

Light Body Skills Progression

Suggested Sequence for Study Please go to our website for more information.

Within a course series doing the parts in sequence is recommended, and often essential.

DaBen and Orin's Awakening Your Light Body Six-Part Basic Course

This six-part course consists of 74 meditations by DaBen and Orin and is required as the foundation to the graduate light body courses. This course teaches you how to awaken your light body and gives you insight into light body energies and spaces. Courses 1-5 consist of 12 guided meditations by DaBen and Orin (Course 6 has 14 guided meditations) and opens you to new energies and spaces. You will learn how to build increasing harmony and flow so you can experience the subtle, expansive energies of the higher dimensions. Course 1 builds the foundation to your light body and supports physical ease and emotional flow; Course 2 awakens the center that deepens emotional flow and harmony; Course 3 awakens the centers that bring mental fluidity and connect you with the Universal Mind; Course 4 teaches you ways to combine the centers you have awakened to explore new spaces; Course 5 awakens your first light body center and expands your ability to experience subtle energies; and Course 6 teaches the final two light body centers that take you into increasingly subtle energies and bring about the beginning states of radiance. You are a light body graduate if you have completed either DaBen and Orin's or the official six-part *Awakening Your Light Body* series for your language, or taken this course from a qualified light body teacher. (Six Parts: [LB111](#) through [LB116](#)).

After completion of the basic Awakening Your Light Body course above, you are considered a light body graduate and are eligible for graduate light body courses.

What follows is the suggested progression for studying the graduate light body courses.

Column 1

Self-Exciting & Light Body Consciousness are two primary states that DaBen considers core light body states.

DaBen's Radiance: Self-Exciting Course

This course is recommended after graduation from the six-part basic light body course as the next level of skill. Many other courses use self-exciting skills as their foundation. You may also go directly to study Light Body Consciousness after graduating as well. This course sets the foundation for retaining your experience of the light body. It introduces the frequencies, which are developed in great depth in the seven-part filling in the frequencies series. ([LB131](#))

DaBen's Light Body Consciousness Series Levels 1 - 5

You will learn how to change the nature and structure of your awareness in the *Light Body Consciousness* series consisting of five progressive courses that must be taken in order starting with Level 1. [LB941-LB945](#). DaBen's *Connections*; and *Manifesting from Light Body Consciousness* could be considered Levels 5 and 6. You may also study *Light Body Consciousness* by taking DaBen's current and future *Light Body Consciousness* seminars.

Column 2

These courses can create a deeper, broader, richer experience of skills and light body spaces taught in Column 1. Study the Frequencies Series prior to the Building Consciousness Series.

DaBen and Orin's Radiance: Filling in the Frequencies Series

The frequencies enhance your ability to experience and sustain self-exciting states. The frequencies develop your ability to find balance between visualization and felt-sense while filling in the patterns of your light body. They ground you in what pure, basic energy is and solidify your experience of the light body so you can more easily find your experience in those spaces, manifest, and create with energy. (Seven Parts: [LB121-LB126](#) and [LB221](#))

DaBen's Radiance: Building Consciousness Series

These 3 courses by DaBen contain valuable skills that allow you to sense or perceive greater details in the energies used in the light body consciousness spaces. They can both set a foundation for a greater experience of the *Light Body Consciousness* states, as well as increase your skill to sense more details in *Light Body Consciousness* states. (Three parts: [LB921-LB923](#))

Column 3

DaBen's Expanded series explores the unmanifest potential of the energies, and transcends the time/space conceptual limits of earth plane existence. (Intersperse these courses with those in Columns 1 & 2.)

DaBen's Radiance: Expanded Series

These three courses teach you how to explore and experience the potential (unmanifest energies) and set the basis for later being able to experience moment-to-moment awareness.

DaBen's Awakening Your Light Body Expanded ([LB931](#))

DaBen's Radiance: Self-Exciting Expanded ([LB932](#))

*Prerequisite: DaBen's Radiance:
Self-Exciting Course ([LB131](#))*

DaBen's Radiance: Filling in the Frequencies Expanded ([LB933](#))

*Prerequisite: Radiance: Filling in
the Frequencies Series
([LB121-LB126](#), [LB221](#))*

Practical Applications of the Light Body Spaces and Skills

DaBen and Orin's Graduate Light Body Seminar Series - Listed in the Order Taught

Each of the audio courses below were recorded at our live seminars and represent a year of focus by Orin and DaBen. A vortex of energy was set up at the seminar that grows stronger over time as each of you joins in. These are digitally mastered recordings and contain high-quality audio. Listed below in order of most recent.

DaBen's Exploring Infinite Being Channeling Seminars

Throughout this series, you will explore your infinite being as you exist in other realms and dimensions to realize that your earth life is only a part of how the vaster "you" is being expressed. You will work with your guide throughout these courses: *Exploring You as a Focus of Consciousness (LB951)*, *Discovering Other Beings and Consciousnesses (LB952)*, *Channeling Your Guide, Discovering Connections (LB953)*, *Channeling to 'Converse' With Other Sentient Beings (LB954)*, *Channeling to Connect with Vast Consciousnesses (LB955)*, *Basking in the Love, Joy, and Peace of Your Creations (LB956)*.

Recently Taught Graduate Light Body Courses

DaBen and Orin's Intuition Course

The light body skills taught in this course teach you ways to translate the energies the light body opens up back to a thought or idea on the earth plane. (LB924)

DaBen and Orin's Illumination Course

You can use the light body skills taught by DaBen in this course to view the spiritual side of energy from earth plane perspectives. (LB925)

DaBen and Orin's Inspiration Course

You can use the inspiration skills taught by DaBen to incorporate your insights into your being so you are acting on them, not because you are "willing" yourself to take action, but because this consciousness has become who you are. (LB926)

DaBen's Divine Manifesting Course

DaBen teaches how to take all the consciousness you have expanded in the Intuition, Illumination, and Inspiration courses back into ordinary reality to create earth plane forms that match this consciousness. (LB927)

DaBen's Vision Series

In the first course, (LB917) you will learn light body skills to awaken and develop your clairvoyant sight. In the second course, (LB918) you will learn light body skills that take you to more advanced peace of purpose states than you learned in the *Celebrations of Radiance* series, and includes many additional light body skills not taught elsewhere.

Clairvoyant Vision: Seeing and Sensing Subtle Energies (LB917)

Vision: Creating Your Highest Future (LB918)

DaBen and Orin's Celebration of Radiance Series

The light body skills taught will assist you in becoming aware of why you are on the earth plane and your purpose in each moment. Teaches the peace of purpose, solidity of connection, and beauty and perfection of being light body states, and uses some self-exciting skills to enhance these states.

Peace: Living Your Life Purpose (LB914)

Higher Will: Manifesting with Ease (LB915)

Joy: Beauty and Perfection of Being (LB916)

DaBen and Orin's Ceremonies of Initiation Series

Prepare to take the higher initiations to awaken spiritually. The light body skills will assist you in integrating the spiritual dimension into your everyday reality and increasing your ability to be aware of light body spaces in ordinary reality. Teaches new light body skills not taught elsewhere.

Ceremonies of Light (LB911)

Ceremonies of the Heart (LB912)

Ceremonies of Initiation (LB913)