challenge you emotionally, physically, mentally, and spiritually. Awakening your light body does not create these challenges, nor does it create physical, emotional, or mental illness. None of the light body courses are meant to be therapeutic in nature. They work at another level to take you into higher spaces and to assist you in bringing those spaces back into your ordinary life. If you have any history of, or are currently in treatment for mental illness, such as manic-depressive, bipolar, schizophrenia, or other mental or emotional problems, do not take any light body courses until you have the consent of a licensed psychologist or psychotherapist."

We are also stating in our literature to people who are enrolled in the light body courses:

### **The light body is not therapeutic in nature:**

"As a part of simply being alive on the earth plane, you will experience various situations that challenge you emotionally, physically, mentally, and spiritually. Awakening your light body does not create these challenges, nor does it create physical, emotional, or mental illness. It does, however, give you tools with which to work with them. The light body is not meant to be therapeutic; if you experience emotional problems during this course, we suggest working with a licensed psychotherapist who can assist you. The light body is not meant to replace any medical treatment. Work with the light body to gain more emotional flow, mental fluidity, and physical ease in conjunction with any regular medical advice or therapeutic treatment you may be receiving. Any physical effects from using the light body cease shortly after you return to ordinary reality and stop running the energy. If you have any physical symptoms that occur as you awaken your light body, treat them as you would treat any unusual physical symptoms and get the appropriate medical assistance and advice from your physician."

To determine people's readiness, you might want them to answer questions like those on the preceding page. We have included these questions in our newsletter for people to ask themselves before enrolling in the six-part DaBen and Orin *Awakening Your Light Body* course. Select your students carefully; choose those who are most likely to succeed.

## A Fun Quiz to Take to Test Your Light Body Knowledge

How well do you know your light body material? (All answers can be found in the six *Awakening Your Light Body* manuals that accompany the audio albums.)

### **Nu'a**

1. Describe the Nu'a.
2. What happens when you close the Nu'a cone, and when you open it all the way to a plane?
3. What does the Nu'a do?
4. Where is the Nu'a in men, in women?
5. What are the three stages of moving this muscle?
6. How long is the Nu'a cone?
7. What happens when you make the cone longer or shorter?
8. What are some of the indications that people should close down the Nu'a cone?

### **Dinia**

1. Describe the Dinia.
2. What happens when you lift the Dinia plane in front, and when you lower it in front?
3. What does the Dinia do?
4. Where is the Dinia?
5. How does the Nu'a connect with the Dinia?
6. What is the other shape the Dinia balls can take, and what are they called when they take this shape?
7. Does the Dinia release or bring in energy when you contract it?
8. Does the size of the Dinia balls have any effect on your experience?

### **Leow**

1. Describe the Leow.
2. What are the three stages of the Leow?
3. Where is the Leow?
4. What does the Leow do, what is its affect on the Renawre cocoon?
5. What is emotional flow?
6. How does the Leow connect with the Nu'a, Dinia?
7. What do the first three centers do?

### **Mumin**

1. Where is the Mumin?
2. What can you do with the dome, and what is the optimum shape of it?
3. What kinds of energies can you bring through the Mumin?
4. Describe the Mumin. How thick is it?
5. Is the Mumin a center?

### **Ranthia**

1. Describe the Ranthia. What size is it?
2. Where is it in your body? What does the Ranthia do?
3. If you follow the Ranthia as it turns, does it matter what direction it is turning in?
4. Can you make the Ranthia rotation faster or slower? What affects its rate of rotation?
5. How many compartments does the Ranthia have?
6. Describe what happens to the Ranthia when there is a lot of flow coming up from the lower centers, and when there is only a little.
7. What is different about the way you work with the Ranthia and all the upper centers from the way you work with the lower vibrational energy bodies?
8. What kinds of spaces and emotional states can working with the Ranthia create?
9. Does the axis of the Ranthia tilt?

### **Traeo**

1. Describe the Traeo.
2. What does the Traeo do in relationship to the Ranthia, and in relation to the Pieah?
3. What does the Traeo do as a center?
4. Describe the mental body.
5. Which centers affect the mental body?
6. What energy setup can help you have more complete ideas?
7. What energy setup can help you quiet your thoughts using the Traeo and which other center?

### **Pieah**

1. Describe the two stages of the Pieah.
2. How do you get into the void from the Pieah?
3. What is different when you enter the void from the Pieah, versus the Vee?
4. Describe mental fluidity and how to use the centers to create it.
5. Can the rods touch the Traeo?
6. What stage of the Pieah assists in creating states of mental focus, creativity, insights, and clear ideas?
7. What stage of the Pieah allows you to gain mental silence?
8. What are some of the spaces you can reach and things you can do from the Pieah space?

### **Renawre**, the last vibrational energy body center

1. What is the Renawre, and what does it do?
2. What are the stages of the Renawre?
3. Describe the Renawre in each of its stages, I.e. what does the disk look like?
4. What are some of the things you can do from the Renawre space?
5. Do the Pieah and Renawre control the mental body?
6. What can you do from the Renawre to quiet your thoughts?

### **Fullonia**, the first light body center

1. Describe the Fullonia.
2. Where is the Fullonia?
3. What does the Fullonia do?
4. What are the three stages of the Fullonia?
5. Where is the Ranthia in relationship to the Fullonia?
6. What are some steps you can take if you are experiencing nothing for periods of time in the Fullonia?
7. What new skills are needed to more fully experience the Fullonia that were not as necessary to experience the vibrational energy body centers?
8. Do you have to go through all the vibrational energy bodies to find the Fullonia?
9. Describe the light body cocoon.
10. Why do we use the cocoon?

### **Saha**

1. Describe the Saha.
2. What does the Saha do?
3. Where is it?
4. Can you consciously influence the Saha?
5. What do you do with the balls to gain a more intense experience of the Fullonia?

### **Vee**

1. Describe the first, second, and third stages of the Vee, including their names.
2. Do you need to experience these stages sequentially?
3. What things can you do if you are not experiencing the Vee space?
4. What is the difference in the way you experience the void when you enter it through the Vee versus when you enter it through the Pieah?
5. What is an important skill with the Vee to experience it more fully?
6. What are some of the stable places in the Vee? What does "stable place" mean?
7. What are transition points?
8. Why is it important to return slowly, in stages, after you have been out in the Vee space?
9. How do you navigate in the Vee?

### **Miscellaneous**

1. Which centers can form planes?
2. Which centers can take on a spin?
3. What is the light body gridwork? Can you describe it?
4. How is transmitting energy different from sending energy?
5. Describe your emotional body. Is it smaller or larger than your mental body?
6. What happens to your emotional body when you create more flow in your lower centers?
7. What does it mean in light body terms to "be in the flow?"
8. How do you influence the lower centers?
9. How do you influence the upper centers?
10. How do you deepen and enhance your experience of the upper centers?
11. What happens when you make all the centers into planes? Can this be done?
12. How do you set a healing space using the light body energies?
13. How do you stay neutral using the light body energies?
14. How do you harmonize with the energies about you using the light body energies?

15. How do you quiet your thoughts, or have new, more creative thoughts using the light body?
16. Is there any formula for how to use the centers to create certain experiences or results?
17. Are we working with Kundalini energy as the light body is awakened?
18. Why is it important to continue to build your skill with the lower vibrational energy bodies while you are learning the upper centers or the light body centers?
19. What light body center is located in the area between the Diania and the Leow?
20. Can these energies be used in a negative way?

### General Questions

1. What is the light body that we are awakening?
2. Which three centers form the power base for the light body?
3. How is the light body different from the chakras?
4. What does it mean to open the back of the head and neck?
5. Do you know what it means when the room "goes mental?" Do you know how to recognize it, influence it, bring it about consciously, and stop it when you want the energy to shift?
6. What do you do if you or someone you are sponsoring goes on a journey and:
  - Comes back from the journey feeling spacey, dizzy, nauseous, or too hot, nervous, or scared?
  - Comes back from the journey with itching or tingling all over?
  - Thinks they experienced nothing, or had so much mental chatter they can't follow the journey?
  - Wonders if any of this is real?
  - Doesn't feel they are getting it because their experiences aren't the same as others?
  - Feels fragile after returning from a journey?
  - Has muscle aches or headaches after the journeys?
  - Wants to get mental and asks you question after question, or feels confused?
  - Falls asleep during the journey and wants to know what to do about it?
  - Goes somewhere during the journey but can't remember where?

### How would you answer these questions:

1. How do I use the light body in my daily life?
2. What is the light body for?
3. What are some of the benefits of awakening your light body?
4. What do you do with the centers?

A hint: the light body can take you into higher spaces where you can sense and work with the subtle energies, gain more radiance and light, quiet your thoughts, have emotional flow and mental fluidity, harmonize with the energies around you, open your channel upward, connect with your soul and monad, connect with the nonphysical beings of light, manifest by working with things as energy, and all the things you have learned as you took the *Awakening Your Light Body* course. We hope you had fun with these questions, and used them to increase your knowledge and experience of the light body.

~ Duane and Sanaya

## **Guidelines for Sponsoring**

To make the transmittal of the *Awakening Your Light Body* information as effective and pure as possible Orin and DaBen 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.

### Sponsoring Others:

DaBen and Orin congratulate you for completing the *Awakening Your Light Body* course! You are now ready to sponsor others with this course. Sponsoring others means you play your light body journeys for them, lend them your audio recordings, and holding them in your awareness, assisting them as they progress through the light body course.

We ask that you **do not duplicate** any of the material in the six-part Orin and DaBen *Awakening Your Light Body* course. If you do not want to lend your audio recordings to others, or if people want their own recordings, they may contact us to purchase the light body course for themselves.

We ask that you not distribute any of your own written material about the light body nor make available any audio recordings for purchase containing the light body sounds on them made by yourself, unless you have a signed agreement with LuminEssence to make the official light body recordings for your language.

If you want to teach by transmitting the sounds and frequencies of the centers yourself, you will need to take the [Radiance: Transmitting Light teacher's course](#) (LB851) and [Radiance: Self-Exciting—Building Your Light Body](#) (LB131) course through LuminEssence, or by a qualified teacher. DaBen and Orin want to maintain the purity of the frequencies transmitted and

## *Awakening Your Light Body Sponsor's Guide*

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guide you in transmitting these energies to others. Completion of these two courses entitles you to teach the basic light body course to others by transmitting the sounds of the centers. In *Radiance: Transmitting Light* you will learn all the elements of successfully transmitting these centers to others. This course is designed to assist you in doing the energy work to call to you your students and clients, and help you get your work out in a more powerful way as you become a clear transmitter of light. If you are sponsoring others, you will be using the six-part *Awakening Your Light Body* course by DaBen and Orin, or the official light body recordings for your language, if they exist.

Feel free to share this course with others, however we ask that you do not copy this course onto any format for sharing. You may not post these audio journeys on the Internet. Please do not copy or transfer these copyrighted journeys to other people via audio listening devices, other digital media, file sharing programs, or other methods. You are not authorized to record these journeys in your voice for commercial resale or to copy these audio journeys onto any media for commercial sale.

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](#).

### **Suggestions:**

Only pick people to sponsor who are truly ready and are motivated to complete this course. Ask them for a commitment to finish it when they start.

If you would like us to transmit to your students, encourage them to visit our web site, sign our guestbook, and let us know they are a light body student and that you are their teacher. Or, you may visit our web site yourself and give us information about your students.

Review the *Suggested Class Structure for Sponsoring Others in Learning the Light Body Centers* for presenting the Light Body centers so you can more easily recall your learning experiences and assist them with learning these skills coming from your own experience.

As they start Part 1, do an initial transmission to them to link them with the Light Body gridwork and help them begin to activate their light body. You might want to review Part 5, Program 12 for a process to link them with the Light Body gridwork. Continue to hold them in your awareness and transmit to them whenever you are drawn to. Use the journeys on transmission in Part 5, Transmission (Program 6) and Soul-Linking (Program 8), if you need to review transmission techniques.

If possible, meet with the people you are sponsoring in person to run the energy together. As you play DaBen's audio journeys transmitting the sounds of a center, join DaBen in transmission by being in your Fullonia and holding the other person and the center being worked with in your awareness, all simultaneously.

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. Remember 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.

If resistance, doubts, or issues come up, remind them to use Orin's Subpersonality Journey (Part 1, Program 4) or Orin's Age Regression Journey (Part 1, Program 5). Have them get into their Renawre cocoon (or whatever centers they have learned) before they talk about any of their issues or problems. This way they can view their issues from a state of emotional flow and mental fluidity. Encourage them to use light body tools to solve their problems.

You can practice Staying Neutral (Part 2, Program 7) or Setting a Healing Space (Part 2, Program 8) and any other of the skills you have learned to maintain emotional flow and mental fluidity as you talk to them. Use this as an opportunity to work with others from an energy rather than a personality level.

Upon completion of this course your students will be eligible for many of DaBen and Orin's advanced light body courses and seminars.

When your students graduate, be sure they have access to this [Sponsor's Guide](#). (LBS), which may be downloaded from our web site for free.

Your students are welcome to come to DaBen and Orin seminars for which they are eligible, enroll in advanced light body courses, or sponsor others using the six-part course. You may discover a whole new richness to the centers as you transmit them to others and assist others in awakening their light bodies. Enjoy!



## **Suggested Class Structure for Sponsoring Others in Learning the Light Body Centers**

### **Holding Classes Using DaBen and Orin's *Awakening Your Light Body* Course**

#### **General Guidelines for Sponsoring Others in Learning the Light Body Centers in a Class Setting:**

(You are playing DaBen and Orin's journeys to transmit the sounds.)

You may teach the centers to others by using Orin and DaBen's albums from the six-part *Awakening Your Light Body* course, or from your teacher's albums, if they are the official set for your language. We ask that you not duplicate any journeys from DaBen and Orin's *Awakening Your Light Body* six-part course for your students. If they want copies of DaBen and Orin's journeys please have them purchase sets from us directly. Please follow the sponsoring instructions below.

If you have not taught classes before, we recommend sponsoring one or two people with the six-part *Awakening Your Light Body* course by DaBen and Orin first. This will prepare you for teaching a larger group.

Review the suggested structure for presenting the Light Body centers so you can more easily recall your learning experience and assist your students with learning these skills. You may also want to review the suggestions for *Sponsoring Using the Six-Part Course* in the previous section.

Use DaBen's journeys to teach the centers to your students. You may create your own meditations or use Orin's journeys to teach other skills besides the vibrational energy or light body centers.

Remind your students that they are not eligible to sponsor others until they have finished learning all the vibrational energy and light body centers. If they want to sponsor others, they will need to use the six-part *Awakening Your Light Body* course by DaBen and Orin or the official light body course for your language, if it exists. If you or your students want to teach the centers by transmitting the sounds of the centers aloud, the [Radiance: Transmitting Light teacher's course \(LB851\)](#) and the [Radiance: Self-Exciting—Building Your Light Body \(LB131\)](#) will need to be taken through LuminEssence or through a qualified teacher.

Upon graduating, your students are welcome to come to our seminars for which they are eligible, enroll in our advanced light body courses, or sponsor others using the six-part course. We will assume they know all the skills necessary to create their own experience of the light body and are familiar with each of the centers.

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.

### **Basic Transmission Principles**

As you give classes using DaBen's journeys to teach the vibrational energy and light body centers, you can transmit silently along with DaBen. As you do this you will want to observe a few basic principles of transmission. If you are using the audio journeys, transmit to your students along with DaBen.

Transmission of the vibrational energy body centers is done by holding the Fullonia, the center being transmitted, and the person or people being transmitted to simultaneously in your awareness, all the while enhancing your own experience. You will want to focus on as precise and pure a frequency for each center as you can. You will want to transmit from a stable place in the Fullonia, the stage after it begins pulsing.

Transmission of the Fullonia, Saha, and early stages of the Vee (Vee cone with light pouring down through it) is done from the place in the Vee of the cone folding down before you are lifted up, using that tension point as a stable place.

Transmission of the later stages of the Vee, cone folding down, ball and flower, to stages of pollination of flower is done through the Vee "transmitting node" as taught in DaBen and Orin's *Radiance: Transmitting Light* course.

### **General Guidelines for Class Structure**

The Nu'a and Dinia are to be taught in separate processes on the same day.

The Leow can be taught on the same day as the Nu'a and Dinia. The Leow is to be taught within three weeks of the Nu'a and Dinia.

Do not teach the Ranthia on the same day as the first three centers or your students may not have a complete experience of the Leow. You will want to teach the Ranthia within three to four weeks after the Leow or your students could have too much energy buildup in the Leow.

Allow at least a month between teaching the first four centers and the upper centers.

The Traeo, Pieah, and Renawre can be taught together or within a few days of each other.

Allow at least a month between teaching the upper centers and the Light Body centers to allow time for integration.

Teach the Fullonia at least a day before teaching the Vee. Teach the Saha after the Fullonia and before the Vee.

Your students may try to rush you through the centers - do not let them talk you into giving them the centers too quickly! They will be grateful to you in the long run. If the first four centers are not adequately learned and worked with, your students will not be as able to feel or recreate for themselves the experience of the upper centers. If they have not achieved a level of harmony in their vibrational energy bodies, they will not be able to hold the Fullonia steadily. The Fullonia is the doorway to the Vee; if the Fullonia is not steady the Vee will be hard to experience.

Do not change the names or sounds of the centers. DaBen has spent hours perfecting the names to reflect the frequencies of energy that awaken each center and open to expanding energies.

We want to keep this teaching as pure as possible, and at the same time we want you to be able to be creative with your own classes. We ask that you teach the centers as outlined in the above criteria. You are welcome to develop your own processes to assist people in transforming their personalities and handling an accelerated rate of spiritual growth. Orin's areas of focus in *Awakening Your Light Body* included advanced tools to accelerate and integrate rapid growth; processes to transform the personality; processes to see self as a Master, and to open the channel to the Higher Self. Orin wanted to prepare you for more world service and teach you how to soul-link with other people, Masters, and guides so you could receive assistance in awakening and give assistance to others in their process of awakening.

In teaching, presenting the centers, 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.

### **Summary of DaBen and Orin's Processes for Each Course**

DaBen and Orin organized the live *Awakening Your Light Body* courses into the following three classes:

#### **Part 1 - Basic: Building Your Power Base**

Centers: Nu'a, Dinia, Leow, (Mumin), Ranthia. DaBen and Orin journeys contained in Parts 1 and 2 of the *Awakening Your Light Body* course.

**DaBen's Goals:** 40-60% control over your emotional body; ability to shift a muscle ache by untangling your emotional body from your physical body; some inkling of what it takes to transform physical body things; and to build up enough power to later ignite your experience of upper centers.

#### **Part 2 - Advanced: Activating Your Higher Energy Centers**

Centers: Traeo, Pieah, Renawre. DaBen and Orin journeys contained in Parts 3 and 4 of the *Awakening Your Light Body* course.

**DaBen's Goals:** 40% control over your mental body; more of your emotional body under control, ability to disentangle your emotional and mental energy bodies at will; development of a clearer channel, realization that you are not in control, that you are riding the energies but not creating them.

#### **Part 3 - *Awakening Your Light Body***

Centers: Fullonia, Saha, and Vee, and Core/Cocoon DaBen and Orin journeys contained in Parts 5 and 6 of the *Awakening Your Light Body* course.

**DaBen's Goals:** To have a high enough degree of harmony in your vibrational energy bodies so you can experience your light body; to be responsible for what is in the energies around you and how you use these energies; and to open your consciousness fully enough so the light body can ignite and become self-generating.

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 6 to 8 meditations per day for courses; leave time for discussion, answering questions, personality interactions, breaks, and so on.

## *Awakening Your Light Body Course Program Titles*

To assist you in planning your classes, below is a list of all of the Orin and DaBen journeys contained in the six-part *Awakening Your Light Body* course. Journeys are by DaBen unless otherwise noted.

### **Part 1: Building Your Power Base**

- Program 1 DaBen and Orin: Introduction
- Program 2 DaBen: Nu'a, Dinia
- Program 3 DaBen: Nu'a, Dinia - Second Journey
- Program 4 Orin: Subpersonality Journey
- Program 5 Orin: Age Regression: Evolving Your Inner Child
- Program 6 DaBen: Nu'a, Dinia - Third Journey
- Program 7 DaBen: Leow
- Program 8 DaBen: Nu'a, Dinia, Leow
- Program 9 DaBen: Emotional Release Journey
- Program 10 DaBen: Self-Healing Journey
- Program 11 DaBen/Orin: You are the Master Journey
- Program 12 DaBen/Orin: Journey to the Temple of the Masters

### **Part 2: Opening Your Heart Center**

- Program 1 DaBen: Introduction to Ranthia
- Program 2 DaBen: Strengthening the Ranthia
- Program 3 DaBen: Floating on the Ranthia
- Program 4 DaBen: Explorations of the Ranthia
- Program 5 Orin: Awakening Your Inner Healer
- Program 6 DaBen: Self-Healing
- Program 7 DaBen: Staying Neutral
- Program 8 DaBen: Setting a Healing Space
- Program 9 DaBen/Orin: You Are the Master Journey – Compassion
- Program 10 DaBen/Orin: Interdimensional Traveling Journey – Gas Beings
- Program 11 DaBen/Orin: Forgiveness Journey
- Program 12 DaBen/Orin: Temple of the Masters Journey

### **Part 3: Activating Your Higher Energy Centers**

- Program 1 DaBen: Traeo
- Program 2 DaBen: Pieah
- Program 3 DaBen: Renawre
- Program 4 DaBen: Exploring the Renawre Cocoon
- Program 5 DaBen: Traveling on the Gridwork
- Program 6 DaBen: Opening Creativity and Receiving Insights
- Program 7 DaBen/Orin: Changing Your Thoughts
- Program 8 DaBen/Orin: Interdimensional Traveling
- Program 9 DaBen: Exploring Frequencies
- Program 10 DaBen: Entering the Void
- Program 11 DaBen/Orin: Journey to Past Lives
- Program 12 DaBen/Orin: Being Born as a Master

### **Part 4: Aligning Your Vibrational Energy Bodies**

- Program 1 DaBen: Traeo/Dinia
- Program 2 DaBen: Renawre/Ranthia
- Program 3 DaBen: Renawre/Pieah
- Program 4 DaBen: Drinia/Dinia
- Program 5 DaBen: Experiencing Centers as Plane
- Program 6 DaBen: Recharging at Core
- Program 7 DaBen: Working on a Relationship Issue as Energy
- Program 8 DaBen: Working with Abundance Issues as Energy
- Program 9 DaBen/Orin: Running a Finer Gridwork Through All Centers
- Program 10 DaBen: Expanding Your Aura

### **Part 4: Aligning Your Vibrational Energy Bodies, con't.**

Program 11 DaBen/Orin: Opening Your Channel

Program 12 DaBen/Orin: Journey to the Temple of the Masters

### **Part 5: Awakening Your Light Body**

Program 1 DaBen: Fullonia Introduction

Program 2 DaBen: Second Fullonia Journey

Program 3 DaBen: Fullonia, Saha Introduction

Program 4 DaBen/Orin: Meeting the Planetary Logos

Program 5 DaBen: Fullonia—Intensity

Program 6 DaBen: Transmission

Program 7 DaBen: Fullonia—Waving

Program 8 DaBen/Orin: Soul-Linking

Program 9 DaBen: Fullonia/Saha—Power

Program 10 DaBen: Fullonia/Saha and the Vibrational Energy Bodies

Program 11 DaBen: Fullonia/Saha and the Renawre Cocoon

Program 12 Orin: Journey to the Temple of the Masters

### **Part 6: Becoming Radiant**

Program 1 DaBen: Introduction to Vee

Program 2 DaBen: Vee-Triangle Forming

Program 3 DaBen: Vee-Ball and Flower

Program 4 DaBen: Vee-Ball and Flower Second Journey

Program 5 DaBen: Vee to Pollination of Flower

Program 6 DaBen: Vee to Pollination of Flower Second Journey

Program 7 DaBen/Orin: Transforming Your Personality

Program 8 DaBen/Orin: Building the Cord Upward

Program 9 DaBen: Journey to the Nodes (Note, do not teach nodes unless you use this recorded journey; DaBen has not yet taught people how to transmit the frequencies of the nodes and does not feel it is yet time to do so.)

Program 10 DaBen: Saha and Vee

Program 11 DaBen/Orin: Experiencing the Absolute

Program 12 DaBen/Orin: Journey to the Temple of the Masters

Program 13 DaBen: Core/Cocoon Journey 1

Program 14 DaBen: Core/Cocoon Journey 2

## Continuing Education for You as a Light Body Sponsor

Congratulations on making the commitment to assist others in awakening their light bodies. This Sponsor's Guide, and your education in preparing to teach the light body, are an important part of your "base" as a light body sponsor. It is important that you continue to grow and to expand your light body skills. Active and on-going sponsoring includes being open to student's questions, expanding your light body and its purity and clarity through the gift of your students' willingness to learn, and your continued growth is suggested. We suggest you do this through continuing your education in the following ways:

a. Learn advanced light body skills, taught by DaBen, with support and complementary skills taught by Orin. This would include learning the self-exciting light body skills, and the frequencies of vision, precision, intensity, clarity, harmony, brilliance, and transparency. These frequencies assist you in becoming even more powerful in transmitting the light body centers and spaces, assisting both you and your students. Filling in the frequencies of your light body can create many shifts in your life, in your radiance, in your ability to manifest and to place your radiance, and in your ability to awaken other people's light bodies.

b. Other opportunities for advanced study: Become more skilled with self-exciting, as this is the foundation of most of DaBen's advanced teachings.

c. Expand your consciousness with other light body courses as they are made available and as you feel drawn to do so. Refer to the [Light Body Study Sequence Chart](#) for more information.

d. Develop your own directions and complementary directions that come out of your light body knowledge and experiences.

e. Learn complementary skills that other teachers, including light body teachers, have developed.

f. [Become an Awakening Your Light Body teacher](#). You can teach others how to awaken their light bodies through transmitting the sounds of the centers as DaBen does with the completion of certain requirements and the [Radiance: Self-Exciting \(LB131\)](#) and the [Radiance Transmitting Light \(LB851\)](#) courses.

### **Earth Plane Skills to develop:**

1. Increase your physical fitness and awareness of your body so that you can more easily handle the increased flow that these energies and teaching can bring into your life.

2. Learn basic earth plane skills such as how to design a good flyer, type, use a computer, make audio recordings, and find and negotiate for appropriate seminar space. We suggest having your classes in a place that has good heating and lighting that you can control; that has carpeting, plenty of space, and has some sleeping and eating arrangements nearby. Think of your students, and make as many arrangements as you can to assist them in feeling welcomed, comfortable, and well taken care of. Start and end on time, give people a schedule of your class that you stick to, and act in a professional manner at all times. We also suggest that you have assistants at your classes who are graduates of the *Awakening Your Light Body* course. Be prepared, rehearse, train your assistants, have good notes, and give the very best seminar you are capable of giving. The success of your students is the most important aspect of your courses to focus on. 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 your potential in all areas of your life.

You are now a light body graduate and are eligible for all the graduate light body courses. Join us on the inner planes on Sunday mornings, play your journeys, run the energy, and assist us as you do in making more light available to humanity.

*~Duane and Sanaya*

## Graduate Light Body Courses with DaBen and Orin

### DaBen's [\*Radiance: Self-Exciting—Building Your Light Body\*](#) Course

Self-exciting is a skill and a state of being on which many other light body skills and states of consciousness are based. What do self-exciting states feel like? Self-Exciting is a skill that allows you to be supported by the energies about you, to join the flow, and to have the experience of "everything working." When you are in a self-exciting state, it is easy to be your experience and to be carried by the energies. There is no sense of self-criticism or self-judgment.

In self-exciting states, your emotions are flowing, peaceful, and harmonious. Your heart is open. You have mental fluidity—when thoughts come up, there is no emotional attachment to them; they are simply there. Your mind is clear and your thoughts flow one into another without circling around. Each thought brings you a new idea, insight, or clarity to what you are thinking about. You are more connected to your higher mind; you are creative, intuitive, and more aware of your inner guidance.

Being in self-exciting states allows you to experience having no thoughts. You can discover ways to *be*, becoming your true Self beyond thoughts and emotions. There is a feeling of oneness; you can sense the way you fit into everything else. Everything you do contributes to your increasing light. You experience living more fully in the present moment.

*Radiance: Self-Exciting—Building Your Light Body* course creates opportunities for "moment-to-moment" awareness so you can operate from the present moment, your point of power. All the journeys contain transmissions by DaBen of self-exciting states as well as states of consciousness that go beyond self-exciting, allowing you to experience new states of consciousness every time you listen. Course contains 24 audio journeys by DaBen and extensive written material, including a summary of each journey. Self-Exciting is the foundation for many other light body states of consciousness. (LB131)

### DaBen's [\*Radiance: Filling in the Frequencies\*](#) Course

You can take this course before, during, or after studying DaBen's *Radiance: Self-Exciting* Course. Parts 1-6 contain journeys by both DaBen and Orin; Part 7 contains journeys by DaBen only. All albums contain 12 or more journeys. Part 1: [\*Frequencies of Vision\*](#) (LB121); Part 2: [\*Frequencies of Precision\*](#) (LB122); Part 3: [\*Frequencies of Intensity\*](#) (LB123); Part 4: [\*Frequencies of Clarity\*](#) (LB124); Part 5: [\*Frequencies of Harmony\*](#) (LB125); Part 6: [\*Frequencies of Brilliance\*](#) (LB126); Part 7: [\*Frequencies of Transparency\*](#) (LB221).

In the first course, DaBen teaches you four frequencies of vision to "see" things as energy and to enhance your ability to experience your light body. These frequencies assist you in lifting the veils to your higher mind. You can expand into your full light body and "awake" more fully into the consciousness of your soul and spirit. As you play with these frequencies of vision, you can use them throughout the day to gain a new perspective, to get detailed insights about whatever you focus on, and to increase the light you hold and radiate. The consciousness these frequencies bring allows you to observe, see, and experience things more clearly, with greater understanding. You can choose actions that have the most flow and carry you the furthest. You can enhance your channeling, better understand people or things, and change things by working on them as energy.

You can work on various areas of your life as energy to create profound and effortless shifts. You can "set the energy" so situations and events in your life come about in higher, more harmonious, open, expansive, and loving ways. You can learn to see the energy patterns of crystals, plants, and earth energies. You can see more of who you are and why you are here. In several powerful journeys with Orin, you will learn how to use the light body energies in practical ways, such as to stay in a higher flow, to stop resistance to your growth, to get out of lower states more rapidly, to surrender and trust, and to have the highest day possible.

## Graduate Light Body Seminars as Audio Recordings

All of these seminars have been professionally recorded and edited, and these audio recordings should provide you with many exquisite, wonderful experiences of light and expansion. Contained in all of these courses are the journeys offered at the live seminar, as well as talks by Duane and Sanaya. Each of these is a complete course within itself, and will guide you to many wonderful experiences as you work with your soul and spirit, with light body spaces, and join with many beings of light for transformation. Refer to the [\*Light Body Study Sequence Chart\*](#) for more information.